



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.

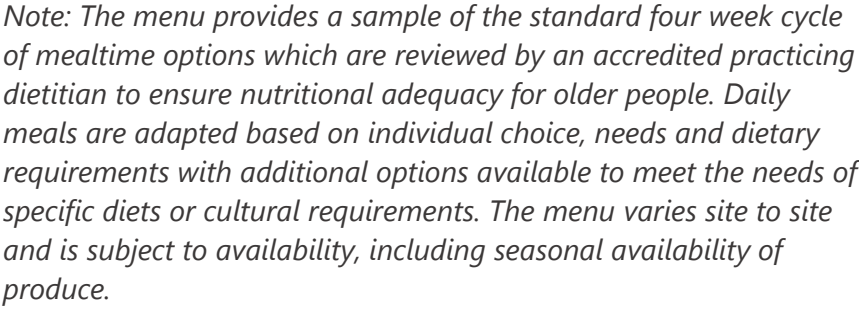
IRT Aged Care Centres

Spring/Summer Menu

2025-2026

Week 1

WEEK 1	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Continental Breakfast	Selection of Cereals (All Bran, Cornflakes, Just Right, Weetbix, Sultana Bran) or Porridge						
	Prune and Fruit and Yoghurt						
	Toast and Preserves (White, Wholemeal), Margarine or Butter, Choice of Spreads						
	Tea or Coffee, Milk and Juice						
Cooked Breakfast	Poached Eggs or Sweet Potato Croquette	Scrambled Eggs or Baked Beans	Roast Pumpkin & Spinach Frittata or Pork Chipolatas	Spinach & Fetta Omelette or Zucchini & Polenta Muffin	Scrambled Eggs & Bacon	Ham & Cheese Frittata or Spinach, Leek & Cheese Rosti	Poached Eggs or Buttered Mushrooms
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Apple & Cinnamon Muffin	Chocolate Mud Cake	Bacon & Cheese Scroll	Red Velvet Cake	Banana Cake	Orange & Poppyseed Cake	Rock Cakes
LUNCH							
Main Choice 1	Teriyaki Chicken Drumsticks	Curried Prawns with Vegetables & Rice	Pork Mustard & Sage Casserole	Chicken Stroganoff	Slow Cooked Beef with Red Wine Gravy	Chinese Beef Satay & Rice	Moroccan Lamb
Main Choice 2	Beef & Broccoli Stir Fry	Beef Lasagne	Crumbed Fish Fillets	Lamb Kofta	French Pork & Sausage Casserole	Chicken Parmigiana	Steak in Korean Plum Sauce
Vegetarian Choice	Vegetable Yellow Potato Curry	Tomato & Leek Quiche	Lentil Fritter	Vegetable Samosa	Spinach, Potato & Ricotta Pie	Cheese & Onion Frittata	Hokkien Noodles in Korean Plum Sauce with Vegetables
Soft & Bite Meal	Green Lentil, Potato Mash, Broccoli & Cauliflower	Pork, Potato Mash, Peas & Cauliflower	Chicken, Potato Mash, Peas & Pumpkin	Beef, Potato Mash, Broccoli & Pumpkin	Lamb, Potato Mash, Spinach & Carrot	Seafood, Potato Mash, Spinach & Carrot	Green Lentil, Potato Mash, Broccoli & Cauliflower
Accompaniment	Rice, Beans & Carrot	Potato Wedges, Broccoli, Cauliflower & Carrot	Potato Chips, Broccoli & Corn Cob	Potato Gems, Carrots, Peas & Corn	Roast Potato, Peas & Roast Pumpkin	Potato Mash, Broccoli & Cauliflower	Potato Chips, Cabbage & Corn Cob
Desert Choice 1	Churros with Chocolate Sauce & Ice Cream	Banana Sticky Pudding & Butterscotch Sauce with Ice Cream	Honey Pannacotta with Summer Berry Compote	Strawberry Jelly & Custard	Baked Egg Custard with Nutmeg	Lemon Curd Tart with Ice Cream	Jaffa Mud Cake with Chocolate Sauce & Ice Cream
Desert Choice 2	Canned Pears	Canned Apples	Canned Pears	Canned Two Fruits	Canned Apples	Canned Two Fruits	Canned Apricots
AFTERNOON TEA							
Afternoon Tea	Beef Cocktail Pie	Broccoli & Cheese Bites	Pumpkin & Goats Cheese Arancini	Calamari Salt & Pepper	Mac & Cheese Croquette	Cauliflower Popcorn	Chicken Kiev Bites
	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
EVENING MEAL							
Dinner Soup		Chicken & Corn Soup		Beef & Vegetable Soup	Minestrone Soup		Chicken & Dutch Curry Soup



