

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	Roast Vegetable	Moroccan Chicken & Cous Cous	Chicken Caesar	Mixed Bean	Mixed Salad with Coleslaw	Chicken	Asparagus & Egg
Main	Roast Seasoned Lamb & Mint Gravy Vegetable Parcels	Vegetable Penne Grilled Beef Burger & Gravy	Roast Pork, Gravy & 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 & Peaches	Bread & Butter Pudding with Cream	Apple Crumble with Custard	Baked Rice Custard	Fresh Fruit Salad & Ice-Cream	Chocolate Ripple Cake	Wine Trifle & Cream
Tea Soup	Cream Of Pumpkin	Scotch Broth	Beef Noodle	Vegetable Broth	Chicken & Corn	French Onion	Chicken Noodle
Salad	Roast Lamb	Ham & Pineapple	Roast Pork	Roast Beef	Tuna	Pickled Pork	Roast Turkey
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 Chocolate Pudding & Custard	White Chocolate & Raspberry Cheesecake with Cream	Jellied Two Fruits & Cream	Chocolate Mousse with Cream	Lemon Tea Cake with Cream	Pavlova with Passionfruit Coulis	Mixed Berry 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	Greek Lamb	Mixed Salad with Curry Pasta	Chicken Caesar	Mixed Salad with Potato	Mixed Salad with Coleslaw	Egg & Cheese	Ham
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	Peach & Oat Crumble & Custard	Self-Sauce Butterscotch Pudding & Custard	Baked Rice Custard with Cream	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	Roast Pork	Corned Silverside	Tuna Salad	Chicken	Roast Beef
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	Lemon Ripple Cheesecake with Cream	Vanilla Panna Cotta with Raspberry Coulis	Black Forest Cake with Cream	Fresh Fruit Salad & Cream	Mixed Berry Mousse with Cream	Cookies & Cream Cheesecake

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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	Roast Vegetable	Moroccan Chicken & Cous Cous	Chicken Caesar	Mixed Bean	Mixed Salad with Coleslaw	Tuna	Ham & Pineapple
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	Golden Syrup Steamed Pudding with Custard	Creamed Rice & Peaches	Apple & Oat Crisp with Custard	Fresh Fruit Salad & Cream	Orange Bread & Butter Pudding & Cream	Citrus Mousse & Cream
Tea Soup	Cream Of Carrot	Beef Noodle	Cream Of Vegetable	Cream Of Pumpkin	Potato & Leek	Chicken & Rice	Lentil Broth
Salad	Roast Pork	Meat Loaf	Roast Veal	Chicken	Asparagus & Cheese	Roast Lamb	Roast Turkey
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	Roasted Honey Cinnamon Pears with Custard	New York Cheesecake with Apricot Glaze	Chocolate Mousse & Cream	Pavlova, Mixed Berries & Cream	Peach Mango Cheesecake & Cream

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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	Greek Lamb	Mixed Salad with Curry Pasta	Chicken Caesar	Mixed Salad with Potato	Mixed Salad with Coleslaw	Tuna	Ham
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	Fresh Fruit Salad & Cream	Golden Syrup Dumplings with Custard	Pineapple Upside Down Tea Cake	Lemon Meringue Cake & Cream	Baked Rice Custard & Cream	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 Silverside	Chicken	Pickled Pork	Roast Lamb	Egg & Asparagus	Roast Chicken	Roast Beef
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	Tiramisu & Cream	Apple Strudel with Cream	Peppermint Crisp Cheesecake with Cream	Sticky Date Pudding with Caramel Sauce & Custard	Fresh Fruit Salad & Ice Cream	Lemon Sago & Cream	Strawberry Mousse & Cream