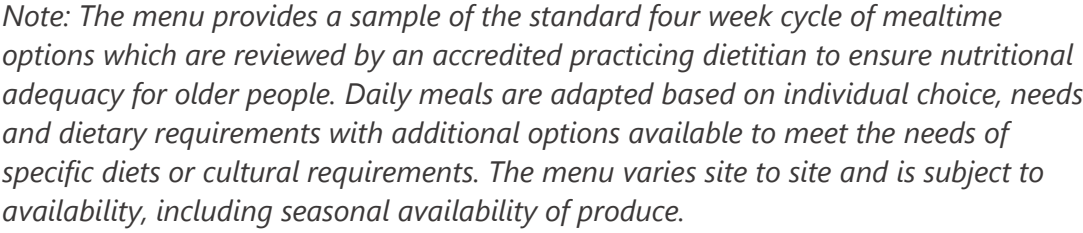


Winter Menu

Week 1

WEEK 1	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Continental Breakfast	Selection of Cereal (All Bran, Cornflakes, Just Right, Weetbix, Sultana Bran) or Porridge						
	Fruit, Yoghurt, Toast and Preserves (White, Wholemeal)						
	Tea or Coffee, Milk and Juice						
Hot Breakfast	Hot options include scrambled eggs & baked beans on Thursday and scrambled eggs & bacon on Sunday						
Morning Tea	Rotational selection of cake, biscuits, fresh fruit, and yoghurt						
	Choice of hot or cold beverage, Milkshake, Milo						
LUNCH							
Main	Prawns – Curried with Vegetables and Rice or Sausages – Beef & Caramelised Onion & Gravy - Onion	Pork – Mustard and Sage Casserole or Chicken - Teriyaki & Pineapple Sauce	Beef – Massaman with Rice or Crumbed Fish Fillets or Grilled Fish	Pork – French Onion or Beef - with Steal Diane Sauce	Beef Roast with Gravy – Red Wine or Turkey Rissole with Cranberry Sauce	Lamb – Leg Chop with Rosemary & Garlic Gravy or Hoki Tempura Fish or Grilled Fish	Lamb – Mongolian with rice or Cottage Pie
	Vegetarian Main	Spinach & Pumpkin Risotto	Quiche – Capsicum, Fetta & Onion	Chickpea Fritter	Vegetable Samosa	Mexican Bean Casserole	Frittata – Corn
Vegetables	Potato Bake, Beans Green Sliced & Carrot Rings	Potato Sweet Mash, Broccoli, Cauliflower & Carrot	Potato Chips, Broccoli & Corn Cobs or Kernels	Potato Mash, Broccoli, Cauliflower & Carrot	Roast Potato, Peas & Roast Pumpkin	Sweet Potato Steak Fries, Cabbage, Corn Cobs or Kernels	Potato Gems, Brussel Sprouts & Baby Carrots
Dessert	Baked Plain Cheesecake or Pineapple Pieces or Canned Peaches	Brownie Chocolate & Walnut Cake or Pear or Canned Apple	Pineapple Jelly or Canned Pear	Cinnamon & Rasin Creamed Rice or Canned Two Fruits	Apple Crumble or Canned Apple	Bread & Butter Pudding or Canned Pineapple Pieces	Apple Turnover Cake or Apple or Canned Apricot
Afternoon Tea	Rotational selection of cake, biscuits, fresh fruit, and yoghurt Choice of hot or cold beverage, Milkshake, Milo						
DINNER							
Soup	Beef & Barley	Potato & Leek		Curry Chicken Noodle		Chicken, Ginger, Coconut & Brown Rice	Beef Stroganoff
Light Meal	Chicken & Leek Quiche	Rice Noodles with Beef Oyster Sauce	Ricotta and Bacon Potato Jacket	Prawn & Leek Tart	Lasagne Topper	Bacon & Cheese Sausage Roll	Salmon, Caper & Leek Pasta Bake
Vegetarian Main	Macaroni & Cheese	Quiche Florentine	Vegetable Lasagne	Vegetable Combo Risotto	Vegetable & Rice Bake	Vegetable Mornay	Singapore Noodle with Vegetables
Salad of the day	Chicken	Devon	Cheddar Cheese	Tuna Mayonnaise	Egg Mayonnaise	Ham	Roast Beef
Fruit	Selection of fruit						
Supper	Selection of sandwiches, biscuits or mousse Tea, Coffee, Milkshake, Milo						