IRT Aged Care Centres Spring/Summer Menu 2025-2026 Week 1

WEEK 1	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Light Meal	Ham & Cheese Frittata	Lamb, Spinach & Pumpkin Risotto	Southern Battered Chicken	Salmon Pasta Bake with Caper & Leek	Savoury Mince	Pork BBQ Riblet	Sausage Roll
Vegetarian Option	Macaroni & Cheese	Zucchini Pattie with Roast Capsicum Sauce	Leek, Pumpkin & Sage Risotto	Chickpea & Mushroom Yellow Curry	Singapore Noodles with Vegetables	Root Vegetable & Bean Casserole	Spinach & Ricotta Bake
Soft & Bite Meal	Lamb, Potato Mash, Spinach & Carrot	Beef, Potato Mash, Broccoli & Pumpkin	Green Lentil, Potato Mash, Broccoli & Cauliflower	Seafood, Potato Mash, Spinach & Carrot	Pork, Potato Mash, Peas & Cauliflower	Chicken, Potato Mash, Peas & Pumpkin	Lamb, Potato Mash, Spinach & Carrot
Accompaniment	Potato Chips, Carrot, Peas & Corn	Potato Gems, & Peas	Potato Chips, Aussie Beans & Roast Mushrooms	Potato Gems, Peas & Carrot	Potato Mash, Broccoli, Cauliflower & Carrot Combo	Potato Chips, Broccoli & Carrots	Potato Wedges, Slice Green Beans & Roast Cabbage
Salad of the Day	Chicken Salad	Devon Salad	Cheddar Cheese Salad	Tuna Mayonnaise Salad	Egg Mayonnaise Salad	Ham Salad	Roast Beef Salad
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Desert	Selection of Fruit with Ice Cream or Custard						
Supper	Tea, Coffee, Milo, HEHP Milkshake or Mousse Assorted Biscuits						



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.

IRT Aged Care Centres

Spring/Summer Menu

2025-2026

Week 1

Supper



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.

