

SHDH - MEAL MENU

WEEK ONE

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Soup	Cream Of Tomato	Chicken & Rice	Vegetable Broth	Lentil Broth	Cream Of Tomato & Rice	Pea & Ham	Leek & Potato
Salad	Ham & Pineapple	Salmon Salad	Chicken Breast Salad	Asparagus & Cheese	Cold Meat & Salad	Tuna Salad	Cold Meat & Salad
Main	Roast Seasoned Lamb & Mint Gravy Vegetable Parcels	Vegetable Penne Grilled Beef Burger & Gravy	Roast Pork & Apple Sauce Creamed Chicken & Mushrooms	Roast Beef & Yorkshire Pudding Cheese & Spinach Quiche	Grilled Fish & Lemon Crumbed Fish & Tartare Sauce Chicken & Ham Pie	Pickled Pork & Parsley Sauce Vegetable Quiche	Roast Turkey & Cranberry Grilled Fish & Lemon
Potato	Roast / Mashed	Sauteed / Mashed	Baked Potato / Mashed	Roast / Mashed	Chipped / Mashed	Scalloped / Mashed	Roast / Mashed
Sweet	Creamed Rice & Apricots	Apple & Oat Crumble & Custard	Baked Rice Custard	Creamed Sago & Peaches	Fresh Fruit Salad & Ice-Cream	Fruit Yoghurt	Wine Trifle & Cream
Tea Soup	Cream Of Pumpkin	Scotch Broth	Beef Noodle	Vegetable Broth	Chicken & Corn	French Onion	Chicken Noodle
Salad	Roast Lamb	Cold Meat & Salad	Roast Pork Salad	Roast Beef Salad	Ham & Pineapple	Pickled Pork Salad	Roast Turkey Salad
Main	Sausages and Onion Gravy Poached Fish & Mornay Sauce	Chicken Pizzaola Scrambled Eggs On Toast	Grilled Fish & Lemon Vegetable Lasagne	Shepherd's Pie Ham Omelette	Homemade Veggie Burgers Curried Sausages & Rice	Chicken Tetrazzini	Haricot Steak
Potato	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed
Sweet	Steamed Pudding & Custard	Lemon Cheesecake	Chocolate Mousse	Jellied Two Fruits & Cream	Lemon Meringue Pie & Cream	Ribbon Flummery & Cream	Mango Cheesecake & Cream

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WEEK TWO

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Soup	Cream Of Mushroom	Mulligatawny	Vegetable Broth	Household	Cream Of Celery	Chicken & Barley	Zucchini & Potato
Salad	Asparagus & Cheese	Ham & Pineapple Salad	Cold Meat & Salad	Cold Meat & Salad	Egg & Cheese Salad	Ham Salad	Cold Meat Salad
Main	Pot Roast Beef Vegetable Fried Rice	Roast Seasoned Lamb & Mint Gravy Poached Fish Mornay Sauce	Roast Pork & Plum Sauce Tuna Mornay	Corned Silverside & Mustard Sauce Chicken Chow Mein	Fried Fish & Tomato Sauce Curried Beef & Rice, Grilled Fish & Lemon	Lasagne Steamed Chicken & Lemon Sauce	Roast Beef Chicken Chop Suey & Rice
Potato	Roast / Mashed	Baked / Mashed	Roast / Mashed	Parslied / Mashed	Chipped / Mashed	Sauteed / Mashed	Roast / Mashed
Sweet	Fresh Fruit Salad & Ice Cream	Sago Plum Pudding & Custard	Fruit & Oat Crumble & Custard	Creamed Sago & Peaches	Baked Rice Custard	Apple Slice & Cream	Jellied Fruit Cocktail & Cream
Tea Soup	Beef & Vegetable	Minestrone	Cream Of Potato	Scotch Broth	Chicken Noodle	Pea & Ham	French Onion
Salad	Roast Beef	Roast Lamb Salad	Roast Pork Salad	Corned Silverside	Tuna Salad	Asparagus & Cheese	Roast Beef Salad
Main	Steak & Mushroom Pie Steamed Chicken & Parsley Sauce	Grilled Beef Burgers & Onion Gravy Cheese Omelette	Chicken Kebabs & Rice Grilled Fish & Lemon	Savoury Macaroni With Vegetables & White Sauce Lamb Steak	Salmon Patties Mince Steak & Dumplings	Spanish Steak	Irish Stew
Potato	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed
Sweet	Chocolate Sauce Pudding & Cream	Chocolate Cheesecake	Banana Custard & Cream	Lemon Mousse	Fresh Fruit Salad & Cream	Vanilla Panacota & Cream	Fruit Yoghurt

