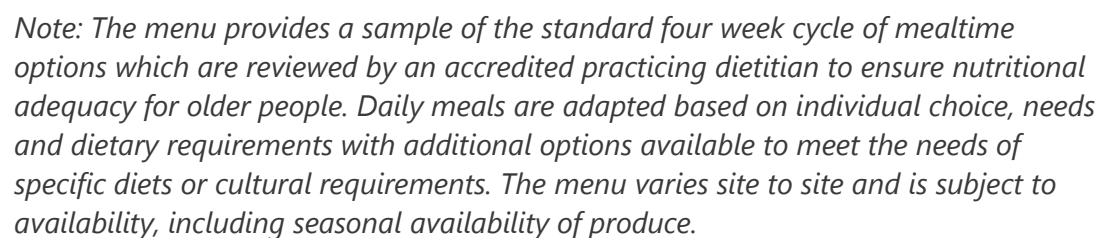




Note: The menu provides a sample of the standard four week cycle of mealtime options which are reviewed by an accredited practicing dietitian to ensure nutritional adequacy for older people. Daily meals are adapted based on individual choice, needs and dietary requirements with additional options available 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.

Marco Polo Unanderra Menu Week 1

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental Breakfast	Assorted Cereals or Porridge Fruit, Yoghurt, Toast and Preserves (White, Wholemeal), Margarine or Butter, Choice of Spreads Tea or Coffee, Milk, Orange and Apple Juice						
Cooked Breakfast	Scrambled Egg & Tomato	Poached Eggs & Baked Beans	Scrambled Eggs & Hashbrowns	Poached Egg & Mushrooms	Scrambled Egg & Chipolatas	Ham & Leek Omelette	Scrambled Eggs & Bacon
MORNING TEA							
Morning Tea	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
Bakery Item	Blueberry Muffins	Cheese & Crackers	Fruit Cake	Pumpkin Scones	Sultana & Choc Chip Cookies	Carrot Cake	Chocolate & Date Brownie
LUNCH							
Main Choice 1	Baked Fish with Moroccan Herb Crumb	Roast Chicken with Gravy	Crumbed Lamb Chops	Corn Beef with Parsley White Sauce	Battered Fish	Baked Chicken with Parsley White Wine Sauce	Roast Beef & Gravy
Main Choice 2	Chicken with Creamy Sundried Tomato Sauce	Vegetable SUBJI	Mediterranean Vegetable Risotto	Pumpkin & Sage Ravioli	Lamb Ragout	Curried Sausages	Vegetable Lentil Strudel
Vegetables	Sweet Potato Mash & Green Goddess Vegetables	Potato Bake & Garlic Spinach & Green Beans	Roast Potato, Pumpkin & Broccoli	Mashed Potato, Pumpkin, Green Beans & Sauerkraut	Chips & Garden Salad	Mashed Potato, Carrots & Green Beans	Roast Potato, Roast Pumpkin & Peas
Soft & Bite Meal	Baked Fish with Herbed Crumb	Braised Chicken or Vegetable Lentil Curry	Lamb & Vegetable Casserole	Corned Beef with Parsley White Sauce	Steamed Fish & Vegetables	Baked Chicken with White Wine Sauce	Roast Beef
Vegetarian Meal	Creamy Sundried Tomato Pasta	Vegetable SUBJI	Mediterranean Vegetable Risotto	Pumpkin & Sage Ravioli	Chickpea Ragout	Vegetable Lentil Potato Pie	Vegetable Lentil Strudel
Texture Modified Meals	Lamb, Potato, Spinach & Carrot	Chicken, Potato, Peas & Pumpkin	Green Lentil, Potato, Broccoli & Cauliflower	Pork, Potato, Pea & Cauliflower	Chicken, Potato, Pea & Pumpkin	Beef, Potato, Broccoli & Pumpkin	Lamb, Potato, Spinach & Carrot
Desert	Sticky Date Pudding	Strawberry Panna Cotta	Apple Sultana Crumble with Custard	Fruit Salad & Custard	Blueberry Crumble Cake	Tiramisu	Jelly & Ice Cream
AFTERNOON TEA							
Afternoon Tea	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
EVENING MEAL							
Dinner Soup	Potato & Leek	Chunky Beef & Vegetable	Minestrone	Pea & Ham	Thai Chicken Noodle	Creamy Mushroom	Pumpkin
Main Course	Shepherd’s Pie	Fish Cocktails	Spaghetti Bolognaise	Roast Chicken & Gravy	Pork & Vegetable Casserole	Cottage Pie	Chicken Rissoles with Neapolitan Sauce



