

Rochester and Rutherford Winter Menu 2020

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Continental Cooked eggs	Continental Cooked eggs	Continental Cooked eggs	Continental Cooked eggs	Continental Cooked eggs	Continental with Sausages and Spaghetti	Continental
Lunch							
Lunch Main	Build your own Burritos, Beef Chilli and Rice	Bacon and Egg Pie	Baked Potatoes with Assorted Fillings	Crumbed Fish and Chips w Lemon and Tartare Sauce	Pepperoni Pizza /Chicken and Cranberry Pizza	Honey Soy Drumsticks and Sweet chilli rice	Fresh Croissants Crispy Bacon Spaghetti Scrambled Egg and Hash Brown
Vegetarian	Vegetable and Black Bean Chilli	Pumpkin and Broccoli Pie	Same as above	Battered Vegetable and Tempeh	Chunky Vegetable Pizza	Honey Soy Tofu and Carrot	
Sandwich Bar	Fresh Rolls and a Selection of fillings	Toastie Tuesdays Sliced Bread and Selection of fillings	Fresh Rolls and a Selection of fillings	Toastie Thursdays Sliced Bread and Selection of fillings	Fresh Rolls and a Selection of fillings	Fresh Rolls and a Selection of fillings	Fresh Rolls and a Selection of fillings
Baking	Biscuit or Cake	Fresh Muffins	Cake or Pikelets	Fresh Scones	Loaf or Slice	Fresh Cookies	Sweet Free Lunch
Lunch is accompanied by Chef's selection of 3 or more salads and dressings served 7 days a week							
Dinner							
Main 1	Baked Greek Chicken with Lemon and Oregano	Stir-fry Asian Beef and Greens	Beef Lasagne with Parmesan	Butter Chicken	Pulled Pork in Chipotle Sauce	Grilled Steak and Mushroom Sauce	Roast Pork and Spiced Apple Sauce
Main 2	Pork and Apple Schnitzel	Lemon Pepper Baked Fish	Creamy Chicken and Bacon Penne	Lamb Rogan Josh	Chicken Fajita	Rosemary Lamb Chops with Mint Jelly	Apricot Chicken Drumsticks
Vegetarian	Crumbed Eggplant Slabs	Stir-fry Marinated Tofu and Greens	Creamy Mushroom Pea & Spinach Penne	Chickpea and Vege Rogan Josh	Black bean and Chickpea Fajita	Sautéed White Beans & Mushrooms	Spiced Chickpea and Quinoa
Starch	Potato Bake	Basmati Rice	Diced Roasted Potatoes	Jasmine and Wild Rice	Flour Tortilla	Steamed Gourmet Potatoes	Seeded Mustard Mash
Chef's Selection	Spring Onion Couscous	Egg Noodles	Garlic Bread	Pappadums	Corn Tortillas	Ciabatta Rolls	Dinner Rolls
Dinner is accompanied by Chef's selection of 3 or more salads and 2 or more Vegetables changes daily							
Dessert	Ice Cream Bar	Apple Blueberry Crumble & Custard	Berry Parfait Eton's Mess	Chocolate Fudge Cake	Cinnamon Donuts Whipped Cream	Dessert Free Day	Chocolate Mousse