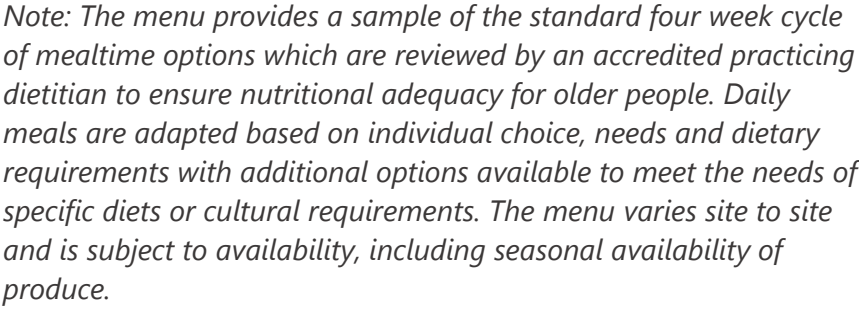
IRT Aged Care Centres

Spring/Summer Menu

2025-2026

Week 2

WEEK 2	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Continental Breakfast	Selection of Cereals (All Bran, Cornflakes, Just Right, Weetbix, Sultana Bran) or Porridge						
	Prune and Fruit and Yoghurt						
	Toast and Preserves (White, Wholemeal), Margarine or Butter, Choice of Spreads						
	Tea or Coffee, Milk and Juice						
Cooked Breakfast	Omelette & Hash Brown	Scrambled Eggs & Spaghetti	Poached Eggs & Bubble & Squeak Fritter	Vegetable Frittata or Pancakes	Scrambled Eggs & Bacon	Poached Eggs & Tomato & Onions	Baked Beans or French Toast
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Pizza Scrolls	Carrot Cake	Banana & Honey Muffin	Madeira Cake	Blueberry Crumble Cake	Chocolate Brownie	Sultana Cake
LUNCH							
Main Choice 1	Beef Bourguignon with Rice	Roast Chicken Thigh with Carolina BBQ Sauce	Sweet & Sour Pork with Potato Mash	Butter Chicken & Rice	Roast Pork with Gravy	Lamb Leg Chop with Lemon & Oregano	Chicken Chasseur
Main Choice 2	Chicken, Cheese & Bacon Rissole	Bacon, Mushroom & Spinach Risotto	Crumbed Fish Fillets	Wagyu Beef Sausage with Caramelised Onion Gravy	Lamb Sweet Curry	Chicken Schnitzel with Gravy	Grilled Barramundi with Ginger & Shallot Sauce
Vegetarian Choice	Vegetable Quiche	Macaroni Pasta Pesto with Cream & Broccoli	Roast Vegetable, Feta & Herb Frittata	Vegetables in Sweet & Sour Sauce	Spanish White Bean Casserole	Quiche Florentine	Corn Fritter with Roast Capsicum Sauce
Soft & Bite Meal	Chicken, Potato Mash, Peas & Pumpkin	Beef, Potato Mash, Broccoli & Pumpkin	Pork, Potato Mash, Peas & Cauliflower	Green Lentil, Potato Mash, Broccoli & Cauliflower	Seafood, Potato Mash, Spinach & Carrot	Lamb, Potato Mash, Spinach & Carrot	Chicken, Potato Mash, Peas & Pumpkin
Accompaniment	Potato Mash, Brussel Sprouts & Roast Cabbage	Potato Gems, Carrot, Peas & Corn	Potato Chips, Broccoli & Corn Cob	Potato Mash, Broccoli, Cauliflower & Carrots	Roast Potato Chats, Peas & Roast Sweet Potato	Potato Wedges, Cabbage & Corn Cob	Potato Mash, Beans & Baby Carrots
Desert Choice 1	Pavlova with Cream & Berry Coulis	Chocolate Pannacotta	Coconut Impossible Pie with Ice Cream	Raspberry Jelly & Custard	Apple & Rhubarb Crumble & Custard	Baked Pear Pasty with Butterscotch Sauce & Ice Cream	Baked Cheesecake Banoffee with Butterscotch Sauce
Desert Choice 2	Canned Pears	Canned Two Fruits	Canned Apples	Canned Pears	Canned Apricots	Canned Apples	Canned Two Fruits
AFTERNOON TEA							
Afternoon Tea	Fish Bites	Sweet Potato Empanada	Chicken Croquette	Mini Italian Meatballs	Cocktail Arancini Vegetable	Curry Chicken Samosa	Beef Party Pastie
	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
EVENING MEAL							
Dinner Soup		Oriental Chicken Noodle Soup		Cream of Chicken Soup	Spring Vegetable Soup		Potato & Bacon Soup
Light Meal	Greek Lamb Pastitsio	Lamb & Rosemary Sausage	Lasagna Topper	Ham & Cheese Pastry	Nasi Goreng – Prawn & Chicken	Tuna Mornay Pasta Bake	Lamb Stir Fry & Vegetables



