



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.

Woodlands Aged Care Centre

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						
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Banana Cake	Spinach Fetta Parcels	Jamaican Ginger Cake	Mini Sausage Rolls	Black Forest Cake	Cheese & Clix Crackers	Chocolate Raspberry Lamington
LUNCH							
Main Choice 1	Chicken Parmigiana	Grilled Pork Loin Steak with Prune and Apple Sauce	Roast Chicken with Stuffing and Gravy	Pork Ragout	Battered Fish	Lamb Steak with Mint Red Wine Gravy	Roast Beef & Gravy with Yorkshire Pudding
Main Choice 2	Meatloaf	Fish Pie	Steak Diane	Lamb Stir Fry	Chicken Kieve	Chicken Cacciatore	Baked Cod with Lemon Sauce
Starch/Pasta	Wedges	Garlic Mashed Potato	Roast Potato	Rice	Chips	Buttered Parsley Potato	Roast Potato
Vegetable	Beans & Carrots	Broccoli & Roast Sweet Potato	Roast Carrot & Brussel Sprouts	Vegetable Medley	Rainbow Coleslaw	Broccoli & Baton Carrots	Pumpkin & Cauliflower
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Desert	Tropical Trifle with Cream	Ice Cream Sundae with Butterscotch Topping	Lime & Coconut Sago with Cream	Apple Crumble & Custard	Berry Bread & Butter Pudding with Custard	Baked Pears with Orange Cardamon with Ice Cream or Custard	Crème Caramel & Cream
AFTERNOON TEA							
Afternoon Tea	A selection of Tea or Coffee available						
EVENING MEAL							
Dinner Soup	White Bean & Bacon Soup	Chicken & Corn Soup	Tomato & Basil Soup	Pumpkin Soup	Beef & Barley Soup	Broccoli & Potato Soup	Vegetable Noodle Soup
Main	Pork Chow Mien	Devilled Sausages	Fish Goujons	Chicken Cordon Bleu	Port Meatballs with Mushroom Sauce	Pizza of the Day	Loaded Baked Potato with Beans and Cheese
Starch/Pasta	Noodles	Mashed Potato	Chips	Diced Potato	Mashed Potato	Garlic Bread	
Vegetable		Mixed Vegetables	Tossed Salad	Peas	Mixed Vegetables	Tossed Salad	Beans
Supper	A selection of Tea and Coffee available Biscuits or Sandwiches						



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Week 2

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						
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Lemon & Berry Tea Cake	Donuts	Mini Quiches	Corn Relish Dip & Clix	Carrot Cake	Red Velvet Brownie	Fruit Scones with Jam & Cream
LUNCH							
Main Choice 1	Hawaiian chicken	Herb Crusted fish with Parmesan Crust and Lemon Parsley Sauce	Roast lamb with Gravy	Marinated Chicken	Crumbed Fish with Tartare Sauce & lemon Wedge	Sundried Tomato & Chicken Casserole	Roast Pork with Gravy
Main Choice 2	Beef Lasagne	Marinated Chicken Skewers	Boneless Pork Riblet with Honey Plum Sauce	Beef Rissoles with Mushroom Sauce	Pork Steaks with Honey Mustard Sauce	Silverside with Dijon Mustard Sacue	Garlic & Thyme Roasted Chicken Thighs with Gravy
Starch/Pasta	Rustic Potato & Garlic Bread	Chips	Fondant Potato	Potato Bake	Chips	Colcannon Mashed Potato	Roast Potato
Vegetable	Tossed Garden Salad	Zucchini & Baby Carrots	Baked Pumpkin & Beans	Carrot & Peas	Coleslaw	Broccoli & Baton Carrots	Roasted Beetroot with Glaze & Cabbage
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Desert	Choc Mint Cheesecake & Whipped Cream	Baked Cinamon Apple & Custard	Lemon Meringue Pie & Cream	Mango Yoghurt Dixie Cup	Orange Marmalade Steamed Pudding & Ice Cream	Berry Apple Pie & Custard	Pavlova with Mango & Passionfruit Sauce & Cream
AFTERNOON TEA							
Afternoon Tea	A selection of Tea or Coffee available						
EVENING MEAL							
Dinner Soup	Pea & Ham Soup	Tomato & Chickpea Soup	Beef & Vegetable Soup	Chicken Noodle Soup	Thai Sweet Potato Soup	Corn Chowder	Potato & Leak Soup
Main	Quiche Florentine	Cheese & Bacon Roll	Spaghetti Bolognaise	Battered Prawns with Seafood Sauce	Meat Pie	Salmon & Vegetable Patty with Tartare & Lemon Wedge	Savoury Mince
Starch/Pasta	Wedges	Creamy Potatoes	Garlic Bread	Vegetable Rice	Mashed Potato	Wedges	Mashed Potato
Vegetable	Mixed Vegetables	Peas & Corn	Chinese Vegetable Mix		Mushy Peas	Tossed Salad	Corn on the Cob
Supper	A selection of Tea and Coffee available Biscuits or Sandwiches						



