



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 Kirrawee

## Autumn Menu

### Week 1

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental Breakfast</b>	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						
<b>Cooked Breakfast</b>	Poached Eggs or Boston Baked Beans	Tasty Cheese Omelette or Sauteed Mushrooms	Creamy Scrambled Eggs or Boston Baked Beans	Creamy Scrambled Eggs or Pork Chipolatas	Poached Eggs or Grilled Tomatoes	Plain Omelette or Crispy Hash Browns	Creamy Scrambled Eggs or Grilled Bacon
<b>MORNING TEA</b>							
<b>Morning Tea</b>	A selection of Tea or Coffee available						
<b>Bakery Item</b>	Strawberry Cupcakes	Buttery Cinnamon Cake	Chocolate Muffin	Coffee Sponge Cake	Lemon Cake	Boston Bun	Scones with Jam & Cream
<b>LUNCH</b>							
<b>Main Choice 1</b>	Salmon Pasta with Creamy Garlic Sauce	Savoury Mince	Roast Chicken with Thyme Gravy	Pickled Pork with Mustard Sauce	Crumbed Fish with Lemon & Tartare Sauce	Chicken Schnitzel with Gravy	Herb Roasted Leg of Lamb with Rosemary Gravy
<b>Main Choice 2</b>	Apricot Lamb	Greek Vegetarian Moussaka	Tuna Mornay Rice Bake	Beef Cevapi	Vegetarian Pizza	Carbonara Pasta	Vegetable & Lentil Curry
<b>Accompaniment</b>	Mashed Potatoes, Corn Kernels & Baked Zucchini	Oven Baked Potato Wedges, Roast Pumpkin & Steamed Broccoli	Crunchy Roasted Potatoes, Sauteed Red Cabbage & Green Peas	Potato Bake, 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
<b>Sandwiches</b>	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<b>Salad</b>	Corned Silverside Salad	Healthy Salmon Salad	Classic Potato Salad	Lamb Salad	Roast Chicken Salad	Tasty Cheese Salad	Honey Baked Ham Salad
<b>Desert</b>	Baked Chocolate Cheesecake or Ice Cream	Jaffa Self Saucing Pudding or Ice Cream	Banoffee Pie or Ice Cream	Honey Custard or Ice Cream	Pavlova with Fresh Fruit & Cream or Ice Cream	Chocolate Panna Cotta or Ice Cream	Fruit Trifle or Ice Cream
<b>AFTERNOON TEA</b>							
<b>Afternoon Tea</b>	A selection of Tea or Coffee available						
<b>Bakery Item</b>	Cheesy Pumpkin Puffs	Shortbread Biscuits	Zucchini Muffins	Blue Galaxy Cupcakes	Happy Hour Party Pies & Crackers with Cream	Tea Time Biscuits	Vanilla Muffin
<b>EVENING MEAL</b>							
<b>Dinner Soup</b>	Barley & Vegetable Soup	Lentil & Vegetable Soup	Spinach & Broccoli Soup	Carrot & Chickpea Soup	Sweet Potato & Coconut Soup	Yellow Split Pea Soup	Creamy Tomato Soup
<b>Main Course</b>	Authentic Butter Chicken	Sweet & Sour Port with Rice	Italian Spaghetti Bolognese	Chicken Fricassee (Creamy Garlic Sauce)	Shepherd's Pie	Australian Curried Sausages	Honey Soy Chicken





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## Autumn Menu

### Week 2

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental Breakfast</b>	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						
<b>Cooked Breakfast</b>	Poached Eggs or Boston Baked Beans	Tasty Cheese Omelette or Sauteed Mushrooms	Creamy Scrambled Eggs or Creamed Corn	Creamy Scrambled Eggs or Sauteed Spinach	Poached Eggs or Grilled Tomatoes	Plain Omelette or Crispy Hash Browns	Creamy Scrambled Eggs or Grilled Bacon
<b>MORNING TEA</b>							
<b>Morning Tea</b>	A selection of Tea or Coffee available						
<b>Bakery Item</b>	Iced Butter Cake	Espresso Muffins	Spiced Cake	Soft Biscuits	Buttery Cinnamon Cake	Lemon Cupcakes	Danish Pastries with Custard
<b>LUNCH</b>							
<b>Main Choice 1</b>	Honey Hickory Glazed Pork Neck	Baked Fish with Herbed Cream	Roast Beef with Gravy	Lambs Fry & Bacon	Battered Fish with Tartare & Lemon	BBQ Chicken Fillet	Slow Roasted Port with Creamy Mustard Sauce
<b>Main Choice 2</b>	Lemon Chicken	Spiced Savoury Lamb Mince	Risoni Pasta tossed with Zucchini, tomato & Olives	Italian Style Chicken Cacciatore (Tomato, Mushrooms & Olive Sauce)	Sweet Potato, Onion & Cheddar Cheese Pasties with Tomato Relish	Glazed Ham Steak with Tomato & Cheese	Chicken Pasta Bake
<b>Accompaniment</b>	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	Scalloped Potatoes, Steamed Beans & Roasted Zucchini	Roasted Potatoes, Roast Pumpkin & Cheesy Cauliflower Bake
<b>Sandwiches</b>	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<b>Salad</b>	Lamb Salad	Tasty Cheese Salad	Classic Potato Salad	Best Tuna Salad	Zesty Greek Salad	Cold Roast Beef Salad	Turkey Salad
<b>Desert</b>	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
<b>AFTERNOON TEA</b>							
<b>Afternoon Tea</b>	A selection of Tea or Coffee available						
<b>Bakery Item</b>	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
<b>EVENING MEAL</b>							
<b>Dinner Soup</b>	Curried Lentil & Vegetable Soup	Creamy Tomato Soup	Italian Healthy Vegetable Soup	Lentil, Chickpea & Pumpkin Soup	Potato & Leek Soup	Healthy Mushroom Soup	Broccoli & Cheese Soup





