	Breakfast	Lunch	Dinner	Supper
Sunday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Dim Sims with Mixed Vegetables	Beef Sausage and Mash with Peas, Gravy and Vegetables	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Monday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	American Hotdogs with Mustard, Ketchup and Cheese	Roast Chicken with Vegetables	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Tuesday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Salad Sandwiches with Ham or Chicken	Homemade Hamburgers with Beer Battered Chips	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Wednesday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Stirred Fried Noodles with Vegetables	Lasagne with Garden Salad (Garlic Bread)	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Thursday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Pizza Rolls or Cheese Toasties with Tomato Soup	Hearty Beef Casserole with Vegetables and Creamy Mash	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Friday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Fish and Chips or Pie with Chips, (Garden Salad)	Roast Pork with Oven Roasted Potatoes, Pumpkins and Carrots	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Saturday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Oven-Baked Pizza with Garden Salad	Spaghetti Bolognese with Garden Salad	Biscuits, Assort. Bakery Delights with Tea

	Breakfast	Lunch	Dinner	Supper
Sunday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Beef Ravioli with Garden Salad	Chicken/Pork Sausage and Mash with Peas, Gravy and Vegetables	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Monday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Big Breakfast (Eggs, Bacon, Baked Beans on Toast)	Shepherd's Pie with Peas and Gravy	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Tuesday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Fried Rice with Eggs, Ham and Vegetables	Teriyaki Chicken with Vegetables and Rice	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Wednesday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Egg and Lettuce Sandwiches	Italian Meatballs with Garlic Bread and Vegetables	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Thursday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Charming with Garden Salad	Creamy Curry Chicken with Rice	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Friday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Fish and Chips or Pie with Chips, (Garden Salad)	Roast Lamb with Oven-Roasted Potatoes, Pumpkins and Carrots	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Saturday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Instant Noodles with Spam and Mixed Veggies	Chicken Schnitzel with Chips and Salad	Biscuits, Assort. Bakery Delights with Tea

	Breakfast	Lunch	Dinner	Supper
Sunday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Dim Sim with Mixed Vegies	Alfredo Chicken and Mushroom Pasta Bake	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Monday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	American Hotdogs with Mustard, Ketchup and Cheese	Meatloaf with Gallic Bread and Potato Salad	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Tuesday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Salad Sandwiches with Ham or Chicken	Sausage Rolls with Beer buttered Chips	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Wednesday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Egg and Lettuce Sandwiches	Lasagne with Garden Salad (Garlic Bread)	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Thursday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Pizza Rolls or Cheese Toasties with Tomato Soup	Chicken Risotto with Mix Vegies	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Friday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Fish and Chips or Pie with Chips, (Garden Salad)	Roasted Pork and Vegies	Biscuits, Assort. Bakery Delights with Tea
	Breakfast	Lunch	Dinner	Supper
Saturday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Oven-Baked Pizza with Garden Salad	Spaghetti Bolognese with Garden Salad	Biscuits, Assort. Bakery Delights with Tea

	Breakfast	Lunch	Dinner	Supper
Sunday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Cheese Ham Toasties with Coleslaw	Beef Curry Sausage Casserole with Rice	Biscuits, Assort. Bakery Delights with Tea
	Breakfast			Supper
Monday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Big Breakfast (Eggs, Bacon, Baked Beans on Toast)	Scallop Potatoes with Garlic Bread	Biscuits, Assort. Bakery Delights with Tea
	Breakfast			Supper
Tuesday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Fried Rice with Eggs, Ham and Vegetables	Tuna Pasta Bake with Garden Salad	Biscuits, Assort. Bakery Delights with Tea
	Breakfast			Supper
Wednesday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Egg and Lettuce Sandwiches	Italian Meatballs with Garlic Bread and Vegetables	Biscuits, Assort. Bakery Delights with Tea
	Breakfast			Supper
Thursday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Taco and Potato Salad	Hamburgers with Beer Buttered Chips	Biscuits, Assort. Bakery Delights with Tea
	Breakfast			Supper
Friday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Fish and Chips or Pie with Chips, (Garden Salad)	Corn Beef and Potato Mash	Biscuits, Assort. Bakery Delights with Tea
	Breakfast			Supper
Saturday	Assort. Cereal with Milk, Toast and Seasonal Fruits - (Self-Serve)	Instant Noodles with Spam and Mixed Veggies	Chicken Schnitzel with Chips and Salad	Biscuits, Assort. Bakery Delights with Tea