

**Weekly Meal Planner.      Week 8**  
**Date :17/06/19**

Day	Breakfast	Lunch	Dinner	Dinner	Dessert
<b>Monday</b>	Continental	Salad bar Wraps Sandwiches	Chicken Pasta	Garden Salad	Fresh Fruit Salad with yoghurt
<b>Tuesday</b>	Cooked breakfast	Chicken Veggie Soup and Toasties	Steak & Veggie Chips	Potato Salad & Garden Salad	Homemade Creamed Rice
<b>Wednesday</b>	Continental	Pie day	Chicken Parmi	Salads	Pineapple Sorbet
<b>Thursday</b>	Cooked breakfast	Salad bar Wraps Sandwiches	Lamb Filo Pie	Mash & Steamed Veg	Lemon Self Saucing Pudding
<b>Friday</b>	Continental	Sweet Chilli Chicken Wraps	Spanish Paella	Garlic Roti Bread	Chocolate Cake
<b>Saturday</b>	Continental	Potato Bacon Soup & Cheese Toasties	Chilli Con Carne	Sour Cream, Tomato Salsa & Avocado	Fruit Jelly
<b>Sunday</b>	Continental	Fried Rice & Spring Rolls	Honey Mustard Chicken	Steamed Rice & Garden Salad	Icecream & Chocolate Topping

**Breakfast is a selection of toast, cereal, fruits and yoghurt. Tuesday and Thursday is our cooked breakfast.**

**Lunch throughout the week is a selection of cold meats, tuna, eggs, salads, breads, wraps, fruit, home cooked items.**

**Water is always available from the fountains and water cooler. Fruit juice and milk in the mornings. Low sugar cordial at lunch. Flavoured water, punch, milkshakes at dinner time. Hot chocolate at supper time.**