



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.

Thomas Holt Sans Souci

Spring 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	Poached Eggs or Boston Baked Beans	Tasty Cheese Omelette or Sauteed Mushrooms	Creamy Scrambled Eggs or Tinned Spaghetti	Creamy Scrambled Eggs or Sauteed Spinach	Poached Eggs or Grilled Tomatoes	Plain Omelette or Crispy Hash Browns	Creamy Scrambled Eggs or Grilled Bacon
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Strawberry Cupcakes	Buttery Cinnamon Cake	Chocolate Muffins	Coffee Sponge Cake	Lemon Cake	Boston Bun	Scones with Jam & Cream
LUNCH							
Main Choice 1	Fish Mornay or Lamb & Vegetable Filo	Homemade Meatloaf with Herb Gravy or Vegetarian Bake	Roast Chicken with Thyme Gravy or Curried Prawns with Vegetables	Pickled Pork with Mustard Sauce or Beef & Onion Pie	Crumbed Fish with Lemon & Tartare Sauce or Light & Fluffy Zucchini Slice	Chicken Schnitzel with Gravy or Gnocchi with Bacon Cream Sauce	Hot Roasted Leg of Lamb with Rosemary Gravy or Chickpea, Sweet Potato & Date Casserole
Main Choice 2	Salmon in White Wine with Mashed Potato, Sweet Corn & Spinach or Lamb Shank Casserole with Mashed Potato, Sweet Corn & Spinach	Beef Ragu with Mashed Potato, Pumpkin Mash & Mushy Peas or Seasonal Vegetable Casserole with Mashed Potato, Pumpkin Mash & Mushy Peas	Roast Chicken with Mashed Potato, Roast Beetroot & Cauliflower or Salmon Primavera with Mashed Potato, Roast Beetroot & Cauliflower	Shanghai Pork with Mashed Potato, Polenta & Corn or Slow Cooked Beef with Mashed Potato, Carrot & Polenta	Salmon in White Sauce with Mashed Potato, Spinach, Tomato & Onion or Peperonata (Vegetable Stew) with Mashed Potato, Spinach, Tomato & Onion	Lemon Chicken with Mashed Potato, Sweet Potato & Cauliflower or Sweet & Sour Pork with Mashed Potato, Sweet Potato & Cauliflower	Green oregano Lamb with Mashed Potato, Pumpkin Mash & Mush Peas or Pumpkin Coconut Curry with Mashed Potato, Pumpkin Mash & Mushy Peas
Accompaniment	Buttered Potatoes, Corn Kernels & Steamed Spinach	Oven Baked Potato Wedges, Roast Pumpkin & Green Peas	Crunchy Roasted Potatoes, Sauteed Red Cabbage & Baked Zucchini	Lyonnaise Potatoes, Honey Glazed Carrots & Steamed Green Beans	Chips & Creamy Coleslaw	Sweet Potato Mash, Steamed Cauliflower & Steamed Broccoli	Roasted Garlic Parmesan Chats, Roast Pumpkin & Buttered Braised Cabbage
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	Corned Silverside Salad	Healthy Salmon Salad	Classic Potato Salad	Lamb Salad	Roast Chicken Salad	Cheese Salad	Ham Salad
Desert	Baked Chocolate Cheesecake	Jaffa Self Saucing Pudding	Banoffee Pie	Honey Custard	Pavlova with Fresh Fruit & Cream	Chocolate Panna Cotta	Fruit Trifle



