



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

Autumn 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 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 |
| MORNING TEA | | | | | | | |
| Morning Tea | A selection of Tea or Coffee available | | | | | | |
| Bakery Item | Strawberry Cupcakes | Buttery Cinnamon Cake | Chocolate Muffin | Coffee Sponge Cake | Lemon Cake | Boston Bun | Scones with Jam & Cream |
| LUNCH | | | | | | | |
| Main Choice 1 | 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 |
| Main Choice 2 | Apricot Lamb | Greek Vegetarian Moussaka | Tuna Mornay Rice Bake | Beef Cevapi | Vegetarian Pizza | Carbonara Pasta | Vegetable & Lentil Curry |
| Accompaniment | 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 |
| 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 | Tasty Cheese Salad | Honey Baked Ham Salad |
| Desert | 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 |
| 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 | 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 |
|------------------------------|---|--|--|--|---|--|---|
| 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 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 |
| MORNING TEA | | | | | | | |
| Morning Tea | A selection of Tea or Coffee available | | | | | | |
| Bakery Item | Iced Butter Cake | Espresso Muffins | Spiced Cake | Soft Biscuits | Buttery Cinnamon Cake | Lemon Cupcakes | Danish Pastries with Custard |
| LUNCH | | | | | | | |
| Main Choice 1 | 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 |
| Main Choice 2 | 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 |
| 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 | Scalloped Potatoes, 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 | Tasty Cheese Salad | Classic Potato Salad | Best Tuna Salad | Zesty Greek Salad | Cold Roast Beef Salad | Turkey Salad |
| 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 |



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Autumn 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 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 |
| 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 | 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 |
| Main Choice 2 | 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 |
| Accompaniment | 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 |
| Sandwiches | Assorted Sandwiches | Assorted Sandwiches | Assorted Sandwiches | Assorted Sandwiches | Assorted Sandwiches | Assorted Sandwiches | Assorted Sandwiches |
| Salad | Healthy Salmon Salad | Lamb Salad | Zesty Greek Salad | Corned Silverside Salad | Chicken Caesar Salad | Honey Baked Ham Salad | Best Tuna Salad |
| Desert | 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 |
| 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 |



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Autumn 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 | 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 |
| 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 | 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 |
| Main Choice 2 | 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 |
| 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 |
| Desert | 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 |
| AFTERNOON TEA | | | | | | | |
| Afternoon Tea | A selection of Tea or Coffee available | | | | | | |
| Bakery Item | Traditional Anzac Biscuits | Cheese Twister Slice | 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 |