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## Autumn Menu

### Week 3

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental Breakfast</b>	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						
<b>Cooked Breakfast</b>	Poached Eggs or Pork Chipolatas	Tasty Cheese Omelette or Sautéed Mushrooms	Creamy Scrambled Eggs or Tinned Spaghetti	Creamy Scrambled Eggs or Boston Baked Beans	Poached Eggs or Grilled Tomatoes	Plain Omelette or Crispy Hash Browns	Creamy Scrambled Eggs or Grilled Bacon
<b>MORNING TEA</b>							
<b>Morning Tea</b>	A selection of Tea or Coffee available						
<b>Bakery Item</b>	Red Velvet Cupcakes	Orange Pound Cake	Ginger Spiced Muffins	Moist Banana Cake	Butter Biscuits	Chocolate Semolina 'Fudge'	Scones with Jam & Cream
<b>LUNCH</b>							
<b>Main Choice 1</b>	Braised Beef with Mushroom Sauce	Grilled Pork Sausages with Gravy	Roast Lamb with Mint Sauce	Beef Ragu	Crumbed Fish with Lemon & Tartare Sauce	Aussie Meat Pies	Roast Chicken with Thyme Gravy
<b>Main Choice 2</b>	Vegetarian Puffs with Tomato Relish	Salmon Pasta with a Creamy Garlic Sauce	Oven Baked Chicken Tenders with Gravy	Vegetable Patties with Tomato Sauce	Lemon Chicken	Coconut Pork Curry	Tofu & Plum Stir Fry
<b>Accompaniment</b>	Lyonnais 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
<b>Sandwiches</b>	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<b>Salad</b>	Healthy Salmon Salad	Lamb Salad	Zesty Greek Salad	Corned Silverside Salad	Chicken Caesar Salad	Honey Baked Ham Salad	Best Tuna Salad
<b>Desert</b>	Golden Syrup Pudding & Custard	Creamed Rice with Pureed Berry Coulis	Baked Chocolate Cheesecake	Goopy Hot Chocolate Pudding & Custard	Vanilla Ice Cream with Toppings & Wafers	Carrot Cake Pudding & Custard	Stewed Apples with Cinnamon & Ice Cream
<b>AFTERNOON TEA</b>							
<b>Afternoon Tea</b>	A selection of Tea or Coffee available						
<b>Bakery Item</b>	Lemon Zest Biscuits	Homemade Vegetable Muffins & Cheese	Mango Cake	Chocolate Muffins	Happy Hour Sausage Rolls & Crackers with Cheese	Spiced Cheese Biscuits	Tropical Pineapple Muffins





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## Autumn Menu

### Week 4

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental Breakfast</b>	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						
<b>Cooked Breakfast</b>	Poached Eggs or Boston Baked Beans	Tasty Cheese Omelette or Sautéed Mushrooms	Creamy Scrambled Eggs or Creamed Corn	Creamy Scrambled Eggs or Sautéed Spinach	Poached Eggs or Grilled Tomatoes	Plain Omelette or Crispy Hash Browns	Creamy Scrambled Eggs or Grilled Bacon
<b>MORNING TEA</b>							
<b>Morning Tea</b>	A selection of Tea or Coffee available						
<b>Bakery Item</b>	Coffee Sponge Cake	Pumpkin Spice Muffins	Chocolate Cookies	Passionfruit Cake	Fluffy Pear Muffins	Soft Ginger Biscuits	Danish Pastries with Custard
<b>LUNCH</b>							
<b>Main Choice 1</b>	Lamb Ragu	Braised Steak with Onion Gravy	Roast Pork with Apple Sauce & Gravy	Lemon Garlic Chicken Fillets	Battered Fish with Tartare & Lemon	Baked Lamb Parcels	Silverside with White Sauce
<b>Main Choice 2</b>	Honey Soy Chicken	Pumpkin & Lentil Lancashire Style Hot Pot topped with Crispy Potatoes	Homemade Meatloaf with Herb Gravy	Risoni with Broccoli, Pesto & Parmesan Cheese	Fried Rice with Ham	Vegetarian Pizza	Crumbed Prawn Cutlet served with Tartare & Lemon
<b>Accompaniment</b>	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
<b>Sandwiches</b>	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<b>Salad</b>	Zesty Greek Salad	Cold Roast Beef Salad	Lamb Salad	Pork Salad	Honey Mustard Chicken Salad	Healthy Salmon Salad	Tuscan Tortellini Salad
<b>Desert</b>	Lemon Sago Pudding & Ice Cream	Butterscotch Self Saucing Pudding & Custard	Fruit Trifle with Custard	Gingerbread Pudding Cake & Ice Cream	Apple Cake with Custard	Goey Hot Chocolate Pudding & Ice Cream	Peach Tart with Ice Cream
<b>AFTERNOON TEA</b>							
<b>Afternoon Tea</b>	A selection of Tea or Coffee available						
<b>Bakery Item</b>	Traditional Anzac Biscuits	Cheese Twister Slice	Afternoon Tea Cake	Strawberry Cupcakes	Happy Hour Curry Puffs & Crackers with Cheese	Savoury Muffins	Rich Chocolate Cake
<b>EVENING MEAL</b>							
<b>Dinner Soup</b>	Cabbage & Potato Soup	Minestrone Italian Soup	Cauliflower & Potato Soup	Potato & Leek Soup	Loaded Vegetable Soup	Split Pea & Vegetable Soup	Tomato & Borlotti Bean Soup