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Spring Menu

Week 1

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AFTERNOON TEA							
Afternoon Tea	A selection of Tea or Coffee available						
Bakery Item	Cheesy Pumpkin Puffs	Shortbread Biscuits	Zucchini Muffins	Blue Galaxy Cupcakes	Happy Hour Party Pies & Crackers with Cream	Tea Time Biscuits	Vanilla Muffin
EVENING MEAL							
Dinner Soup	Barley & Vegetable Soup	Lentil & Vegetable Soup	Spinach & Broccoli Soup	Carrot & Chickpea Soup	Sweet Potato & Coconut Soup	Yellow Split Pea Soup	Creamy Tomato Soup
Main Course 1	Authentic Butter Chicken	Sweet & Sour Port with Rice	Italian Spaghetti Bolognese	Chicken Fricassee (Creamy Garlic Sauce)	Shepherds Pie	Australian Curried Sausages	Honey Soy Chicken
Main Course 2	Chicken Cacciatore with Mashed Potato, Sweet Potato & Roast Beetroot	Slow Cooked Pork Casserole with Mashed Potato, Carrots & Polenta	Beef Bolognese with Mashed Potato, Sweet Corn, Tomato & Onion	Chicken in White Wine Casserole with Mashed Potato, Pumpkin Mash & Mushy Peas	Lamb & Red Wine Stew with Mashed Potato, Polenta & Sweet Corn	Curried Beef with Mashed Potato, Carrots & Spinach	Turkey & Cranberry Sauce with Mashed Potato, Sweet Potato & Roast Beetroot
Accompaniment	Steamed White Rice	Noodles	Garlic Bread	Mashed Potatoes	Steamed Green Beans	Mashed Potatoes	Steamed White Rice
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	Corned Silverside Salad	Healthy Salmon Salad	Classic Potato Salad	Lamb Salad	Roast Chicken Salad	Cheese Salad	Ham Salad
Desert	Wobbly Jelly & Ice Cream	Cherry Strudel with Custard	Fresh Fruit Salad & Vanilla Yoghurt	Vanilla Panna Cotta with Whipped Cream	Strawberry & Cream Mousse	Caramelised Pears & Vanilla Yoghurt	Classic Neapolitan Ice Cream
Supper	A selection of Tea and Coffee available Biscuits or Sandwiches						
	Yogurt & Pureed Fruit	Custard & Pureed Fruit	Yoghurt & Pureed Fruit	Custard & Pureed Fruit	Yoghurt & Pureed Fruit	Custard & Pureed Fruit	Yoghurt & Pureed Fruit



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Spring 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 or Boston Baked Beans	Tasty Cheese Omelette or Sauteed Mushrooms	Creamy Scrambled Eggs or Tinned Spaghetti	Creamy Scrambled Eggs or Sauteed Spinach	Poached Eggs or Grilled Tomatoes	Plain Omelette or Crispy Hash Browns	Creamy Scrambled Eggs or Grilled Bacon
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Iced Butter Cake	Expresso Muffins	Spiced Cake	Soft Biscuits	Buttery Cinnamon Cake	Lemon Cupcakes	Danish Pastries with Custard
LUNCH							
Main Choice 1	Honey Hickory Glazed Pork Neck or Lemon Chicken Tenders	Baked Fish with Herbed Cream or Spiced Savoury Lamb Mince	Roast Beef with Gravy or Risoni Pasta Tossed with Zucchini, Tomato & Olives	Lambs Fry & Bacon or Italian Style Chicken Cacciatore (Tomato, Mushrooms & Olive Sauce)	Battered Fish with Tartare & Lemon or Sweet Potato, Onion & Cheddar CheesePasties with Tomato Relish	BBQ Chicken Fillet or Glazed Ham Steak with Tomato & Cheese	Slow Roasted Port with Creamy Mustard Sauce or Chicken Pasta Bake
Main Choice 2	Roast Pork & Apple Sauce with Mashed Potato, Polenta & Spinach or Lemon Chicken with Mashed Potato, Polenta & Spinach	Salmon Primavera with Mashed Potato, Carrots, Tomato & Onion or Lamb Casserole with Mashed Potato, Carrots, Tomato & Onion	Roast Beef with Mashed Potato, Pumpkin Mash & Mushy Peas or Peperonata (Vegetable Stew) with Mashed Potato, Pumpkin Mash & Mushy Peas	Mediterranean Lamb Stew with Mashed Potato, Roasted Beetroot & Sweet Corn or Chicken Cacciatore with Mashed Potato, Roasted Beetroot & Sweet Corn	Salmon Primavera with Mashed Potato, Carrots & Spinach or Seasonal Vegetable Casserole with Mashed Potato, Carrots & Squash	Roast Chicken with Mashed Potato, Polenta & Mushy Peas or Sweet & Sour Pork with Mashed Potato, Polenta & Mushy Peas	Slow Cooked Pork Casserole with Mashed Potato, Pumpkin Mash & Cauliflower or Chicken in White Wine Casserole with Mashed Potato, Pumpkin Mash & Cauliflower
Accompaniment	Oven Baked Potato Wedges, Yellow Beans & Brussel Sprouts	Mashed Potatoes, Sliced Carrots & Steamed Broccoli	Roasted Potatoes, Baked Pumpkin & Green Peas	Garlic Mashed Potatoes, Corn on the Cob & Steamed Green Beans	Chips & Creamy Coleslaw	Potatoes au Gratin, Steamed Beans & Roasted Zucchini	Roasted Potatoes, Roast Pumpkin & Cheesy Cauliflower Bake
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	Lamb Salad	Cheese Salad	Classic Potato Salad	Best Tuna Salad	Zesty Greek Salad	Cold Roast Beef Salad	Turkey Salad



