



## SUMMER MENU

### **Week 1**

#### Monday

- Soup:** Chicken & Corn  
**Main:**  Beef Sausages  
or  
 Beef Schnitzel  
both with Mashed Potato Baby Spinach & Pumpkin  
or  
 Green Salad  
**Dessert:** Fruit Salad

#### Tuesday

- Soup:** Lentil  
**Main:**  Baked Chicken Breast  
or  
 Chicken Schnitzel  
both with Roast Potato, Roast Pumpkin & Green Beans  
or  
 Green Salad  
**Dessert:** Fruit Fool

#### Wednesday

- Soup:** Chicken Noodle  
**Main:**  Baked Macaroni  
or  
 Beef Casserole on Rice  
or  
 Green Salad  
**Dessert:** Apple Crumble

#### Thursday

- Soup:** Minestrone  
**Main:**  Pork Rissoles  
or  
 Stuffed Zucchini  
both with Oven Potatoes (Maltese Style) and Baked Cabbage  
or  
 Green Salad  
**Dessert:** Bread & Butter Pudding

#### Friday

- Soup:** Fish  
**Main:**  Baked Fish with Baked Potato & Egg with Baton Carrots & Beans  
or  
 Green Salad  
**Dessert:** Stewed Fruit with Custard



## SUMMER MENU

### **Week 2**

#### Monday

- Soup:** Primavera  
**Main:**  Chicken Cottage Pie  
or  
 Chicken Patties with Mashed Potatoes, Beans / Baton Carrots  
or  
 Green Salad  
**Dessert:** Maltese Pudding with custard

#### Tuesday

- Soup:** Beef & Barley Broth  
**Main:**  Roast Lamb  
or  
 Veal Scallopini  
both with Red Sauce or Gravy, Roast Potato and Roast Pumpkin  
or  
 Green Salad  
**Dessert:** Upside Down Fruit Cake

#### Wednesday

- Soup:** Leek & Potato  
**Main:**  Ricotta Ravioli  
or  
 Baked Fish with boiled Potato, Spinach & Squash  
or  
 Green Salad  
**Dessert:** Trifle

#### Thursday

- Soup:** Sweet Potato  
**Main:**  Baked Rice  
or  
 Savoury Mince on Rice  
or  
 Green Salad  
**Dessert:** Apricot Danish

#### Friday

- Soup:** Fish  
**Main:**  Tuna Patties with Mashed Potato, Broccoli & Carrots  
or  
 Green Salad  
**Dessert:** Zucchini Cake



## SUMMER MENU

### **Week 3**

#### Monday

- Soup: Chicken Broth  
Main:  Pasta Bolognese  
or  
 Lamb Stew  
both with Brown Sauce (No Tomato)  
or  
 Green Salad  
Dessert: Fruit Salad

#### Tuesday

- Soup: Chick Pea  
Main:  Chicken Pie with Pastry  
or  
 Pasta with Brown Sauce  
or  
 Green Salad  
Dessert: Jelly & Fruit

#### Wednesday

- Soup: Pumpkin & Potato  
Main:  Roast Pork  
or  
 Corned Silverside & Onion Sauce  
both with New Potatoes, Carrots & Beans  
or  
 Green Salad  
Dessert: Banana Cake with Lemon Philadelphia Cream Cheese Topping

#### Thursday

- Soup: Pasta Fagiole  
Main:  Meatloaf with Mashed Potatoes, Broccoli & Pumpkin  
or  
 Ricotta Pie  
or  
 Green Salad  
Dessert: Maltese Fruit Cake & Custard

#### Friday

- Soup: Fish  
Main:  Steamed Fish with Capers & Boiled Rice, Silver beet and Carrots  
or  
 Green Salad  
Dessert: Stewed Pears & Chocolate Mousse



## SUMMER MENU

### **Week 4**

#### Monday

- Soup: Kusksu (Broad Bean Soup)  
Main:  Beef Meatballs & Gravy  
or  
 Chicken a la King  
both with Mashed Potato, Broccoli & Carrots  
or  
 Green Salad  
Dessert: Sago & Plum

#### Tuesday

- Soup: Chicken & Vegetable  
Main:  Beef Schnitzel  
or  
 Veal Parmagiana  
both with Baked Potatoes, Baked Pumpkin & Beans  
or  
 Green Salad  
Dessert: Rice Pudding

#### Wednesday

- Soup: Pea & Ham  
Main:  Maltese Beef Pie  
or  
 Roast Lamb with Cous Cous, Roast Parsnip & Green beans  
or  
 Green Salad  
Dessert: Fruit Salad

#### Thursday

- Soup: Minestrone  
Main:  Rabbit Stew  
or  
 Chicken Stir Fry  
or  
 Green Salad  
Dessert: Cherry Cake

#### Friday

- Soup: Fish  
Main:  Crumbed Fish with Baked Potatoes, tomatoes & onions and  
Brussel Sprouts  
or  
 Green Salad  
Dessert: Fruit Slice