Winter Menu

Week 2

WEEK 2	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Continental Breakfast	Selection of Cereal (All Bran, Cornflakes, Just Right, Weetbix, Sultana Bran) or Porridge Fruit, Yoghurt, Toast and Preserves (White, Wholemeal) Tea or Coffee, Milk and Juice						
Hot Breakfast	Hot options include scrambled eggs & mushroom on Thursday and poached eggs & bacon on Sunday						
Morning Tea	Rotational selection of cake, biscuits, fresh fruit, and yoghurt Choice of hot or cold beverage, Milkshake, Milo						
LUNCH							
Main	Lamb – Greek Casserole with Potato Mash or Southern Fried Barramundi Burger with Burger Bun	Pork – Pepper Cream Sauce or Flame Grilled Meatballs with Tomato Basil & Cream Sauce	Lamb – Barley Casserole with Potato Mash or Crumbed Fish Fillets or Grilled Fish Fillets	Beef – Stroganoff or Chicken – Creamy Cajun Sauce	Pork Roast with Gravy – or Beef & Dijon Rissolle with Gravy	Beef with Red Wine Sauce or Chicken - Schnitzel with Gravy	Lamb – Biryani with Rice or Barramundi with Lemon & Parsley Butter Sauce
Vegetarian Main	Vegetable Burger	Pumpkin & Ricotta Tart	Vegetable Tagine	Butter Bean & Vegetable Pasta	Vegetables in Curry Cream Sauce	Jackfruit & Sweet Potato Curry	Eggplant & Tomato Pasta
Vegetables	Potato Chips, Brussel Sprouts & Carrot Rings	Potato Bake, Carrots, Peas & Corn	Potato Chips, Broccoli, Corn Cobs & Corn Kernels	Potato Mash, Carrot, Cauliflower & Broccoli	Potato Roast Chats, Peas & Roast Sweet Potato	Sweet Potato Mash, Beans, & Roast Mushrooms	Potato Wedges, Beans & Baby Carrots
Dessert	Chocolate Mud Pudding or Apricots or Canned Pear	Strawberry Jelly or Canned Two Fruits	Apple Custard Cake or Apple or Canned Apple	Stewed Apple, Pear & Rhubarb or Canned Pear	Apricot Crumble or Canned Apricot	Baked Rice Pudding or Canned Apple	Blueberry Danish or Pear or Canned Two Fruits
Afternoon Tea	Rotational selection of cake, biscuits, fresh fruit, and yoghurt Choice of hot or cold beverage, Milkshake, Milo						
DINNER							
Soup		Chicken & Cous Cous	Minestrone	Beef & Vegetable		Chicken Mushroom & Barley	
Light Meal	Chicken Kiev	Seafood Mornay Crepe	Beef Pie	Risotto – Lamb, Spinach & Pumpkin	Chorizo, Capsicum & Fetta Quiche	Curried Sausages	Pork Chow Mein
Vegetarian Main	Frittata – Potato, Onion, Tomato, Olives & Leek	Vegetable Rissolle	Root Vegetable & Bean Casserole	Vegetable Pastie	Yellow Potato Vegetable Curry	Stir Fried Vegetables with Soy Sauce	Frittata – Cheese & Onion
Salad of the day	Chicken	Devon	Cheddar cheese	Tuna Mayonnaise	Egg Mayonnaise	Ham	Roast Beef
Fruit	Selection of fruit						
Supper	Selection of sandwiches, biscuits or mousse Tea, Coffee, Milkshake, Milo						

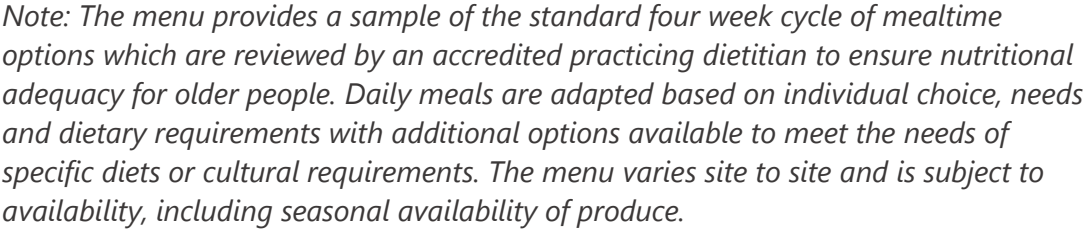


Note: The menu provides a sample of the standard four week cycle of mealtime options which are reviewed by an accredited practicing dietitian to ensure nutritional adequacy for older people. Daily meals are adapted based on individual choice, needs and dietary requirements with additional options available to meet the needs of specific diets or cultural requirements. The menu varies site to site and is subject to availability, including seasonal availability of produce.