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Week 2

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Desert	Creamy Sago Pudding & Ice Cream	Classic Neapolitan Ice Cream	Bread & Butter Pudding with Custard	Chocolate Mousse & Whipped Cream	Pavlova with Fresh Fruit & Whipped Cream	Classic Tiramisu	Impossible Pie & Ice Cream
AFTERNOON TEA							
Afternoon Tea	A selection of Tea or Coffee available						
Bakery Item	Vegemite Scrolls	Devonshire Honey Cake	Feta & Chive Muffins	Brown Sugar Oat Muffins	Happy Hour Spring Rolls & Crackers with Cheese	Vanilla Biscuits	Savoury Parmesan Cheese Biscuits
EVENING MEAL							
Dinner Soup	Curried Lentil & Vegetable Soup	Creamy Tomato Soup	Italian Healthy Vegetable Soup	Lentil, Chickpea & Pumpkin Soup	Potato & Leek Soup	Healthy Mushroom Soup	Broccoli & Cheese Soup
Main Course 1	Beef Stroganoff with Paprika & Sour Cream	Chicken & Mushroom Pie	Curried Prawns with Vegetables	Pork & Fennel Sausage Rolls	Bangers with Onion Gravy	Apricot Lamb	Beef Sim Sims with Sweet Chilli Sauce
Main Course 2	Beef Stroganoff with Mashed Potato, Sweet Corn & Cauliflower	Greek oregano Chicken with Mashed Potato, Roasted Beetroot & Spinach	Salmon in White Wine with Mashed Potato, Sweet Potato & Polenta	Shanghai Pork with Mashed Potato, Carrot, Tomato & Onion	Cottage Pie with Mashed Potato, Pumpkin Mash & Cauliflower	Lamb & Red Wine Stew with Mashed Potato, Roasted Beetroot & Sweet Potato	Beef & Red Wine Stew with Mashed Potato, Carrots & Sweet Corn
Accompaniment	Mashed Potatoes	Parsley Herbed Potatoes	Steamed White Rice	Baked Potatoes	Steamed Potatoes	Mashed Potatoes	Egg Fried Rice
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	Lamb Salad	Cheese Salad	Classic Potato Salad	Best Tuna Salad	Zesty Greek Salad	Cold Roast Beef Salad	Turkey Salad
Desert	Steamed Lemon Pudding with Whipped Cream	Baked Passionfruit Custard & Ice Cream	Five Spiced Apricots with Pouring Cream	Wobbly Jelly & Ice Cream	Fresh Fruit Salad with Vanilla Yoghurt	Crunchy Apple Crumble & Custard	Mango Mousse
Supper	A selection of Tea and Coffee available Biscuits or Sandwiches						
	Custard & Pureed Fruit	Yoghurt & Pureed Fruit	Custard & Pureed Fruit	Yoghurt & Pureed Fruit	Custard & Pureed Fruit	Yoghurt & Pureed Fruit	Custard & Pureed Fruit