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Week 3

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						
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Homemade Biscuits	Mini Sausage Rolls	Lemon Coconut Slice	Scones with Jam & Cream	Honey Date Loaf	Cheese & Clix	Lamington
LUNCH							
Main Choice 1	Beef & Broccoli	Baked Fish with Parmesan Crust and lemon Sauce	Roast Chicken with Stuffing and Gravy	Garlic Prawns	Battered Fish Fillet	Honey Soy Marinated Chicken Thighs	Roast Turkey with Gravy
Main Choice 2	Malibu Chicken	Pork Steaks with Valencia Sauce	Beef Bourgogne	Mold Lamb Korma Curry	Caramelised Onion Feta Bake	Pickled Pork with Horseradish Sauce	Lamb Steak Crumbed
Starch/Pasta	Rice/Sashed Potato	Garlic Mashed Potato	Rustic Potato	Rice	Chips	Chive Mash	Roast Potato
Vegetable	Melange of Vegetables (Broccoli, Carrot, Cauliflower, Yellow Beans)	Cauliflower Bake & Zucchini	Pumpkin & Broccoli	Green Beans & Carrot Rings	Caesar Salad – Lettuce	Red & Green Cabbage & Broccoli	Roast Sweet Potato & Brussel Sprouts with Almonds
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Desert	Tiramisu with Custard/ Cream	Berry Pannacotta & Cream	Caramel Fudge Ice Cream Sundae	Lemon Sorbet Dixie	Creamed Rice/ Peaches & Cream	Port & Red Wine Jelly with ice Cream	Rich Date Pudding with Butterscotch Sauce
AFTERNOON TEA							
Afternoon Tea	A selection of Tea or Coffee available						
EVENING MEAL							
Dinner Soup	Pumpkin Soup	Chicken & Bacon Soup	Tomato & Lentil Soup	White Bean & Bacon Soup	Chicken Noodle	Hearty Vegetable Soup	Pea & Ham Soup
Main	Spinach & Ricotta Cannelloni	Lamb Kofta with Mint Yoghurt	Pork Meatballs with Sweet & Sour Sauce	Cottage Pie	Beef Ravioli with Pesto Tomato Sauce	Fish & Scallop Mornay	Chicken & Vegetable Bake
Starch/Pasta		Sweet Potato Mash	Buttered Rice		Garlic Bread	Sweet Potato	Bread Roll
Vegetable	Tossed Salad	Peas	Asian Vegetable Mix	Mushy Peas	Carrot & Cauliflower	Beans & Corn Cob	Mixed Vegetables
Supper	A selection of Tea and Coffee available Biscuits or Sandwiches						



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Week 4

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						
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	French Onion Dip with Clix	Pikelet with Strawberry Jam & Whipped Cream	Butter Chicken Pie	Petite Danish Pastry	Spinach & Ricotta Rolls	Lemon Custard Cake	Muffins
LUNCH							
Main Choice 1	Crumbed Pork Schnitzel with Apple Sauce	Greek Meatballs	Baked Glazed Ham	BBQ Marinated Chicken	Crumbed Fish	Basil & Lemon Chicken Rissoles with Gravy	Roast Pork with Apple Sauce
Main Choice 2	Beef Stroganoff	Baked Fish with Herb Butter	Chicken Chasseur Casserole	BBQ Pork Sausages	Cheeseburger	Beef Goulash	Baked Salmon with Hollandaise Sauce
Starch/Pasta	Mashed Potato	Roast Vegetable Cous Cous	Potato Bake with Gravy	Potato Salad	Chips	Mashed Potato	Fondant Potato
Vegetable	Broccoli & Cauliflower	Beetroot & Baton Carrots	Medley of Vegetables	Tossed Salad	Coleslaw	Baked Sweet Potato & Broccoli	Roast Diced Pumpkin & Green Beans
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Desert	Baked Egg Custard with Cream	Eton Mass & Custard	Stewed Fruit Compote (Apple, Pear, Rhubarb, Apricot, Orange Juice)	Choc and White Choc Brownie with Cherry Compote	Apple Rhubarb Crumble with Custard	Espresso Cheesecake & Cream	Apple Shortcake Slice with Custard
AFTERNOON TEA							
Afternoon Tea	A selection of Tea or Coffee available						
EVENING MEAL							
Dinner Soup	Tuscan Tomato Soup	Cauliflower & Bacon Soup	Sweet Potato & Pumpkin Soup	Beef & Potato Soup	Cream of Chicken Soup	Minestrone Soup	Chicken & Mushroom Soup
Main	Ham & Cheese Croissant	Pulled Pork	Lamb Rissoles	Tuna Mornay Bake	Shepherd's Pie	Garlic & Ginger Pork Stir Fry	Beef Croquettes
Starch/Pasta		Savoury Rice	Mashed Potato	Mashed Potato		Rice	Mashed Potato
Vegetable	Tossed Salad	Coleslaw	Buttered Cabbage	Mixed Vegetables	Baby Carrots	Carrot Mash	Broccoli
Supper	A selection of Tea and Coffee available Biscuits or Sandwiches						