

**KERANG DISTRICT HEALTH**  
**MENU WEEK ONE**

**BREAKFAST**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
Assorted Cereals Fruit Compote Prunes	Assorted Cereals Stewed Apricots Prunes	Assorted Cereals Sliced Peaches Prunes	Assorted Cereals Stewed Apples Prunes	Assorted Cereals Compote of fruit Prunes	Assorted Cereals Pear Slices Prunes	Assorted Cereals Two Fruits Prunes
<b>LUNCH</b>						
Chicken a la king  Fettucini Carbonara  Cold Meat & Salad Cold Meat & Vegies  Steamed Chocolate pudding & Custard	Pickled Pork and Parsley Sauce  Cherry Tomato & Spinach Tart  Cold Meat & Salad Cold meat & Vegies  Apple Crumble & Custard	Roast Lamb  Chicken & Vegie Rissotto  Cold Meat & Salad Cold meat & Vegies  Apricot Sponge	Beef Strogonoff  Fish Kedgerree  Cold Meat & Salad Cold meat & Vegies  Bread & Butter Custard	Grilled Fish  ChickenStirfry  Cold Meat & Salad Cold Meat &Vegies  Peaches & Custard	Lamb in Plum Sauce  Curried Sausages  Cold Meat & Salad Cold Meat& Vegies  Pumpkin Pie	Roast Turkey  Tuna & Vegie Mornay  Cold Meat & Salad Cold meat & Vegies  Sticky Date Pudding
<b>DINNER</b>						
Lamb Shank & Vegie Soup  Meatballs in tomato sauce  Cold Meat& Salad Cold meat & Vegies  Fresh Fruit Salad & Cream	Potato & Carrot Soup  Macaroni Cheese with bacon & Corn  Cold Meat & Salad Cold Meat & Vegies  Chocolate Raspberry Brownie & Cream	Vegetable Soup  Devilleed Sausages  Cold Meat & Salad Cold Meat & Vegies  Lemon Cheesecake	Minestrone Soup  Pumpkin & Bacon Frittatta  Cold Meat & Salad Cold Meat & Vegies  Yoghurt Berry Jelly	Pumpkin Soup  Sausage Rolls  Cold Meat & Salad Cold Meat&Vegies  Pavlova	Celery Soup  Beef & Mushroom Casserole  Cold Meat & Salad Cold meat & Vegies  Trifle	Vegetable Soup  Lamb Lancashire Hotpot  Cold Meat & Salad Cold Meat & Vegies  Peaches in Lime jelly