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Spring 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	Poached Eggs or Boston Baked Beans	Tasty Cheese Omelette or Sauteed Mushrooms	Creamy Scrambled Eggs or Tinned Spaghetti	Creamy Scrambled Eggs or Sauteed Spinach	Poached Eggs or Grilled Tomatoes	Plain Omelette or Crispy Hash Browns	Creamy Scrambled Eggs or Grilled Bacon
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Red Velvet Cupcakes	Orange Pound Cake	Ginger Spiced Muffins	Moist Banana Cake	Butter Biscuits	Chocolate Semolina 'Fudge'	Scones with Jam & Cream
LUNCH							
Main Choice 1	Braised Beef with Mushroom Sauce or Vegetarian Puffs with Tomato Relish	Grilled Pork Sausages with Gravy or Salmon Pasta with a Creamy Garlic Sauce	Roast Lamb with Mint Sauce or Chicken Tenders with Gravy	Beef Ragu or Vegetable Patties with Tomato Sauce	Crumbed Fish with Lemon & Tartare Sauce or Lemon Chicken Tenders	Aussie Meat Pies or Coconut Pork Curry	Roast Chicken with Thyme Gravy or Tofu & Plum Stir Fry
Main Choice 2	Beef & Red Wine Stew with Mashed Potato, Sweet Corn & Mushy Peas or Pumpkin Coconut Curry with Mashed Potato, Sweet Corn & Mushy Peas	Shanghai Pork with Mashed Potato, Pumpkin Mash & Creamed Spinach or Salmon Primavera with Mashed Potato, Pumpkin Mash & Creamed Spinach	Lamb Shank Casserole with Mashed Potato, Cauliflower, Tomato & Onion or Chicken & Tomato Stew with Mashed Potato, Cauliflower, Tomato & Onion	Beef Ragu with Mashed Potato, Sweet Potato & Roast Beetroot or Peperonata (Vegetable Stew) with Mashed Potato, Sweet Potato & Roast Beetroot	Salmon in White Sauce with Mashed Potato, Polenta & Sweet Corn or Chicken in White Wine Casserole with Mashed Potato, Polenta & Sweet Corn	Southern Style Beef with Mashed Potato, Carrots & Mushy Peas or Slow Cooked Pork Casserole with Mashed Potato, Carrots & Mushy Peas	Greek oregano Chicken with Mashed Potato, Pumpkin Mash & Spinach or Seasonal Vegetable Casserole with Mashed Potato, Pumpkin Mash & Spinach
Accompaniment	Lyonnaise Potatoes, Corn Kernels & Steamed Broccoli	Mashed Potatoes, Cinnamon Pumpkin & Steamed Spinach	Roasted Potatoes, Steamed Cauliflower & Steamed Green Beans	Parsley Herbed Potatoes, Steamed Carrots & Roasted Zucchini	Chips & Creamy Coleslaw	Mashed Potatoes, Honey Glazed Carrots & Garden Peas	Baked Potatoes, Roast Pumpkin & Steamed Green Beans
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	Healthy Salmon Salad	Lamb Salad	Greek Salad	Corned Silverside Salad	Chicken Caesar Salad	Ham Salad	Best Tuna Salad
Desert	Filo Crinkle Case & Custard	Creamed Rice with Pureed Berry Coulis	Baked Chocolate Cheesecake	Goosey Hot Chocolate Pudding & Custard	Vanilla Ice Cream with Toppings & Wafers	Carrot Cake Pudding & Custard	Stewed Apples with Cinnamon & Ice Cream