IRT Aged Care Centres

Spring/Summer Menu

2025-2026

Week 2

WEEK 2	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Vegetarian Option	Tofu Vegetables with Peanut Sauce	Spinach & Ricotta Tart	Chickpea & Mushroom Yellow Curry	Vegetable Tagine	Ravioli Pasta with Pumpkin & Tomato Basil Sauce	Vegetable Rissolle with Peanut Sauce	Cauliflower & Cheese Macaroni Bake
Soft & Bite Meal	Pork, Potato Mash, Peas & Cauliflower	Seafood, Potato Mash, Spinach & Carrot	Lamb, Potato Mash, Spinach & Carrot	Beef, Potato Mash, Broccoli & Pumpkin	Chicken, Potato Mash, Peas & Pumpkin	Green Lentil, Potato Mash, Broccoli & Cauliflower	Beef, Potato Mash, Broccoli & Pumpkin
Accompaniment	Potato Chips, Broccoli, Cauliflower & Carrot Combo	Potato Chips, Sliced Green Beans & Cauliflower	Potato Bake, Carrot, Pease & Corn	Potato Wedges, Peas & Cauliflower	Potato Gems, Green Sliced Beans & Corn Kernels	Potato Chips, Peas & Steamed Pumpkin	Potato Wedges, Broccoli & Corn Cobs
Salad of the Day	Chicken Salad	Devon Salad	Cheddar Cheese Salad	Tuna Mayonnaise Salad	Egg Mayonnaise Salad	Ham Salad	Roast Beef Salad
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Desert	Selection of Fruit with Ice Cream or Custard						
Supper	Tea, Coffee, Milo, HEHP Milkshake or Mousse Assorted Biscuits						



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.

IRT Aged Care Centres

Spring/Summer Menu

2025-2026

Week 2

Supper



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.

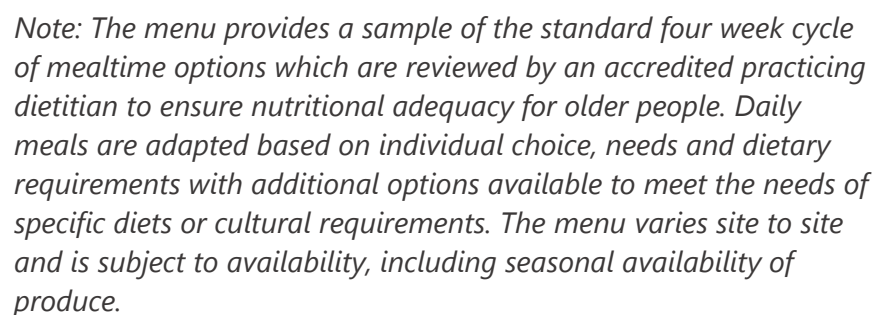
IRT Aged Care Centres

Spring/Summer Menu

2025-2026

Week 3

WEEK 3	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Continental Breakfast	Selection of Cereals (All Bran, Cornflakes, Just Right, Weetbix, Sultana Bran) or Porridge						
	Prune and Fruit and Yoghurt						
	Toast and Preserves (White, Wholemeal), Margarine or Butter, Choice of Spreads						
	Tea or Coffee, Milk and Juice						
Cooked Breakfast	Pea & Ham Frittata or Sweet Potato Croquette	Scrambled Eggs & Buttered Mushrooms	Poached Eggs & Baked Beans	Cheese & Chive Omelette or Pumpkin & Cornbread Muffin	Scrambled Eggs & Bacon	Scrambled Eggs & Hash Brown	Poached Eggs & Spaghetti
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Blueberry Muffin	Chocolate Mud Cake	Bacon & Cheese Scroll	Red Velvet Cake	Banana Cake	Orange & Poppyseed Cake	Rock Cakes
LUNCH							
Main Choice 1	Prawns with Shallot & Garlic Cream Sauce	Mongolian Lamb with Rice	Chicken Korma with Rice	Hungarian Pork Goulash	Corned Beef Silverside with White Onion Sauce	Pork Steak Tarragon with Garlic & Mustard	Apricot Chicken
Main Choice 2	Roast Chicken with Spanish Tomato Sauce	Ham Steak Honey & Pineapple	Crumbed Fish Fillets	Lamb & Mint Rissole with Mint Gravy	Chorizo & Prawn Paella	Homemade Fishcakes	Beef BBQ Rissole with Smokey BBQ Sauce
Vegetarian Choice	Pumpkin & Carrot Quiche	Mushroom & Vegetable Korma	Pilaf – Roasted Cauliflower with Eggplant & Lentil	Vegetable Lasagne	Steamed Vegetables with Satay Sauce	Vegetable & Cheese Pastry Parcel	Sweet Potato & Cous Cous Fritter
Soft & Bite Meal	Green Lentil, Potato Mash, Broccoli & Cauliflower	Pork, Potato Mash, Peas & Cauliflower	Chicken, Potato Mash, Peas & Pumpkin	Beef, Potato Mash, Broccoli & Pumpkin	Lamb, Potato Mash, Spinach & Carrot	Seafood, Potato Mash, Spinach & Carrot	Green Lentil, Potato Mash, Broccoli & Cauliflower
Accompaniment	Rice, Broccoli & Cauliflower	Potato Gems, Mixed Beans & Carrots	Potato Chips, Broccoli & Corn Cob	Potato Mash, Broccoli, Cauliflower & Carrot	Potato Mash, Peas & Roast Cabbage	Potato Chips, Sliced Green Beans & Roast Mushrooms	Steamed Potato, Cabbage & Corn Cob
Desert Choice 1	Pavlova with Mango Sauce	Peach Cobbler Cake & Custard	Vanilla Creamed Rice	Sultana Pudding with Custard	Orange Jelly & Custard	Apple & Raisin Strudel with Ice Cream	Chocolate Pecan Brownie & Ice Cream
Desert Choice 2	Canned Apples	Canned Pears	Canned Peaches	Canned Two Fruits	Canned Pineapple Pieces	Canned Apricots	Canned Two Fruits
AFTERNOON TEA							
Afternoon Tea	Beef Cocktail Pie	Broccoli & Cheese Bites	Pumpkin & Goats Cheese Arancini	Calamari Salt & Pepper	Mac & Cheese Croquette	Cauliflower Popcorn	Chicken Kiev Bites
	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
EVENING MEAL							
Dinner Soup		Chicken and Corn Soup		Beef & Vegetable Soup	Minestrone Soup		Chicken & Dutch Curry Soup



