



















## Earle Page- Austin-Robb & Mary-White Menu Cycle -Term 4- 2011

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)
Soup of the day							
Lunch	Chicken Schitznal or Lamb Souvlaki (G.F) Crisp Wedges	Frittata (G.F) or Gourmet Sausages Mashed Potato Peas & Corn	Penne Pasta Bolognese Sauce Chicken & Mushroom Sauce	Build your own Chicken or Beef Burger With chips	Cottage Pie (G.F) Chicken & Mushroom Pie Mash, Peas & Gravy	Design Your Own Sandwiches 	Spring Rolls Steamed Dim Sims Dipping Sauce Prawn Fried Rice
Lunch Vegetarian	Chick Pea, Feta & Vegetable Roulade  Crisp Wedges	Frittata (G.F) Potato Nuggets	Penne Pasta Roast Mediterranean Vegetable Sauce Creamy Mushroom Sauce	Build Your Own Vegetarian Burger With chips	Vegetarian Pie Mash & peas	Design Your Own Vegetarian Sandwiches  	Vegetarian Spring Rolls Steamed Dim Sims Dipping sauce Fried rice
Salad Bar	Daily Selection 	Daily Selection 	Daily Selection 	Daily Selection 	Daily Selection 	Daily Selection 	Daily Selection 
Dinner	Red Beef Curry (G.F) Sweet & Sour Pork (G.F)	Baked Fillet of Fish, Roast Roma Tomato & Herb Sauce (G.F) Pasta Bake	Roast Beef with Pepper Sauce (G.F) Lamb Chops (G.F)	Chicken Pad Thai Beef in Black Bean Sauce	Creamy Seafood or Chicken, Tomato & Olive Fettuccini	Coq Au Vin (G.F) Roast Pork with Crackling (G.F)	Chicken or Beef Lasagne
Dinner Vegetarian	Potato, Cauliflower & Spinach Curry (G.F)	Garbanzo Bean & Vegetable Ragu (G.F) 	Pumpkin & Leek Nut Roast with Mushroom Sauce (G.F)	Vegetarian Pad Thai	Sundried Tomato, Spinach & Fetta Cheese Fettuccini 	Roast Mediterranean Vegetable Casserole (G.F)	Vegetable Lasagne
Potato or Rice of the day	Pilaff Rice (G.F)	Steamed Chat Potatoes  (G.F)	Roast Sweet Potato & Roast Potato (G.F)	*****	*****	Mashed Potato (G.F)	*****
Vegetables of the day or salad bar	Medley of Vegetables (G.F) 	Peas & Corn (G.F)	Cauliflower & Broccoli Mornay	Salad Bar 	Melange of Seasonal Vegetables 	Glazed Carrots & Green Beans (G.F) 	Steamed Seasonal Vegetables (G.F) 
Dessert	Chocolate pudding	Apple crumble & custard	Assorted Ice-Cream and toppings	Sticky date & caramel sauce	Vanilla sponge & frosting	Fruit & jelly coupe	Assorted Ice-Cream and toppings

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A gluten free alternative meal will be available upon request

 Denotes Well Being


## Earle Page- Austin-Robb & Mary-White Menu Cycle -Term 4- 2011

## Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)
<b>Soup of the day</b>							
<b>Lunch</b>	Beef Ravioli or Cannelloni with Tomato, Olive & Herb Sauce G/F Pasta with Chicken, Mushroom & Herb Sauce	Mixed Seafood Pie with Cheesy Potato Top Cottage Pie (G.F) Roast Corn Cobb	Build your own Hot Dog Meat Lovers Pizza	Mexican Beef or Chicken(G.F) Served with Soft Flour Tortillas	Curried Sausages or Chicken Bolognese with Baked Potatoes	Design your own Sandwiches 	Quiche Lorraine or Meatballs in Tomato Sauce Steamed Chat Potatoes
<b>Lunch Vegetarian</b>	Spinach & Ricotta Ravioli with Roast Tomato, Olive & Herb Sauce G/F pasta with roast tomato, olive & herb sauce	Mixed Vegetable Pie with Cheesy Potato Top (G.F) Roast Corn Cobb	Vegetarian Pizza	Refried Mexican Beans(G.F) Served with Soft Flour Tortillas	Lentil & spinach Dhal Baked Potatoes(G.F)	Design your own Vegetable Sandwiches 	Vegetarian Quiche Steamed Chat Potatoes
<b>Dinner</b>	Corned Silverside with Mustard Sauce (G.F) Or Braised Chicken Drumsticks	Thai Green Chicken Curry (G.F) Pork with Sweet & Sour Sauce (G.F)	Meatloaf or Gourmet Sausages with Mushroom Sauce	Chicken & Tomato Macaroni Cheese or lamb ragu with gnocchi	Crisp Battered Fish or Grilled Pork Chops (G/F)	Chicken Cacciatore (G.F) or Beef Stroganoff	Thai Beef Stir Fry Lemongrass & Ginger Chicken
<b>Dinner Vegetarian</b>	Mixed vegetable Tagine (G.F)	Thai Green Vegetable Curry with Potato/Tofu/Chickpeas (G.F)	Zucchini & Sun Dried Tomato Fritters	Mixed Vegetable Macaroni Cheese	Vegetable Pasties	Mixed Vegetable Cacciatore (G.F)	Thai Vegetable Stir Fry
<b>Potato or rice of the day</b>	Parsley steamed Potato (G.F) 	Steamed Fragrant Rice(G.F) 	Roast Chat Potatoes (G.F)	*****	Crisp Chips (G.F)	Fettuccini Tossed in Butter & Parsley	Steamed Fragrant Rice
<b>Vegetables or salad bar</b>	Peas & carrots(G.F) 	Stir Fried Greens 	Steamed Seasonal Vegetables (G.F) 	Ratatouille (G.F) 	Minted Peas (G.F)	Sauteed Green Beans with Garlic & Crisp Onion (G.F)	Coconut Glazed Carrots
<b>Dessert</b>	Chocolate mousse	Lemon cheese cake tarts	Assorted Ice cream with toppings	Apple pie & custard	Caramel dumplings	Jelly coupe and sliced peaches	Assorted Ice cream with toppings