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AFTERNOON TEA							
Afternoon Tea	A selection of Tea or Coffee available						
Bakery Item	Lemon Zest Biscuits	Homemade Vegetable Muffins & Cheese	Mango Cake	Chocolate Muffins	Happy Hour Sausage Rolls & Crackers with Cheese	Spiced Cheese Biscuits	Tropical Pineapple Muffins
EVENING MEAL							
Dinner Soup	Bean & Vegetable Soup	Red Lentil Vegetable Soup	Split Pea & Vegetable Soup	Asparagus Soup with Lemon & Parmesan	Roasted Pumpkin Soup	Classic French Onion Soup	Tomato & Capsicum Soup
Main Course 1	Baked Cajun Chicken with Chicken Gravy	Italian Meatballs in Tomato Sauce	Bacon, Leek & Tomato Quiche	Classic Chicken a la King	Lamb Rissoles with Gravy	Crumbed Prawn Cutlet served with Tartare & Lemon	Ground Beef Wellington with Gravy
Main Course 2	Chicken & Barley Stew with Mashed Potato, Tomato & Onion	Beef Bolognese with Mashed Potato, Carrots & Cauliflower	Sweet & Sour Pork with Mashed Potato, Polenta & Mushy Peas	Turkey & Cranberry Sauce with Mashed Potato, Carrots, Tomato & Onion	Lamb Shank Casserole with Mashed Potato, Pumpkin Mash & Spinach	Salmon Primavera with Mashed Potato, Roasted Beetroot, Tomato & Onion	Southern Style Beef with Mashed Potato, Mushy Peas & Cauliflower
Accompaniment	Baked Potatoes	Mashed Potatoes	Oven Baked Potato Wedges	Steamed White Rice	Garlic Roasted Potatoes	Egg Fried Rice	Sweet Potato Mash
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	Healthy Salmon Salad	Lamb Salad	Roast Pumpkin, Spinach & Feta Salad	Corned Silverside Salad	Chicken Caesar Salad	Ham, Cheese & Pear Salad	Tuna Macaroni Salad
Desert	Fresh Fruit Salad & Vanilla Yoghurt	Banana Custard Pudding with Ice Cream	Stewed Apples with Cinnamon & Ice Cream	Strawberry Panna Cotta & Ice Cream	Molten Black Forest Pudding with Ice Cream	Mango Mousse & Ice Cream	Coconut Steamed Sponge & Custard
Supper	A selection of Tea and Coffee available Biscuits or Sandwiches						
	Yoghurt & Pureed Fruit	Custard & Pureed Fruit	Yoghurt & Pureed Fruit	Custard & Pureed Fruit	Yoghurt & Pureed Fruit	Custard & Pureed Fruit	Yoghurt & Pureed Fruit



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Spring Menu

Week 4

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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 or Boston Baked Beans	Tasty Cheese Omelette or Sauteed Mushrooms	Creamy Scrambled Eggs or Tinned Spaghetti	Creamy Scrambled Eggs or Sauteed Spinach	Poached Eggs or Grilled Tomatoes	Plain Omelette or Crispy Hash Browns	Creamy Scrambled Eggs or Grilled Bacon
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Coffee Sponge Cake	Pumpkin Spice Muffins	Chocolate Cookies	Passionfruit Cake	Fluffy Pear Muffins	Soft Ginger Biscuits	Danish Pastries with Custard
LUNCH							
Main Choice 1	Lamb Ragu or Honey Soy Chicken	Braised Steak with Onion Gravy or Pumpkin & Lentil Lancashire Style Hot Pot topped with Crispy Potatoes	Roast Pork with Apple Sauce & Gravy or Homemade Meatloaf with Herb Gravy	Lemon Garlic Chicken Fillets or Risoni with Broccoli, Pesto & Parmesan Cheese	Battered Fish with Tartare & Lemon or Fried Rice with Ham	Baked Lamb Parcels or Vegetarian Pizza	Silverside with White Sauce or Crumbed Prawn Cutlet served with Tartare & Lemon
Main Choice 2	Lamb Casserole with Mashed Potato, Carrots & Mushy Peas or Chicken Teriyaki with Mashed Potato, Carrots & Mushy Peas	Slow Cooked Beef with Mashed Potato, Sweet Potato & Sweet Corn or Pumpkin Coconut Curry with Mashed Potato, Sweet Potato & Sweet Corn	Roast Pork with Apple Sauce with Mashed Potato, Pumpkin Mash, Tomato & Onion or Beef Bourguignon with Mashed Potato, Pumpkin Mash, Tomato & Onion	Lemon Chicken with Mashed Potato, Cauliflower & Mushy Peas or Seasonal Vegetable Casserole with Mashed Potato, Cauliflower & Mushy Peas	Salmon in White Sauce with Mashed Potato, Roast Beetroot & Spinach or Sweet & Sour Pork with Mashed Potato, Roast Beetroot & Spinach	Spiced Lamb Stew with Mashed Potato, Polenta & Sweet Corn or Peperonata (Vegetable Stew) with Mashed Potato, Polenta & Sweet Corn	Roast Beef with Mashed Potato, Carrots, Tomato & Onion or Salmon Primavera with Mashed Potato, Carrots, Tomato & Onion
Accompaniment	Mashed Potatoes, Buttered Carrot Batons & Steamed Broccoli	Oven Roasted Sweet Potato, Roasted Zucchini & Green Peas	Potato Bake, Roast Pumpkin & Steamed Beans	Chat Potatoes, Cheesy Cauliflower Bake & Vibrant Mushy Peas	Chips & Creamy Coleslaw	Oven Baked Potato Wedges, Yellow Beans & Steamed Broccoli	Roasted Potatoes, Roasted Root Vegetables & Creamy Spinach
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	Zesty Greek Salad	Cold Roast Beef Salad	Lamb Salad	Pork Salad	Honey Mustard Chicken Salad	Healthy Salmon Salad	Tuscan Tortellini Salad