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Continental Cooked eggs	Continental Cooked eggs	Continental Cooked eggs	Continental Cooked eggs	Continental Cooked eggs	Continental with Sausages and Spaghetti	Continental
Lunch							
Lunch Main	Beef Souvlaki	Seasoned Wedges Sweet chilli Sour Cream Chilli Beans	Gourmet Sausages Bread Rolls and Caramelised onion	Crispy Buffalo Wings with Ranch Dressing	Smoked Chicken and Bacon Carbonara	Savoury Mince pie	Warm Bagel Bacon Rashers, Pesto Cream Cheese
Vegetarian	Veg Medley Souvlaki		Vegetarian Sausages	Crispy Cauliflower and Chickpeas	Zucchini and Corn Carbonara	Mushroom and Spinach Pie	Falafel Fritters
Sandwich Bar	Fresh Rolls and a Selection of fillings	Toastie Tuesdays Sliced Bread and Selection of fillings	Fresh Rolls and a Selection of fillings	Toastie Thursdays Sliced Bread and Selection of fillings	Fresh Rolls and a Selection of fillings	Fresh Rolls and a Selection of fillings	Fresh Rolls and a Selection of fillings
Baking	Biscuit or Cake	Fresh Muffins	Cake or Pikelets	Fresh Scones	Loaf or Slice	Fresh Cookies	Sweet Free Lunch
Lunch is accompanied by Chef's selection of 3 or more salads and dressings served 7 days a week							
Dinner							
Main 1	Creamy Chicken Tarragon and Mustard	Braised Venison in Red wine	Beef Keema Aloo	Crust less Fish Pie with Spinach and Sour Cream	Beef and Guinness Hotpot	Marinated Baked Pork Chops	Herb Roasted Chicken and Gravy
Main 2	Gremolata Baked Fish	Chicken Parmigiana	Tandoori Chicken Drums	Cottage Pie	Chunky Lamb Irish Stew	Beef Stroganoff	Ham Steaks with Pineapple
Vegetarian	Creamy Mushroom Chickpea and Tarragon	Eggplant Parmigiana	Vegetable Madras with Pumpkin	Vegetable Cottage Pie	Veg Irish Stew with Mushrooms and Dumplings	Vegetable Lentil Patties	Mung Bean Fritters
Starch	Thyme and Sea Salt Gourmets	Mashed Kumara and Potato	Long Grain Brown Rice	Sautéed Potatoes	Mashed Potatoes	Diced Herb Potatoes	Roasted Potatoes
Chef's Selection	White and brown Rice	Turkish Bread	Pappadums And Riata	Grain Rolls	Green Veg Medley	Lemon and Apricot Couscous	Roast Root Vegetable Medley
Dinner is accompanied by Chef's selection of 3 or more salads and 2 or more Vegetables changes daily							
Dessert	Candy Shop Ice Cream Bar	Banoffee Pie	Pavlova and Berries	Sticky Date with Salted Caramel Sauce	Lime Jelly and Mint Ice cream	Dessert Free Day	Berry Cheesecake

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Continental Cooked eggs	Continental Cooked eggs	Continental Cooked eggs	Continental Cooked eggs	Continental Cooked eggs	Continental with Sausages and Spaghetti	Continental
Lunch							
Lunch Main	Chicken Cranberry and Brie	Panini Ham Cheese and Tomato Quiche	Tomato, Sweet Chilli and Capsicum Penne with Parmesan	Steak and Cheese Pie	Crumbed Fish Crinkle Fries, Lemon and Tartare	Lamb Meatball Sub	Croissant, Bacon Spaghetti Scrambled Egg and Hash Brown
Vegetarian	Grilled Eggplant and Haloumi Panini	Tomato and Gruyere Tart		Chunky Vegetable Strudel	Samosas and Spring Rolls	Falafel Sub	
Sandwich Bar	Fresh Rolls and a Selection of fillings	Toastie Tuesdays Sliced Bread and Selection of fillings	Fresh Rolls and a Selection of fillings	Toastie Thursdays Sliced Bread and Selection of fillings	Fresh Rolls and a Selection of fillings	Fresh Rolls and a Selection of fillings	Fresh Rolls and a Selection of fillings
Baking	Biscuit or Cake	Fresh Muffins	Cake or Pikelets	Fresh Scones	Loaf or Slice	Fresh Cookies	Sweet Free Lunch
Lunch is accompanied by Chef's selection of 3 or more salads and dressings served 7 days a week							
Dinner							
Main 1	Green Thai Chicken Curry	Lamb Goulash	Char sui B.B.Q Pork Ribs	Asian Lemon Chicken and Vegetables	Beef Bolognaise	Beef Schnitzel with Chutney	Roast Lamb, Mint Sauce and Gravy
Main 2	Thai Fish Cakes With Water Chestnut Salsa	Creamy Baked Chicken	Chicken Cacciatore	Sesame Beef Teriyaki Stir fry	Chicken and Chorizo Pasta Bake	Moroccan Spiced Pork Chops	Chicken Cordon Bleu
Vegetarian	Green Kumara Curry	Vegetarian Goulash	Char Sui pulled Jackfruit	Tofu Teriyaki and Vegetable Stir fry	Vegetarian Lentil Bolognaise	Moroccan Spiced Chickpea & Tempeh	Lentil Loaf
Starch	Jasmine Rice	Crispy Crushed potatoes	Baked Potatoes	Basmati Rice	Potato Wedges	Gratin Potatoes	Parsley Potatoes
Chef's Selection	Turmeric Chats	Long Grain Brown Rice	Brown and White Rice	Egg Noodles	Spaghetti	Focaccia Bread	Honey Roasted Kumara
Dinner is accompanied by Chef's selection of 3 or more salads and 2 or more Vegetables changes daily							
Dessert	Vanilla Ice Cream Bananas, Sauces Whipped Cream	Fresh Fruit Salad	Chocolate Éclairs	Apple and Blueberry Crumble	Sorbet Selection	Dessert Free Day	Chocolate Danish Pastries

