

**3KERANG DISTRICT HEALTH**  
**MENU WEEK THREE**

**BREAKFAST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Assorted Cereals Peaches Prunes	Assorted Cereals Apples Prunes	Assorted Cereals Fruit Salad Prunes	Assorted Cereals Apricots Prunes	Assorted Cereals Pears Prunes	Assorted Cereals Apples Prunes	Assorted Cereals Two Fruits Prunes
<b>LUNCH</b>						
Rissoles & Gravy  Tuna Spaghetti Casserole  Cold Meat & Salad Cold meat & Vegies  Steamed Date Pudding	Pumped leg Of lamb with parsley Sauce  Pasta Bolognaise Bake  Cold Meat & Salad Cold meat & Vegies  Baked Rice Pudding	Roast Chicken  Baked Zucchini, Bacon & Tomato Frittatta  Cold Meat & Salad Cold meat & Vegies  Lemon Sponge pudding	Sausage Pie  Scotch Fillet with Sauce Chasseur  Cold Meat & Salad Cold meat & Vegies  Nannas Polish plum Cake	Grilled Fish & Tartare Sauce  Ham Steak & Pineapple  Cold Meat & Salad Cold meat & Vegies  Coconut & Lemon Self Sauce Pudding	Shepherds pie  Tuna Slice  Cold Meat & Salad Cold meat & Vegies  Carrot Cake	Roast Lamb  Chicken & Leek Casserole  Cold Meat/Salad Cold meat & Vegies  Apple crumble & Cream
<b>DINNER</b>						
Vegetable & Noodle Soup  Chicken Lasagne  Cold Meat & Salad Cold meat & Vegies  Fresh Fruit Salad	Pumpkin Soup  Sweet beef Curry & Rice  Cold Meat & Salad Cold meat & Vegies  Pavlova Roll	Potato & Leek Soup  Steamed fish & Parsley sauce  Cold Meat & Salad Cold meat & Vegies  Apple Slice	Vegetable Soup  Chicken Alfredo  Cold Meat & Salad Cold meat & Vegies  Caramel Toffee Cheesecake	Chicken & Corn Soup Lamb & Apricot Casserole  Cold Meat & Salad Cold meat & Vegies  Peach Clafouti	Cream of Vegetable Soup  Individual meat Pie  Cold Meat & Salad Cold meat & Vegies  Trifle	Tomato & Vegetable Soup  Borneo Curry  Cold Meat & Salad Cold meat & Vegies  Apricots and Custard