IRT Aged Care Centres Spring/Summer Menu 2025-2026 Week 3

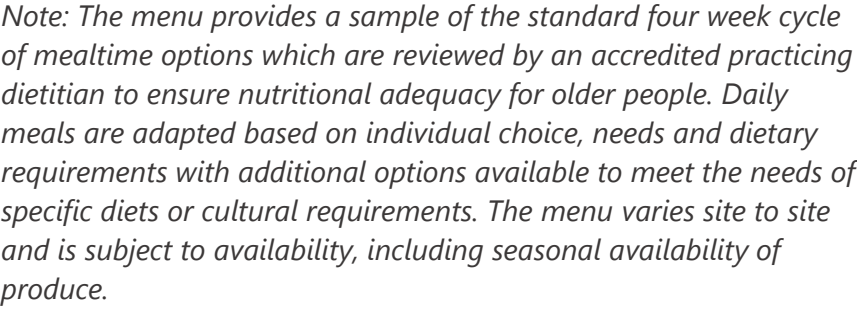
WEEK 3	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Light Meal	Pork Chow Mein	Chicken & Vegetable Pasta Bake	Bratwurst Sausage	Seafood Basket	Pork & Chive Dumplings	Cottage Pie	Pork & Fennel Sausage Roll
Vegetarian Option	Cheese & Spinach Pastry Parcel	Vegetable Frittata	Vegetable Pastie	Vegetable Mornay	Potato, Onion, Tomato, Olive & Leek Frittata	Pumpkin & Ricotta Sausage Roll	Steamed Vegetable Dumpling
Soft & Bite Meal	Lamb, Potato Mash, Spinach & Carrot	Beef, Potato Mash, Broccoli & Pumpkin	Green Lentil, Potato Mash, Broccoli & Cauliflower	Seafood, Potato Mash, Spinach & Carrot	Pork, Potato Mash, Peas & Cauliflower	Chicken, Potato Mash, Peas & Pumpkin	Lamb, Potato Mash, Spinach & Carrot
Accompaniment	Parsley Potato, Carrots, Peas & Corn	Potato Gems, Peas & Corn Kernels	Potato Mash & Green Sliced Beans	Potato Chips, Brussel Sprouts & Steamed Pumpkin	Potato Wedges, Broccoli, Cauliflower & Carrot Combo	Potato Chips, Cabbage & Steamed Pumpkin	Potato Wedges, Green Sliced Beans & Carrots
Salad of the Day	Chicken Salad	Devon Salad	Cheddar Cheese Salad	Tuna Mayonnaise Salad	Egg Mayonnaise Salad	Ham Salad	Roast Beef Salad
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Desert	Selection of Fruit with Ice Cream or Custard						
Supper	Tea, Coffee, Milo, HEHP Milkshake or Mousse Assorted Biscuits						



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.