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Continental Cooked eggs	Continental Cooked eggs	Continental Cooked eggs	Continental Cooked eggs	Continental Cooked eggs	Continental with Sausages and Spaghetti	Continental
Lunch							
Lunch Main	Chicken Souvlaki	Potato and Ham Frittata	Roast meat and Gravy Roll	Beef Nachos	Macaroni Cheese	Sausage Rolls with Tomato Chutney	Pancakes Maple Syrup Whipped Cream Bacon and Berries
Vegetarian	Falafel Souvlaki	Spinach and Potato Frittata	Spiced Chickpeas and Quinoa	Vege Nachos		Spinach and Feta Rolls	
Sandwich Bar	Fresh Rolls and a Selection of fillings	Toastie Tuesdays Sliced Bread and Selection of fillings	Fresh Rolls and a Selection of fillings	Toastie Thursdays Sliced Bread and Selection of fillings	Fresh Rolls and a Selection of fillings	Fresh Rolls and a Selection of fillings	Fresh Rolls and a Selection of fillings
Baking	Biscuit or Cake	Fresh Muffins	Cake or Pikelets	Fresh Scones	Loaf or Slice	Fresh Cookies	Sweet Free Lunch
Lunch is accompanied by Chef's selection of 3 or more salads and dressings served 7 days a week							
Dinner							
Main 1	Beef Meatball Marinara	Sweet and Sour Chicken	Beef Massaman	Jerk Spiced Chicken Drums	Beef Burger	Mexican Chicken Chilli	Roast Beef Gravy and Mustard
Main 2	Creamy Chicken Pesto Spirals	Baked Miso Marinated Fish	Soy Sesame Chicken and Greens Stir-fry	Chorizo Style Spiced Sausages	Crumbed Fish Burger	Beef and Black Bean Chilli	Honey Garlic Baked Chicken Pieces
Vegetarian	Pesto and Spinach Spirals	Miso Marinated Tofu and Veg	Tofu Massaman	Jerk Spiced Tempeh and Vegetables	Vegetarian Burger	Black Bean Chilli	Corn Fritters
Starch	Spaghetti	Medium Grain White Rice	White and Wild Rice	Mashed Potatoes with Parsley	Chunky Steak Fries	Baked Potatoes	Roasted Gourmet Potatoes
Chef's Selection	Garlic and Herb Bread	Prawn Crackers	Pappadums	Croquette Potatoes	Assorted Burger Condiments	Nacho Chips	Yorkshire Puddings
Dinner is accompanied by Chef's selection of 3 or more salads and 2 or more Vegetables changes daily							
Dessert	2 Ice Cream and 2 Jelly Flavours	Dutch Apple Cake And Custard	Ambrosia	Chocolate Coconut brownie	Lamingtons and Cream	Dessert Free Day	Caramel Cheesecake