Marco Polo Unanderra Menu Week 1

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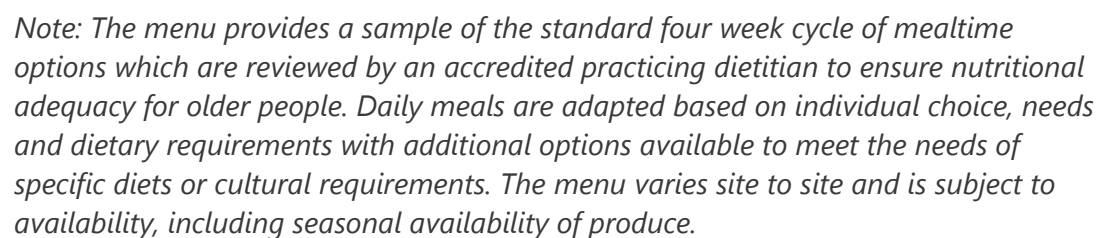
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Marco Polo

Unanderra

Menu Week 2

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental Breakfast	Assorted Cereals or Porridge Fruit, Yoghurt, Toast and Preserves (White, Wholemeal), Margarine or Butter, Choice of Spreads Tea or Coffee, Milk, Orange and Apple Juice						
Cooked Breakfast	Poached Eggs & Hash Browns	Fried Eggs & Tomato	Cheese Omelette	Poached Eggs & Spaghetti	Scrambled Eggs & Pancakes	Fried Eggs & Creamed Corn	Poached Eggs & Chipolatas
MORNING TEA							
Morning Tea	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
Bakery Item	Lemon Cake	Anzac Biscuits	Custard Tarts	Shortbread Cookies	Carrot Cake	Raisin Cookies	Cheese & Crackers
LUNCH							
Main Choice 1	Sweet & Sour Chicken	Cream of Mushroom Pasta Bake	Assorted Meats: Sausages,	Chicken with Creamy Garlic Sauce	Crumbed Fish	Braised Steak Diane	Roast Pork with Apple Sauce & Gravy
Main Choice 2	Lemon Butter Fish	Spaghetti & Meatballs	Rissoles, Herb & Garlic Chicken	Homemade Meatloaf	Eggplant Parmigiana	Chicken & Leek Vol au Vent	Zucchini & Corn Frittata
Vegetables	Roast Vegetables with Sweet & Sour Sauce	Cream of Mushroom Pasta Bake	Vegetable Lentil Rissoles	Vegetable Patties	Eggplant Parmigiana	Vegetable Vol au Vents	Zucchini & Corn Frittata
Soft & Bite Meal	Sweet & Sour Chicken	Savoury Mince, Mash & Vegetables	Braised Chicken or Rissoles	Savoury Beef Mince	Steamed Fish & Vegetables	Braised Steak Diane	Braised Pork
Vegetarian Meal	Roast Vegetables with Sweet & Sour Sauce	Cream of Mushroom Pasta Bake	Vegetable Lentil Rissoles	Vegetable Patties	Eggplant Parmigiana	Vegetable Vol au Vents	Zucchini & Corn Frittata
Texture Modified Meals	Seafood, Potato, Spinach & Carrot	Green Lentil, Potato, Broccoli & Cauliflower	Chicken, Potato, Pea & Pumpkin	Beef, Potato, Broccoli & Pumpkin	Pork, Potato, Pea & Cauliflower	Green Lentil, Potato, Broccoli & Cauliflower	Seafood, Potato, Spinach & Carrot
Desert	Ice Cream & Topping	Sultana Bread & Butter Pudding	Strawberry & Apple Crumble	Pavlova with Cream & Fruit	Coffee Pana Cotta with Caramel Sauce	Strawberry & Cream Sponge Cake	Vanilla Rice Pudding with Pears
AFTERNOON TEA							
Afternoon Tea	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
EVENING MEAL							
Dinner Soup	Minestrone	Beef & Barley	Roast Tomato	Creamy Chicken	Chicken & Vegetable	Pumpkin	Chicken & Corn
Main Course	Beef & Vegetable Casserole	Lemon Parsley Baked Chicken	Beef Pies & Gravy	Quiche Lorraine	Moroccan Lamb Casserole	Cajun Style Fish	Beef Stroganoff
Side Dish	Mashed Potato & Peas	Potato Bake & Green Beans	Mashed Potato & Steamed Vegetables	Green Goddess Vegetable Mix	Sweet Potato Mash & Peas	Fried Rice & Broccoli	Mashed Potato & Seasonal Vegetables
Soft & Bite Meal	Savoury Beef Mince	Lemon Parsley Baked Chicken	Beef & Vegetable Casserole	Quiche Lorraine	Moroccan Lamb Casserole	Cajun Style Fish	Beef Stroganoff
Vegetarian Meal	Spinach & Ricotta Quiche	Roasted Eggplant Curry with Chickpeas	Vegetable & Tofu Stirfry	Roast Vegetable Frittata	Chickpea Vegetable Casserole	Creamy Tofu & Mushroom	Vegetable & Lentil Pattie