IRT Aged Care Centres
Spring/Summer Menu
2025-2026
Week 3

Supper



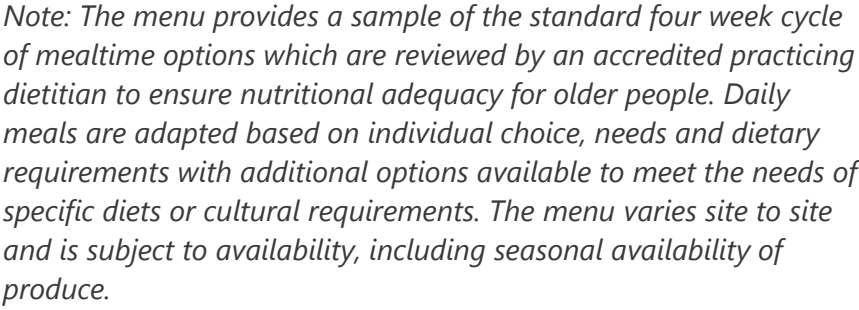
IRT Aged Care Centres

Spring/Summer Menu

2025-2026

Week 4

WEEK 4	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Continental Breakfast	Selection of Cereals (All Bran, Cornflakes, Just Right, Weetbix, Sultana Bran) or Porridge						
	Prune and Fruit and Yoghurt						
	Toast and Preserves (White, Wholemeal), Margarine or Butter, Choice of Spreads						
	Tea or Coffee, Milk and Juice						
Cooked Breakfast	Ham & Cheese Omelette or Toad in the Hole	Scrambled Eggs & Hash Brown	Cheese & Onion Frittata or Vegetable Fritter	Poached Eggs & Spaghetti	Scrambled Eggs & Bacon	Poached Eggs or Tomato & Onions	Scrambled Eggs or Chicken Chipolatas
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Carrot Cake	White Chocolate & Raspberry Cake	Apple & Rhubarb Muffin	Chocolate Madeira Cake	Red Velvet Cake	Choc Chip Cookie	Sultana Cake
LUNCH							
Main Choice 1	Lamb Tagine	Beef Massaman	Honey Soy Pork with Rice	Beef with Pepper Cream Sauce & Rice	Chicken Maryland Roast with Gravy	Traditional Beef English Curry	Shepherd's Pie
Main Choice 2	Beef Burger with Relish & Maple Bacon on Burger Bun	Pork Steak Texas Smokey BBQ Style	Crumbed Fish Fillets	Black Bean Chicken	Curried Sausages	Chicken Schnitzel with Gravy	Hoki Fish Tempura
Vegetarian Choice	Vegetable Burger on Burger Bun	Bean & Pumpkin Casserole	Roasted Cauliflower Pilaf with Eggplant & Lentil	Vegetable Stroganoff	Red Lentil Dahl Curry	Spinach, Zucchini & Rice Fritter	Pumpkin & Polenta Tart
Soft & Bite Meal	Chicken, Potato Mash, Peas & Pumpkin	Beef, Potato Mash, Broccoli & Pumpkin	Pork, Potato Mash, Peas & Cauliflower	Green Lentil, Potato Mash, Broccoli & Cauliflower	Seafood, Potato Mash, Spinach & Carrot	Lamb, Potato Mash, Spinach & Carrot	Chicken, Potato Mash, Peas & Pumpkin
Accompaniment	Potato Chips, Broccoli & Pumpkin	Roast Potato, Broccoli, Cauliflower & Carrot	Potato Chips, Broccoli & Corn Cob	Potato Mash, Broccoli, Cauliflower & Carrot	Roast Potato, Brussel Sprouts & Roast Sweet Potato	Steamed Potato, Cabbage & Roast Mushrooms	Potato Wedges, Mixed Beans & Carrots
Desert Choice 1	Bread & Butter Pudding – White Chocolate & Raspberry	Banana & Nutella Pastry & Ice Cream	Lime Jelly & Custard	Date & Caramel Semolina with Ice Cream	Homemade Baked Cheesecake with Berry Coulis	Baked Chocolate Tart with Custard	Apple & Berry Crumble with Custard
Desert Choice 2	Canned Pineapple Pieces	Canned Pears	Canned Two Fruits	Canned Pears	Canned Pineapple Pieces	Canned Peaches	Canned Two Fruits
AFTERNOON TEA							
Afternoon Tea	Fish Bites	Sweet Potato Empanada	Chicken Croquette	Mini Italian Meatballs	Cocktail Arancini Vegetable	Curry Chicken Samosa	Beef Party Pastie
	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
EVENING MEAL							