Winter Menu

Week 3

WEEK 3	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	
Continental Breakfast	Selection of Cereal (All Bran, Cornflakes, Just Right, Weetbix, Sultana Bran) or Porridge							
	Fruit, Yoghurt, Toast and Preserves (White, Wholemeal)							
	Tea or Coffee, Milk and Juice							
Hot Breakfast	Hot options include scrambled eggs & spaghetti on Thursday and scrambled eggs & bacon on Sunday							
Morning Tea	Rotational selection of cake, biscuits, fresh fruit, and yoghurt							
	Choice of hot or cold beverage, Milkshake, Milo							
LUNCH								
Main	Prawns – Coconut Curry & Rice or Pork – Riblet	Lamb – Eggplant & Olive Stew with Sweet Potato Mash or Chicken - Mixed Grilled with Caramelised Onion or Gravy	Beef – Steak & Kidney with Potato Mash or Crumbed Fish Fillets or Grilled Fish	Pork – Pear & Sherry Casserole or Chicken – With Mushroom Cream Sauce	Beef – Corned Silverside with White Onion Sauce or Pork – Breaded Rissole with Gravy	Lamb - Leg Chop with Paprika & Red Wine or Fish – Hoki Tempura or Fish - Grilled	Pork – Sweet Potato Casserole or Chicken with Honey Soy Sauce or gravy	
		Puerto Rican Beans	Vegetable Curry	Tomato & Leek Quiche	Vegetables in Oyster Sauce	Caramelised Tomato & Parmesan Tart	Fritter – Sweet Potato & Cous Cous	Chickpea Korma Vegetable Curry
		Potato Mash, Broccoli & Cauliflower	Sweet Potato Bake, Mixed Beans & Roast Mushrooms	Potato Chips, Broccoli, Corn Cobs & Corn Kernels	Sweet Potato Mash, Carrot, Cauliflower & Broccoli	Roast Potato, Peas & Roast Pumpkin	Sweet Potato Steak Chips, Beans & Cauliflower	Potato Mash, Cabbage & Roast Carrot
		Sticky Date Pudding or Apple or Canned Apple	Apricot, White Chocolate & Sour Cream Cake or Pear or Canned Pear	Orange Jelly or Canned Peaches	Creamed Rice Tiramisu or Canned Two Fruits	Apple & Rhubarb Crumble or Canned Pineapple Pieces	Pear & Honey Ricotta Tart or Apricot or Canned Apricot	Passionfruit Cheesecake or Two Fruits or Canned Two Fruits
Afternoon Tea	Rotational selection of cake, biscuits, fresh fruit, and yoghurt Choice of hot or cold beverage, Milkshake, Milo							
DINNER								
Soup	Beef & Barley	Potato & Leek		Chicken Curry Noodle		Chicken, Ginger, Coconut & Brown Rice	Beef Stroganoff	
Light Meal	Satay Chicken Sausage Roll	Curried Beef Mince with Cabbage with Rice	Rice Noodles with Honey Garlic Chicken Sauce	Tortelli with Tomato & Bacon Sauce Pasta	Chicken with Wine Bacon Mushroom	Penne Pasta Bake with Bolognaise	Salmon Cannellini Bean & Vegetable Bake	
Vegetarian Main	Mongolian with Vegetables Tofu	Macaroni Pesto Cream & Broccoli Pasta	Vegetable Casserole	Zucchini Frittata	Baked Cauliflower Macaroni & Cheese	Risoni Bolognaise Pasta	Salmon & Vegetable Bake	