Marco Polo Unanderra Menu Week 2

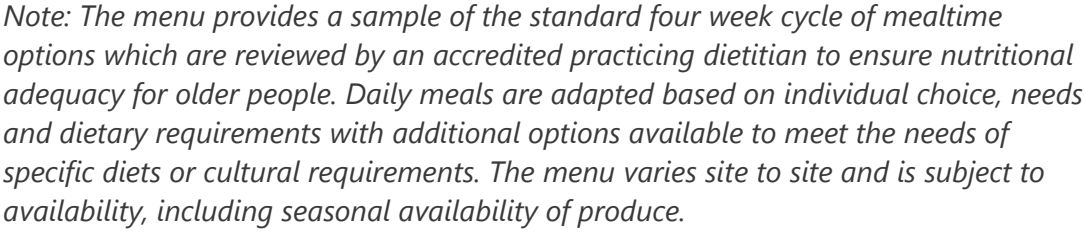
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Textured Modified Meals	Chicken, Potato, Peas & Pumpkin	Lamb, Potato, Spinach & Carrot	Beef, Potato, Broccoli & Pumpkin	Seafood, Potato, Spinach & Carrot	Lamb, Potato, Spinach & Carrot	Pork, Potato, Peas & Cauliflower	Chicken, Potato, Peas & Pumpkin
Desert	Mousse	Fresh Fruit Salad with Custard or Ice Cream	Fruit Jelly	Fresh Fruit Salad with Custard or Ice Cream	Ice Cream & Topping	Fresh Fruit Salad with Custard or Ice Cream	Vanilla & Cinnamon Baked Custard
Alternative	Plated Salads & Sandwiches: a plated salad or assorted sandwiches are available as an alternative to the evening meal						
Supper	A selection of Tea, Coffee, Milo or Cordial and Yoghurt, Fruit or Mixed Sandwiches						



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Marco Polo Unanderra Menu Week 3

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental Breakfast	Assorted Cereals or Porridge Fruit, Yoghurt, Toast and Preserves (White, Wholemeal), Margarine or Butter, Choice of Spreads Tea or Coffee, Milk, Orange and Apple Juice						
Cooked Breakfast	Scrambled Eggs & Bacon	Fried Eggs & Baked Beans	Poached Eggs & Hash Browns	Scrambled Eggs & Mushrooms	Fried Eggs & Chipolatas	Cheese Omelette	Poached Eggs & Tomato
MORNING TEA							
Morning Tea	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
Bakery Item	Apple Muffins	Lemon Tart	Chocolate Scones	Banana Cake	Chocolate Sultana Cookies	Cheese & Crackers	Fruit Cake
LUNCH							
Main Choice 1	Chicken Thighs with Satay Sauce	Braised Lamb Chops	Swedish Meatballs	Honey Mustard Chicken	Fisherman’s Basket	Chicken a la King	Corned Beef with Parsley White Sauce
Main Choice 2	SUBJI	Steamed Fish with Lemon Butter	Spinach & Ricotta Ravioli	Potato Gnocchi with Tomato & Basil Sauce	Eggplant Parmigiana	Beef Ragu	Zucchini Slice
Vegetables	Steamed Rice, Carrots & Broccoli	Potato Bake, Sweet Potato & Zucchini	Mashed Potato & Green Goddess Mix	Mashed Potato, Green Beans & Carrot	Roast Potato Wedges, Pumpkin, Garlic Green Beans & Spinach	Roast Potato, Pumpkin & Green Beans	Mashed Potato, Brussel Sprouts & Sauerkraut
Soft & Bite Meal	Chicken Thighs with Satay Sauce	Steamed Fish with Lemon Butter	Swedish Mince	Honey Mustard Chicken	Steamed Fish & Vegetables	Chicken a la King	Corned Beef with Parsley White Sauce
Vegetarian Meal	SUBJI	Vegetable Lentil Stuffed Capsicums	Spinach & Ricotta Ravioli	Potato Gnocchi with Tomato & Basil Sauce	Eggplant Parmigiana	Vegetable Pasties	Zucchini Slice
Texture Modified Meals	Lamb, Potato, Spinach & Carrot	Chicken, Potato, Pea & Pumpkin	Green Lentil, Potato, Broccoli & Cauliflower	Pork, Potato, Peas & Cauliflower	Chicken, Potato, Peas & Pumpkin	Beef, Potato, Broccoli & Pumpkin	Lamb, Potato, Spinach & Carrot
Desert	Golden Syrup Pudding with Ice Cream	Tiramisu	Orange Delicious Pudding & Cream	Trifle	Apple & Rhubarb Crumble with Custard	Berry Mousse	Ice Cream & Topping
AFTERNOON TEA							
Afternoon Tea	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
EVENING MEAL							
Dinner Soup	Pea & Ham Soup	Chunky Roast Vegetable Soup	Cauliflower & Parmesan Soup	Pumpkin Soup	Beef & Vegetable Soup	Crème of Mushroom Soup	Chicken & Leek Soup
Main Course	Cottage Pie	Herb & Garlic Roast Chicken	Baked Fish with Ginger & Soy	Shepherd’s Pie	Butter Chicken	Irish Lamb & vegetable Stew	Pumpkin & Fetta Frittata
Side Dish	Mashed Potato & Melange Vegetable	Potato, Carrots & Broccoli	Chips & Salad	Medley of Vegetable	Steamed Rice, Beans & Carrot	Mashed Potato	Greek Salad



