

Sample Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING TEA



Raisin Bread



Wholemeal Bread



Water Crackers with Sliced Cheese



English Muffins



Fruit Yoghurt

LUNCH



& Fried Rice



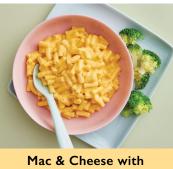
GFHC Chicken Roll Ups



Beef Korma with Basmati Rice



Tuna & Corn **Nori Rolls**



Hidden Vegies

AFTERNOON TEA



Fig Coconut Sultana Cookies



Cheesymite Pastry Twists



Lemonade Scones



Carrot Pumpkin Cake



Yoghurt Cake