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## Earle Page- Austin-Robb & Mary-White Menu Cycle -Term 4- 2011

## Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)
<b>Soup of the day</b>							
<b>Lunch</b>	Baked Potatoes with Savoury Mince Or Spicy Chicken (G.F)	Chicken Rissoles or Sausage Rolls with Mushroom Sauce Mashed Potato & Mini Roast Corn	Salt & Pepper Calamari or Lamb & Mint Pie Served with Chips	Chicken Parmigianino or Meat Balls in Tomato Sauce Crisp wedges peas & corn	Bangers & Mash Onion gravy & Mixed Vegetables or Beef Ravioli in Mushroom Sauce	Design your own Sandwiches with a Selection of Speciality Bread & Salad Bar 	Sweet & Sour Chicken Or Spring Rolls & Dim Sims with Steamed Rice
<b>Lunch Vegetarian</b>	Baked Potatoes with Curried Vegetables or Ratatouille (G.F)	Vegetable Rissoles with Creamy Mushroom Sauce Mashed Potato & Mini Roast Corn	Tempura Vegetables Served with Chips	Spinach & Ricotta Parmigianino Crisp wedges peas & corn	Vegetarian Bangers & Mash Tomato sauce & Mixed Vegetables (G.F)	Design your own Sandwiches with a Selection of Speciality Bread & Salad Bar 	Sweet & Sour Vegetable Nuggets with Steamed Rice
<b>Dinner</b>	Navarin of (G.F) New England Lamb or Tandoori Chicken	Chicken or Beef Lasagne	B.B.Q. Steak or Grilled Pork Chops With Red Wine Jus (G.F)	Chicken Tikka Marsala Served with Riata (G.F) Or B.B.Q. Spare Ribs	Steamed Fish Fillets Ginger & Lime Broth (G.F) or Stir Fried Beef	Penne pasta Bolognese Sauce Chicken & Mushroom Sauce	Mexican Beef or Chicken(G.F) Served with Soft Flour Tortillas
<b>Dinner Vegetarian</b>	Vegetable Strudel with Chunky Tomato Sauce	Vegetable Lasagne	Vegetable Parcels	Green Bean & Eggplant Curry Served with Riata (G.F)	Silken Tofu & Vegetable Dumplings Ginger & Lime Broth (G.F)	Penne Pasta Roast Mediterranean Vegetable Sauce Creamy Mushroom Sauce	Refried Mexican Beans(G.F) Served with Soft Flour Tortillas
<b>Potato or rice of the day</b>	Steamed Rice (G.F) 	*****	Roast Potatoes (G.F)	Pilaff Rice (G.F) 	Rice Noodles (G.F)	*****	Potato Wedges Sour Cream
<b>Vegetables of the day or salad bar</b>	Roast Winter Vegetables (G.F)	Sautéed Zucchini with Garlic, Lemon & Fresh Herbs (G.F) 	Medley of Fresh Vegetables (G.F) 	Glazed carrots & Peas (G.F) 	Seasonal Greens (G.F)	Tossed Vegetable Melange (G.F) 	Salad Bar
<b>Dessert</b>	Apple sponge & lemon frosting	Chocolate cake	Assorted Ice cream with toppings	Chocolate pudding	Apple crumble & custard	Fruit & jelly coupe	Assorted Ice-Cream and toppings