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WEEK THREE

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Soup	Lentil Broth	Minestrone	Chicken Broth	Beef & Vegetable	Thick Vegetable & Lentils	Cream Of Barley	Cream Of Celery
Salad	Asparagus & Egg Salad	Cold Meat & Salad	Egg & Cheese Salad	Cold Meat Salad	Chicken Salad	Ham Salad	Cold Meat Salad
Main	Roast Pork & Apple Sauce Vegetable Quiche	Meat Loaf & Tomato Gravy Tuna Mornay	Roast Veal Steamed Fish & Lemon Sauce	Ham Steaks And Pineapple Savoury Mince On Toast	Grilled Fish & Lemon Fried Fish & Tomato Sauce Pork Stir Fry & Rice	Roast Seasoned Lamb & Mint Gravy Steak & Mushroom Pie	Roast Turkey & Cranberry Curried Vegetables & Rice
Potato	Baked / Mashed	Scalloped / Mashed	Roast / Mashed	Sauteed / Mashed	Chipped / Mashed	Roast / Mashed	Roast / Mashed
Sweet	Fresh Fruit Salad & Ice Cream	Sago Plum Pudding & Custard	Creamed Rice & Raisins	Baked Devonshire Custard	Fresh Fruit Salad & Ice-Cream	Strawberry Mousse & Cream	Ribbon Flummery & Cream
Tea Soup	Cream Of Carrot	Beef Noodle	Cream Of Vegetable	Cream Of Pumpkin	Potato & Leek	Chicken & Rice	Lentil Broth
Salad	Roast Pork Salad	Meat Loaf Salad	Roast Veal Salad	Ham & Pineapple Salad	Asparagus & Cheese	Roast Lamb Salad	Roast Turkey Salad
Main	Spaghetti Bolognese Grilled Chicken & Cream Leek Sauce	Thai Chicken Parcels Scrambled Eggs On Toast	Egg & Bacon Pie Chicken Supreme & Rice	Salmon Patties Beef Stroganoff & Rice	Smoked Cod With Parsley & Egg Sauce Braised Steak & Onions	Pineapple Chicken	Sausages & Onion Gravy
Potato	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed
Sweet	Apple & Date Tart & Custard	Lemon Delicious	Chocolate Mousse	Baked Pears & Custard	Mars Bar Cheesecake	Jellied Bananas & Cream	Apricot Foam & Custard

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WEEK FOUR

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Soup	Minestrone	Cream Of Barley	Mulligatawny	Vegetable Broth	Cream Of Tomato	Household	Barley Broth
Salad	Ham & Pineapple	Asparagus & Cheese	Cold Meat Salad	Ham Salad	Egg & Cheese Salad	Cold Meat Salad	Salmon Salad
Main	Corned Silverside & Mustard Sauce Vegetable Quiche	Curried Lamb & Rice Grilled Fish & Lemon	Pickled Pork & Parsley Sauce Chicken Supreme & Rice	Roast Lamb & Plum Sauce Chop Suey & Rice	Grilled Fish & Lemon Crumbed Fish & Tartare Sauce Chicken Casserole	Roast Chicken & Gravy Savoury Macaroni With Vegetables & White Sauce	Roast Beef with Stuffing & Gravy Steamed Fish & Lemon Sauce
Potato	Boiled / Mashed	Chipped / Mashed	Parslied / Mashed	Roast / Mashed	Chipped / Mashed	Roast / Mashed	Roast / Mashed
Sweet	Currant Dumplings & Syrup Sauce	Fresh Fruit Salad & Cream	Creamed Sago & Apricots	Baked Rice Custard	Apple & Oat Crisp & Custard	Wine Trifle & Cream	Jellied Two Fruits & Cream
Tea Soup	Cream Of Mushroom	Cream Of Potato	Cream Of Pumpkin	Lentil Soup	Chicken & Rice	Minestrone	Beef Noodle
Salad	Corned Beef Salad	Chicken Salad	Pickled Pork Salad	Roast Lamb Salad	Ham & Pineapple Salad	Roast Chicken Salad	Roast Beef Salad
Main	Sweet & Sour Chicken & Rice Zucchini Slice	Vegetable Lasagne Scrambled Eggs On Toast	Chicken Schnitzel & Gravy Fettuccine Carbonara	Rissoles and Gravy Vegetable Parcels	Tuna Mornay Beef Schnitzel Parmigiana	Curried Lamb & Rice	Grilled Chicken & Cream Leek Sauce
Potato	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed
Sweet	Lemon Sago & Cream	Sticky Date Pudding	Strawberry & Passionfruit Cheesecake	David's Date Pudding & Custard	Apricot & Rice Pudding And Custard	Lemon Mousse & Cream	Tiramisu & Cream