

MENU 2



MORNING TEA

LUNCH

AFTERNOON

MONDAY	Wheetbix with honey	Mexican Mince/Tacos Creamy mash, steamed broccoli Fresh Fruit	Mixed Sandwiches
TUESDAY	Rice Cakes and spreads	Vegetable Frittata , corn cobs Yoghurt	Banana Cake Apple pieces
WEDNESDAY	Toast and Spreads	Sweet and Sour Chicken with spicy rice Pancakes with orange or banana and caramel sauce	Fresh Fruit
THURSDAY	Cheese and vegemite biscuits	Beef Snitzel vegetables/ Salad Custard and fruit	Mixed Sandwiches Fresh Fruit
FRIDAY	Baked Bean Nachos	Crumbed Fish Fillets with potato bake Minted tomatoes Fresh Fruit	Mixed Sandwiches



AMAROO 1

MENU 2

all meals served with mashed potato & pumpkin
and steamed mixed vegies



MORNING TEA

LUNCH

AFTERNOON TEA

MONDAY	Fresh Fruit (apple, orange, pear, banana, melon)	Spicy beef Curry & Rice Yoghurt & Fruit	Mixed sandwiches
TUESDAY	Toasts & spreads	Fresh Fruit (apple, pear, orange, banana)	Mixed sandwiches
WEDNESDAY	Cheese on biscuits with mixed dried fruits	Corned beef, mashed potato, steamed vegetables Apple cake & custard	Fresh Fruit (apple, orange, pear, banana, melon)
THURSDAY	Baked bean Nachoes	Apricot Chicken with noodles Fresh Fruit (apple orange pear banana)	Mixed Sandwiches
FRIDAY	Raisin Toast	Meat Loaf Roast with baked potato, pumpkin & peas Bread Pudding	Fresh Fruit (apple, orange, pear, banana, melon)