

KERANG DISTRICT HEALTH
MENU WEEK FOUR

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Assorted Cereals Peaches Prunes	Assorted Cereals Two Fruits Prunes	Assorted Cereals Fruit Salad Prunes	Assorted Cereals Apricots Prunes	Assorted Cereals Pears Prunes	Assorted Cereals Apples Prunes	Assorted Cereals Two Fruits Prunes
LUNCH						
Hungarian Beef and Vegetable Goulash Vegetable burgers Cold Meat & Salad Cold meat & Vegies Steamed Fruit Pudding	Silverside & Mustard Sauce Chicken and vegetables in Oyster sauce Cold Meat & Salad Cold meat & Vegies Chocolate self sauce pudding	Roast Pork & Apple Sauce Baked Fish Cold Meat & Salad Cold meat & Vegies Ginger & Pear cake	Chicken breast & Gravy Egg & Bacon Pie Cold Meat & Salad Cold meat & Vegies Butterscotch self sauce pudding	Crumbed Fish Chicken & Pumpkin Pilaf Cold Meat & Salad Cold meat & Vegies Baked Sultana & Rice Pudding	Semi dried Tomato braised Beef and Potato Stew Tuna Slice Cold Meat & Salad Cold meat & Vegies Peach Cobbler	Roast Beef Salmon & Macaroni mornay Cold Meat & Salad Cold meat & Vegies Apple sponge & Custard
DINNER						
Pea & Ham soup Corn & Cheese Roulade Cold Meat & Salad Cold meat & Vegies Fresh Fruit Salad	Cream celery Soup Chicken Parmiganas Cold Meat & Salad Cold meat & Vegies Impossible coconut pie	Thick Vegetable Soup pizzas Cold Meat & Salad Cold meat & Vegies Lemon Tart	Pumpkin Soup Vol-au-vent of the day Cold Chicken/Salad Cold meat & Vegies Fruit medley & Custard	Potato & Carrot soup Zucchini, sweet potato and fetta frittata Cold Meat & Salad Cold meat & Vegies Pavlova	Cream of Cauliflower soup Mince Cobbler Cold Meat & Salad Cold meat & Vegies Lime jelly Flummery	Vegetable Soup Easy chicken Curry Cold Meat & Salad Cold meat & Vegies Banana Custard