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## Earle Page- Austin-Robb & Mary-White Menu Cycle -Term 4- 2011

## Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)	Austin(Cooked your Own breakfast E/Page(Full Cooked Breakfast)
<b>Soup of the day</b>							
<b>Lunch</b>	Shepherd's Pie or Gourmet Sausages Mash Potatoes & Peas	Spanish Mixed Seafood Stew (G.F) Or Hot Dogs	Fettuccini with Carbonara Sauce or Pesto Chicken Sauce	Lamb Souvlaki (G.F) or Beef Tacos	Lamb Tagine or Curried Sausages with Fragrant Rice (G.F) 	Design Your Own Sandwiches with a Selection of Speciality Bread & Salad Bar 	Chilli Con Carne or Frittata With Mexican Rice (G.F)
<b>Lunch Vegetarian</b>	Vegetarian Pie Mash Potatoes & Peas	Spanish Mixed Vegetable Stew (G.F) Served with Crusty Bread	Fettuccini with Vegetable Carbonara Sauce or Roast Vegetable Sauce	Vegetarian Souvlaki (G.F)	Vegetable Tagine with Fragrant Rice (G.F) 	Design Your Own Vegetarian Sandwiches with a Selection of Speciality Bread & Salad Bar 	Chilli Con Vegetables With Mexican Rice (G.F)
<b>Dinner</b>	Tandoori Chicken (G.F) Or Pork with Plum Sauce	Moussaka (G.F) Pasta Bake	Chicken Schitznal or Beef bourguignon (G.F)	Traditional Roast Chicken or Roast Pork(G.F)	Crisp Crumbed Fish Cannelloni with Creamy Tomato Sauce	Thai Beef Stir Fry Lemongrass & Ginger Chicken	Pizza Night BBQ Meat Lovers Ham & Pineapple
<b>Dinner Vegetarian</b>	Potato & Chick Pea Curry (G.F)	Vegetarian Moussaka (G.F)	Spinach & Ricotta Pattie	Sweet Potato & Broccoli Nut Roast (G.F)	Crumbed Eggplant Parmegiana	Thai Vegetable Stir Fry	Pizza Night Vegetarian
<b>Potato or rice of the day or salad bar</b>	Pilaff Rice	*****	Mashed Potato	Roast Potato (G.F)	Crisp Chips (G.F)	Hokkien Noodles	Potato Wedges Sour Cream
<b>Vegetables of the day</b>	Cumin Spiced Cauliflower & Broccoli (G.F)	Medley of Fresh Vegetables (G.F)	Roast Mediterranean Vegetables (G.F)	Roast Seasonal Vegetables (G.F)	Minted Peas & Carrots (G.F)	Coconut Glazed Carrots (G.F)	Salad Bar
<b>Dessert</b>	Apple strudel & custard	Chocolate mousse	Assorted Ice Cream with Toppings	Apple & peach crumble & custard	Coffee cream cake	Fruit & jelly coupe	Assorted Ice-Cream and toppings

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### DAILY COMPOSED SALADS, BREADS, SPREADS AND CONDIMENTS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	<ul style="list-style-type: none"> <li>• Greek Salad</li> <li>• Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar Salad</li> <li>• Seafood Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Salad</li> <li>• Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar Salad</li> <li>• Seafood Salad</li> </ul>
TUESDAY	<ul style="list-style-type: none"> <li>• Caesar Salad</li> <li>• Roast Med. Vegetable Pasta Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed Garden Leaf Salad</li> <li>• Sweet Potato Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar Salad</li> <li>• Roast Med. Vegetable Pasta Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed Garden Leaf Salad</li> <li>• Sweet Potato Salad</li> </ul>
WEDNESDAY	<ul style="list-style-type: none"> <li>• Mixed Garden Leaf Salad</li> <li>• Nicoise Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Salad</li> <li>• Tabouli</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed Garden Leaf Salad</li> <li>• Nicoise Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Salad</li> <li>• Tabouli</li> </ul>
THURSDAY	<ul style="list-style-type: none"> <li>• Greek Salad</li> <li>• Chick Pea &amp; Lentil Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar Salad</li> <li>• Parmesan, Pesto Pasta Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Salad</li> <li>• Chick Pea &amp; Lentil Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar Salad</li> <li>• Parmesan, Pesto Pasta Salad</li> </ul>
FRIDAY	<ul style="list-style-type: none"> <li>• Caesar Salad</li> <li>• Thai Beef &amp; Noodle Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed Garden Leaf Salad</li> <li>• Mixed Bean Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar Salad</li> <li>• Thai Beef &amp; Noodle Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed Garden Leaf Salad</li> <li>• Mixed Bean Salad</li> </ul>
SATURDAY	<ul style="list-style-type: none"> <li>• Mixed Garden Leaf Salad</li> <li>• Tropical Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Salad</li> <li>• Cajun Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed Garden Leaf Salad</li> <li>• Tropical Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Salad</li> <li>• Cajun Chicken Salad</li> </ul>
SUNDAY	<ul style="list-style-type: none"> <li>• Greek Salad</li> <li>• Roast Vegetable Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar salad</li> <li>• German Potato Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Salad</li> <li>• Roast Vegetable Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar salad</li> <li>• German Potato Salad</li> </ul>