IRT Aged Care Centres

Spring/Summer Menu

2025-2026

Week 4

WEEK 4	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Dinner Soup	Oriental Chicken Noodle Soup			Cream of Chicken Soup	Potato & Bacon Soup		Spring Vegetable Soup
Light Meal	Crepe with Slamon, Rosemary & Fennel Cream Sauce	Chicken Pie	Pork Sausage with Calvados & Apple Glaze	Singapore Noodles with BBQ Pork	Seafood Risotto	Steamed Pork Bun	Chicken, Bacon & Cheese Sausage Roll
Vegetarian Option	Vegetable Combo Risotto	Vegetable & Chickpea Korma Curry	Macaroni Pasta with Mediterranean Vegetables	Zucchini Fittata	Spinach & Ricotta Cannelloni	Bubble & Squeak Roll	Singapore Noodles with Vegetables
Soft & Bite Meal	Pork, Potato Mash, Peas & Cauliflower	Seafood, Potato Mash, Spinach & Carrot	Lamb, Potato Mash, Spinach & Carrot	Beef, Potato Mash, Broccoli & Pumpkin	Chicken, Potato Mash, Peas & Pumpkin	Green Lentil, Potato Mash, Broccoli & Cauliflower	Beef, Potato Mash, Broccoli & Pumpkin
Accompaniment	Steamed Potato, Carrot, Sweet Potato & Parsnip	Potato Mash, Peas & Cauliflower	Potato Wedges, Carrots, Peas & Corn	Potato Gems, Peas & Roast Pumpkin	Steamed Potato, Green Sliced Beans & Corn Kernels	Potato Mash, Peas & Steamed Pumpkin	Potato Chips, Cabbage & Carrot
Salad of the Day	Chicken Salad	Devon Salad	Cheddar Cheese Salad	Tuna Mayonnaise Salad	Egg Mayonnaise Salad	Ham Salad	Roast Beef Salad
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Desert	Selection of Fruit with Ice Cream or Custard						
Supper	Tea, Coffee, Milo, HEHP Milkshake or Mousse Assorted Biscuits						



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.

IRT Aged Care Centres
Spring/Summer Menu
2025-2026
Week 4

Supper



IRT Age Care Centres

Spring/Summer Menu Cycle

Day Menu Cycle Begins	Week Menu
Wednesday, 12 November 2025	Week 3
Wednesday, 19 November 2025	Week 4
Wednesday, 26 November 2025	Week 1
Wednesday, 3 December 2025	Week 2
Wednesday, 10 December 2025	Week 3
Wednesday, 17 December 2025	Week 4
Wednesday, 24 December 2025	Week 1
Wednesday, 31 December 2025	Week 2
Wednesday, 7 January 2026	Week 3
Wednesday, 14 January 2026	Week 4
Wednesday, 21 January 2026	Week 1
Wednesday, 28 January 2026	Week 2
Wednesday, 4 February 2026	Week 3
Wednesday, 11 February 2026	Week 4
Wednesday, 18 February 2026	Week 1
Wednesday, 25 February 2026	Week 2
Wednesday, 4 March 2026	Week 3
Wednesday, 11 March 2026	Week 4