



resi @ deakin

week of 02/09/08

	tuesday 02/09/08	wednesday 03/09/08	thursday 04/09/08
main	<ul style="list-style-type: none"> roast beef (low fat) with gravy 	<p><u>souvlaki night</u></p> <ul style="list-style-type: none"> lamb souvlaki 	<ul style="list-style-type: none"> spaghetti bolognaise
main	<ul style="list-style-type: none"> roast pork with gravy and apple sauce 	<ul style="list-style-type: none"> chicken souvlaki 	<ul style="list-style-type: none"> baked fish with lemon cream sauce (low fat)
vegetarian	<ul style="list-style-type: none"> vegetarian parmigiana 	<ul style="list-style-type: none"> falafel souvlaki (low fat) 	<ul style="list-style-type: none"> vegetable lasagne
starch	<ul style="list-style-type: none"> roasted potatoes steamed rice 	<ul style="list-style-type: none"> cajun chat wedges fried rice 	<ul style="list-style-type: none"> french fries garlic pasta
vegetables	<ul style="list-style-type: none"> green beans steamed carrots 	<ul style="list-style-type: none"> zucchini tomato bake carrots 	<ul style="list-style-type: none"> mixed medley of veg
salad	<ul style="list-style-type: none"> pasta salad coleslaw tossed garden salad 	<ul style="list-style-type: none"> tossed garden salad noodle salad shredded ice-berg 	<ul style="list-style-type: none"> caesar salad tossed garden salad potato salad
additional salad items	<ul style="list-style-type: none"> beetroot celery batons 	<ul style="list-style-type: none"> sliced tomato tasty cheese 	<ul style="list-style-type: none"> tomato wedges 5 bean mix
dessert	<ul style="list-style-type: none"> chocolate mousse with peppermint crisp and cream pavs with cream and kiwi fruit 	<ul style="list-style-type: none"> ice cream and topping with crushed nuts sticky date pudding with toffee sauce and cream 	<ul style="list-style-type: none"> yoghurt tub apple strudel with cream
fruit	<ul style="list-style-type: none"> rockmelon wedges fresh whole fruit 	<ul style="list-style-type: none"> watermelon wedges fresh whole fruit 	<ul style="list-style-type: none"> orange wedges fresh whole fruit