Daily	<ul style="list-style-type: none"> <li>• Sliced White, Wholemeal &amp; Multigrain Bread</li> <li>• P.C. Butter, Margarine, Honey, Vegemite, Peanut Butter &amp; Jam</li> <li>• Sliced Cheese, Beetroot, Pineapple, Tomato, Cucumber &amp; Onion</li> <li>• Grated Carrot</li> <li>• Bean Sprouts</li> <li>• Baby Corn</li> <li>• Tinned Salmon/Tuna</li> <li>• Mixed Beans</li> <li>• Hard Boiled Eggs</li> <li>• Selection of Sauces &amp; Dressings</li> </ul>
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### DAILY BREAKFAST OPTIONS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	<ul style="list-style-type: none"> <li>• Grilled Bacon</li> <li>• Spaghetti</li> <li>• Boiled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Bacon</li> <li>• Spaghetti</li> <li>• Boiled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Bacon</li> <li>• Spaghetti</li> <li>• Boiled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Bacon</li> <li>• Spaghetti</li> <li>• Boiled Eggs</li> </ul>
TUESDAY	<ul style="list-style-type: none"> <li>• Breakfast Sausages</li> <li>• Baked Beans</li> <li>• Hash Brown</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Sausages</li> <li>• Baked Beans</li> <li>• Hash Brown</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Sausages</li> <li>• Baked Beans</li> <li>• Hash Brown</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Sausages</li> <li>• Baked Beans</li> <li>• Hash Brown</li> </ul>
WEDNESDAY	<ul style="list-style-type: none"> <li>• Grilled Bacon</li> <li>• Scrambled Eggs</li> <li>• Creamy Herb Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Bacon</li> <li>• Scrambled Eggs</li> <li>• Creamy Herb Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Bacon</li> <li>• Scrambled Eggs</li> <li>• Creamy Herb Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Bacon</li> <li>• Scrambled Eggs</li> <li>• Creamy Herb Mushrooms</li> </ul>
THURSDAY	<ul style="list-style-type: none"> <li>• Grilled Steak</li> <li>• Grilled Tomato</li> <li>• Fried Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Steak</li> <li>• Grilled Tomato</li> <li>• Fried Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Steak</li> <li>• Grilled Tomato</li> <li>• Fried Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Steak</li> <li>• Grilled Tomato</li> <li>• Fried Eggs</li> </ul>
FRIDAY	<ul style="list-style-type: none"> <li>• Grilled Bacon</li> <li>• Frittata</li> <li>• Hash Brown</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Bacon</li> <li>• Frittata</li> <li>• Hash Brown</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Bacon</li> <li>• Frittata</li> <li>• Hash Brown</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Bacon</li> <li>• Frittata</li> <li>• Hash Brown</li> </ul>
SATURDAY	<ul style="list-style-type: none"> <li>• Breakfast Sausages</li> <li>• Grilled Tomato</li> <li>• Scrambled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Sausages</li> <li>• Grilled Tomato</li> <li>• Scrambled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Sausages</li> <li>• Grilled Tomato</li> <li>• Scrambled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Sausages</li> <li>• Grilled Tomato</li> <li>• Scrambled Eggs</li> </ul>
SUNDAY	<ul style="list-style-type: none"> <li>• Grilled steak</li> <li>• Baked Beans</li> <li>• Hash Brown</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled steak</li> <li>• Baked Beans</li> <li>• Hash Brown</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled steak</li> <li>• Baked Beans</li> <li>• Hash Brown</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled steak</li> <li>• Baked Beans</li> <li>• Hash Brown</li> </ul>

Daily	<ul style="list-style-type: none"> <li>• Sliced White, Wholemeal, Multigrain &amp; Fruit Bread, English Muffins &amp; Crumpets</li> <li>• P.C. Butter, Margarine, Honey, Vegemite, Peanut Butter &amp; Jam</li> <li>• Make your own pancakes</li> <li>• Porridge (Autumn &amp; Winter)</li> <li>• Weet-Bix, Cornflakes, Sustain &amp; Coco Pops (can vary)</li> <li>• Orange Juice</li> </ul>
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