Marco Polo Unanderra Menu Week 3

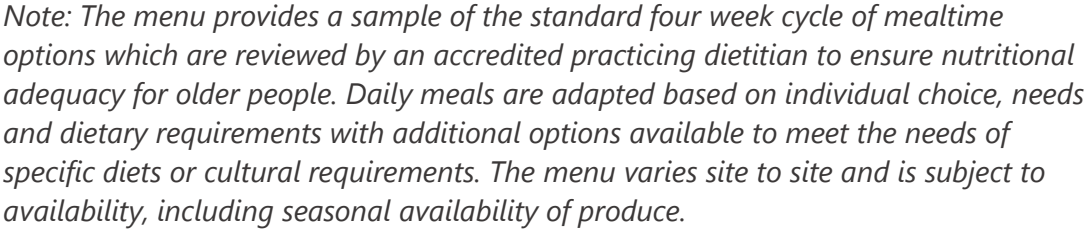
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soft & Bite Meal	Cottage Pie	Herb & Garlic Roast Chicken	Baked Fish with Ginger & Soy	Shepherd's Pie	Butter Chicken	Irish Lamb & vegetable Stew	Pumpkin & Fetta Frittata
Vegetarian Meal	Vegetarian Cottage Pie	Vegetable Tofu Stirfry	Vegetable Patties	Vegetable Lentil Potato Pie	Tofu Vegetable Curry	Chickpea Vegetable Casserole	Pumpkin & Fetta Frittata
Textured Modified Meals	Green Lentil, Potato, Broccoli & Cauliflower	Beef, Potato, Broccoli & Pumpkin	Lamb, Potato, Spinach & Carrot	Green Lentil, Potato, Broccoli & Cauliflower	Beef, Potato, Broccoli & Pumpkin	Seafood, Potato, Spinach & Carrot	Pork, Potato, Peas & Cauliflower
Desert	Fresh Fruit Salad with Custard or Ice Cream	Peaches & Cream	Fresh Fruit Salad with Custard or Ice Cream	Raspberry Flummery	Fresh Fruit Salad with Custard or Ice Cream	Crème Caramel	Fresh Fruit Salad with Custard or Ice Cream
Alternative	Plated Salads & Sandwiches: a plated salad or assorted sandwiches are available as an alternative to the evening meal						
Supper	A selection of Tea, Coffee, Milo or Cordial and Yoghurt, Fruit or Mixed Sandwiches						



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Marco Polo Unanderra Menu Week 4