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Desert	Lemon Sago Pudding & Ice Cream	Butterscotch Self Saucing Pudding & Custard	Fruit Trifle with Custard	Gingerbread Pudding Cake & Ice Cream	Apple Cake with Custard	Goosey Hot Chocolate Pudding & Ice Cream	Peach Tart with Ice Cream
AFTERNOON TEA							
Afternoon Tea	A selection of Tea or Coffee available						
Bakery Item	Traditional Anzac Biscuits	Cheese Twisters	Afternoon Tea Cake	Strawberry Cupcakes	Happy Hour Curry Puffs & Crackers with Cheese	Savoury Muffins	Rich Chocolate Cake
EVENING MEAL							
Dinner Soup	Cabbage & Potato Soup	Minestrone Italian Soup	Cauliflower & Potato Soup	Potato & Leek Soup	Loaded Vegetable Soup	Split Pea & Vegetable Soup	Tomato & Borlotti Bean Soup
Main Course 1	Ham, Cheese & Tomato Croissant	Chicken Vol au Vent	Creamy Garlic Prawns	Apricot Lamb	Classic Beef Lasagne	Chicken & Tomato Stew	Sticky Pork Chow Mein
Main Course 2	Slow Cooked Pork Casserole with Mashed Potato, Pumpkin Mash, Tomato & Onion	Sweet & Sour Chicken with Mashed Potato, Roast Beetroot & Mushy Peas	Salmon Primavera with Mashed Potato, Carrots & Spinach	Apricot Lamb with Mashed Potato, Pumpkin Mash & Sweet Corn	Beef & Red Wine Stew with Mashed Potato, Sweet Potato & Cauliflower	Greek oregano Chicken with Mashed Potato, Pumpkin Mash & Mushy Peas	Shanghai Pork with Mashed Potato, Roasted Beetroot & Cauliflower
Accompaniment	Chips	Roasted Potatoes	Steamed White Rice	Garlic Mashed Potatoes	Garlic Bread	Mashed Potatoes	Buttered Carrots Batons
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	Zesty Greek Salad	Cold Roast Beef Salad	Lamb Salad	Pork Salad	Honey Mustard Chicken Salad	Healthy Salmon Salad	Tuscan Tortellini Salad
Desert	Two Fruits in Jelly & Ice Cream	Chocolate Panna Cotta & Whipped Cream	Spiced Cherry & Strawberry Pie with Custard	Classic Crème Caramel & Ice Cream	Five Spiced Apricots & Ice Cream	Fresh Fruit Salad & Vanilla Yoghurt	Passionfruit Flummery & Ice Cream
Supper	A selection of Tea and Coffee available Biscuits or Sandwiches						
	Custard & Pureed Fruit	Yoghurt & Pureed Fruit	Custard & Pureed Fruit	Yoghurt & Pureed Fruit	Custard & Pureed Fruit	Yoghurt & Pureed Fruit	Custard & Pureed Fruit