Winter Menu

Week 4

WEEK 4	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Continental Breakfast	Selection of Cereal (All Bran, Cornflakes, Just Right, Weetbix, Sultana Bran) or Porridge Fruit, Yoghurt, Toast and Preserves (White, Wholemeal) Tea or Coffee, Milk and Juice						
	Hot options include scrambled eggs & hash brown on Thursday and poached eggs & Bacon on Sunday						
	Rotational selection of cake, biscuits, fresh fruit, and yoghurt Choice of hot or cold beverage, Milkshake, Milo						
LUNCH							
Main	Lamb – Potato & Cinnamon Stew with Sweet Potato Mash or Beef & Caramelised Onion Burger	Pork – Creamy Apple Casserole or Chicken -with Apricot Sauce	Beef – Coconut Curry with Rice or Crumbed Fish Fillets or Grilled Fish	Butter Chicken with Rice or Lamb Rissole with Red Wine Gravy	Chicken – Roast Maryland with Gravy or Lamb & Rosemary Sausage with White Onion Sauce	Pork - Steak with Honey Mustard Sauce or Chicken Schnitzel with Gravy	Beef Satay with Rice or Hoki Tempura Fish or Grilled Fish
Vegetarian Main	Vegetable Burger	Pumpkin Ravioli with Mushroom Cream Sauce Pasta	Frittata – Roast Veg, Feta & Herbs	Spinach & Ricotta Cannelloni	Vegetable Stroganoff	Vegetable in Coconut Sauce with Cashews	Chickpea Fritter
Vegetables	Potato Chips, Broccoli & Carrots	Potato Mash, Carrot, Cauliflower & Broccoli	Potato Chips, Broccoli & Corn Cobs or Kernels	Sweet Potato Steak Fries, Carrot, Cauliflower & Broccoli	Roast Potato Chats, Brussel Sprouts & Roast Beetroot	Sweet Potato Bake, Cabbage & Roast Mushrooms	Potato Gems, Mixed Beans & Corn Cobs or Kernels
Dessert	Banana Pudding or Pineapple Pieces or Canned Pineapple Pieces	Pumpkin & Oat Cake or Pear or Canned Pear	Vanilla Panna Cotta or Canned Two Fruits	Portwine Jelly or Canned Pear	Apple & Raisin Crumble or Canned Pineapple Pieces	Peach Tart or Peaches or Canned Peaches	Cherry Coconut Strudel or Two Fruits or Canned Two Fruits
Afternoon Tea	Rotational selection of cake, biscuits, fresh fruit, and yoghurt Choice of hot or cold beverage, Milkshake, Milo						
DINNER							
Soup		Chicken & Cous Cous	Minestrone	Beef & Vegetable		Chicken Mushroom & Barley	
Light Meal	Crumbed Sausage	Chicken, Sun-dried Tomato & Cream Pasta	Cornish Pastie	Chicken Pie	Quiche Lorraine	Beef Lasagne	Chicken Asparagus Mornay Crepe
Vegetarian Main	Leek, Pumpkin & Sage Risotto	Steamed Vegetables with Peanut Sauce	Vegetable Frittata	Bean & Lentil Casserole	Sweet & Sour Vegetables	Zucchini Pattie	Lentil Bolognaise Pasta
Salad of the day	Chicken	Devon	Cheddar Cheese	Tuna Mayonnaise	Egg Mayonnaise	Ham	Roast Beef
Fruit	Selection of fruit						



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Winter Menu Calendar

Supper	Selection of sandwiches, biscuits or mousse Tea, Coffee, Milkshake, Milo
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Menu Week	Menu begins week commencing Wednesday	Menu week ends Tuesday
Week 1	7 May 2025	13 May 2025
Week 2	14 May 2025	20 May 2025
Week 3	21 May 2025	27 May 2025
Week 4	28 May 2025	3 June 2025
Week 1	4 June 2025	10 June 2025
Week 2	11 June 2025	17 June 2025
Week 3	18 June 2025	24 June 2025
Week 4	25 June 2025	1 July 2025
Week 1	2 July 2025	8 July 2025
Week 2	9 July 2025	15 July 2025
Week 3	16 July 2025	22 July 2025
Week 4	23 July 2025	29 July 2025
Week 1	30 July 2025	5 August 2025
Week 2	6 August 2025	12 August 2025
Week 3	13 August 2025	19 August 2025
Week 4	20 August 2025	26 August 2025
Week 1	27 August 2025	2 September 2025
Week 2	3 September 2025	9 September 2025
Week 3	10 September 2025	16 September 2025
Week 4	17 September 2025	23 September 2025