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental Breakfast	Assorted Cereals or Porridge Fruit, Yoghurt, Toast and Preserves (White, Wholemeal), Margarine or Butter, Choice of Spreads Tea or Coffee, Milk, Orange and Apple Juice						
Cooked Breakfast	Fried Eggs & Creamed Corn	Poached Eggs & Spaghetti	Ham & Cheese Omelette	Fried Eggs & Hash Browns	Poached Eggs or Pancakes	Scrambled Eggs & Baked Beans	Fried Eggs & Bacon
MORNING TEA							
Morning Tea	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
Bakery Item	Shortbread Cookies	Carrot Cake	Scones with Jam & Cream	Orange & Poppy Seed Muffins	Custard Tarts	Lemon Cake	Anzac Cookies
LUNCH							
Main Choice 1	Chicken with Garlic Sauce	Red Wine Braised Beef Steaks	Apricot Chicken	Meatloaf	Battered Fish, Lemon & Tartare	Herb & Garlic Chicken Drumsticks	Roast Lamb, Mint Jelly & Gravy, Yorkshire Pudding
Main Choice 2	Beef Rissoles	Parmesan Baked Polenta with Tomato Sugo	Italian Meatballs	Vegetable Mornay Vol au Vent	Creamy Mushroom Pasta Bake	Spinach & Ricotta Cannelloni	Chickpea & Roast Vegetable Casserole
Vegetables	Mashed Potato, Broccoli & Pumpkin	Sweet Potato Mash & Green Beans	Mashed Potato, Broccoli & Carrots	Roast Potato & Green Goddess Mix	Chips & Salad	Cauliflower & Broccoli Mornay	Roast Potato, Pumpkin & Peas
Soft & Bite Meal	Chicken with Garlic Sauce	Red Wine Braised Beef Steaks	Apricot Chicken	Savoury Beef Mince	Steamed Fish & Vegetables	Herb & Chicken	Roast Lamb
Vegetarian Meal	Zucchini Frittata	Parmesan Baked Polenta with Tomato Sugo	Spinach & Ricotta Cannelloni	Vegetable Mornay Vol au Vent	Creamy Mushroom Pasta Bake	Spinach & Ricotta Cannelloni	Chickpea & Roast Vegetable Casserole
Texture Modified Meals	Seafood, Potato, Spinach & Carrot	Green Lentil, Potato, Broccoli & Cauliflower	Chicken, Potato, Peas & Pumpkin	Beef, Potato, Broccoli & Pumpkin	Pork, Potato, Peas & Cauliflower	Green Lentil, Potato, Broccoli & Cauliflower	Seafood & Potato
Desert	Black Forest Cake with Whipped Cream	Lemon Pudding with Ice Cream	Apple Crumble with Custard	Peaches with Custard	Caramel Date Pudding & Cream	Trifle	Apple Cobbler with Ice Cream
AFTERNOON TEA							
Afternoon Tea	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
EVENING MEAL							
Dinner Soup	Beef & Vegetable Soup	Chicken & Vegetable Soup	Tomato & Basil Soup	Pumpkin Soup	Chicken Noodle Soup	Beef & Barley Soup	Vegetable & Lentil Soup
Main Course	Lemon Pepper Baked Fish	Mediterranean Vegetable Pasta Bake	Sausage Rolls with Tomato Relish	Chicken Schnitzel with Gravy	Beef Bourguignon	Greek Baked Fish with Lemon, Tomato & onion	Quiche Lorraine



Marco Polo Unanderra Menu Week 4

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Side Dish	Potato Bake & Seasonal Vegetables	Garlic Bread	Roast Sweet Potato & Green Beans	Pumpkin Mash & Melange Vegetables	Mashed Potato & Green Beans	Roast Potato & Seasonal Vegetables	Green Goddess Mixed Vegetables
Soft & Bite Meal	Lemon Pepper Baked Fish	Mediterranean Vegetable Pasta Bake	Savoury Beef Mince	Braised Chicken	Beef Bourguignon	Greek Baked Fish with Lemon, Tomato & onion	Quiche Lorraine
Vegetarian Meal	Vegetable Pattie	Mediterranean Vegetable Rissoni Pasta	Spinach & Ricotta Sausage Roll	Crumbed Vegetable Pattie	Vegetable Lentil Curry	Tofu Vegetable Stirfry	Roast Vegetable Frittata
Textured Modified Meals	Chicken, Potato, Peas & Pumpkin	Lamb, Potato, Spinach & Carrot	Beef, Potato, Broccoli & Pumpkin	Seafood, Potato, Spinach & Carrot	Lamb, Potato, Spinach & Carrot	Pork, Potato, Peas & Cauliflower	Chicken, Potato, Pea & Pumpkin
Desert	Poached Pears & Custard	Fresh Fruit Salad with Custard or Ice Cream	Sago Pudding	Fresh Fruit Salad with Custard or Ice Cream	Fruit Jelly	Fresh Fruit Salad with Custard or Ice Cream	Mousse
Alternative	Plated Salads & Sandwiches: a plated salad or assorted sandwiches are available as an alternative to the evening meal						
Supper	A selection of Tea, Coffee, Milo or Cordial and Yoghurt, Fruit or Mixed Sandwiches						