

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Braised Gammon with roasted veg	Beef Casserole with sweet potato and apple	Salmon Panzanella and greens	Roasted root vegetables and grilled polenta	Beef mince and lentil lasagne with salad
Pudding	Fresh berries	Melon smiles	Carrot and oat energy bites	Yoghurt	Panna cotta with citrus fruits
Supper	Avocado and spinach spaghetti	Finger sandwiches with wedges and salad	Ham hock terrine with wedges	Roll up hot dogs and salad	Sausages and veggies in gravy
Pudding	Fruit selection	Fruit selection	Fruit selection	Fruit selection	Fruit selection

