



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

Autumn / Winter

Menu 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		Scrambled Eggs & Baked Beans			Scrambled Eggs & Bacon		
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Caramel Mud Cake	Pineapple Crumble Cake	Apple & Cinnamon Muffin	Orange & Poppyseed Cake	Black Forest Cake	Sticky Date Cake	Rock Cakes
LUNCH							
Main Choice 1	Prawns with Tomato Coconut Thai Sauce & Rice	Irish Lamb Stew	Braised Beef in Diane Sauce	French Onion Pork	Slow Cooked Beef with Red Wine Gravy	Lamb Leg Chop with Rosemary & Garlic Gravy	Sweet & Sour Pork with Rice
Main Choice 2	English Pork Sausage with Creamy Mustard Gravy	Chicken with Teriyaki & Pineapple Sauce & Rice	Crumbed Fish Fillets	Chicken in Mushroom & Red Wine Sauce	Turkey Rissole with Cranberry Sauce	Hoki Tempura Fish	Cottage Pie
Vegetarian Choice	Spinach & Roast Pumpkin Risotto	Capsicum, Fetta & Onion Quiche	Chickpea Fritter with Satay Sauce	Vegetable Samosa	Pasta with Kalamata Olive & Chickpeas	Corn Fritter with Satay Sauce	Mexican Bean Casserole
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, Carrot & Broccoli	Seafood, Potato Mash, Carrot & Peas	Green Lentil, Potato Mash, Broccoli & Cauliflower
Accompaniment	Potato Bake, Green Sliced Beans & Carrot Rings	Mashed Potatoes, Broccoli, Cauliflower & Carrot	Potato Chips, Broccoli & Corn Cob	Mashed Potatoes, Broccoli, Cauliflower & Carrot	Roast Potato, Peas & Roast Pumpkin	Potato Chips, Cabbage & Corn Cob	Potato Gems, Brussel Sprouts & Baby Carrots
Desert Choice 1	Gingerbread Flavoured Cheesecake with Ice Cream	Chocolate & Mint Brownie Cake with Custard	Pineapple Jelly & Custard	Creamed Rice with Cinnamon & Raisin	Apple Crumble & Custard	Strawberry Bread & Butter Pudding with Ice Cream	Apple & Blackberry Strudel with Ice Cream
Desert Choice 2	Canned Peaches & Ice Cream	Canned Apple with Custard	Canned Pear with Custard	Canned Two Fruits	Canned Apple with Custard	Canned Pineapple Pieces & Ice Cream	Canned Apricot & Ice Cream
AFTERNOON TEA							
Afternoon Tea	Beef Cocktail Pie	Broccoli & Cheese Bites	Pumpkin & Goats Cheese Arancini	Calamari Salt & Pepper	Mac & Cheese Croquette	Quiche - Assorted	Chicken Kiev Bites
A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit							



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IRT Aged Care Centres

Autumn / Winter

Menu 2026

Week 1

WEEK 1	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
EVENING MEAL							
Dinner Soup	Beef & Barley Soup	Potato & Leek Soup		Chicken & Corn Soup		Pea & Ham Soup	Beef & French Lentil Soup
Light Meal	Chicken & Leek Quiche	Rice Noodles with Beef & Oyster Sauce	Bacon & Cheese Sausage Roll	Prawn & Leek Tart	Lasagne Topper	Chicken & Corn Crepe	Salmon, Caper & Leek Pasta Bake
Vegetarian Option	Macaroni & Cheese	Quiche Florentine	Vegetable Lasagne	Vegetable Combo Risotto	Vegetable & Rice Bake	Vegetable Mornay	Singapore Noodles with Vegetables
Soft & Bite Meal	Lamb, Potato Mash, Spinach & Carrot	Beef, Potato Mash, Broccoli & Pumpkin	Green Lentil, Potato Mash, Broccoli & Cauliflower	Seafood, Potato Mash, Carrot & Pea	Pork, Potato Mash, Peas & Cauliflower	Chicken, Potato Mash, Peas & Pumpkin	Lamb, Potato Mash, Carrot & Broccoli
Accompaniment	Potato Gems, Carrot, Peas & Corn	Potato Chips, Peas & Carrots	Roasted Chat Potatoes, Green Beans & Cauliflower	Sliced Sauté Potato, Peas & Cauliflower	Potato Wedges, Broccoli, Cauliflower & Carrot Combo	Roasted Potato Chats, Broccoli & Roast Mushrooms	Potato Wedges, Green Sliced Beans & Roast Beetroot
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						



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IRT Aged Care Centres

Autumn / Winter

Menu 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		Scrambled Eggs & Buttered Mushrooms			Poached Eggs & Bacon		
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Pear & Raspberry Cake	Chocolate Mud Cake	Blueberry Muffin	Banana Cake	Chocolate Brownie	Carrot Cake	Lemon Drizzle
LUNCH							
Main Choice 1	Lamb Kofta	Pork with Pepper Cream Sauce	Butter Chicken & Rice	Beef Stroganoff	Roast Pork with Gravy	Beef with Stout Sauce	Southern Fried Chicken Topper
Main Choice 2	Chicken Burger on Roll	Flame Grilled Meatballs with Tomato, Basil & Cream Sauce	Crumbed Fish Fillets	Chicken with Creamy Cajun Sauce	Beef & Dijon Rissole	Chicken Schnitzel with Gravy	Barramundi with Lemon & Parsley Butter Sauce
Vegetarian Choice	Vegetable Burger on Roll	Pumpkin & Ricotta Tart	Vegetable Tagine	Butter Bean & Vegetable Pasta	Vegetables in a Curry Cream Sauce	Jackfruit & Sweet Potato Curry	Eggplant & Tomato Pasta
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, Carrot & Peas	Lamb, Potato Mash, Carrot & Broccoli	Chicken, Potato Mash, Peas & Pumpkin
Accompaniment	Potato Chips, Mixed Beans & Cauliflower	Mashed Potato, Carrots, Peas & Corn	Potato Chips, Broccoli & Corn Cob	Potato Mash, Carrot, Cauliflower & Broccoli	Roast Potato Chats, Peas & Roast Sweet Potato	Potato Bake, Green Sliced Beans & Roast Mushrooms	Mashed Potato, Green Sliced Beans & Baby Carrots
Desert Choice 1	Caramel Mud Pudding with Custard	Strawberry Jelly & Custard	Apple Custard Impossible Pie with Ice Cream	Winter Fruit Compote with Ice Cream	Apricot Crumble & Custard	Baked Rice Pudding with Sultanas & Ice Cream	Pavlova & Cream
Desert Choice 2	Canned Pears & Custard	Canned Two Fruits & Custard	Canned Apples & Ice Cream	Canned Pears & Ice Cream	Canned Apricots & Custard	Canned Apples & Ice Cream	Canned Two Fruits & Cream
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							



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IRT Aged Care Centres

Autumn / Winter

Menu 2026

Week 2

WEEK 2	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
EVENING MEAL							
Dinner Soup	Beef & Tomato Soup	French Onion Soup	Chicken, Vegetable & Risoni Soup			Cream of Mushroom Soup	Lamb & Vegetable Scotch Broth
Light Meal	Seafood Mornay Crepe	Chicken Kiev	Beef Pie	Italian Meatball Risotto	Chorizo, Capsicum & Fetta Quiche	Curried Sausages	Pork Chow Mein
Vegetarian Option	Potato, Onion, Tomato, Olive & Leak Frittata	Vegetable Rissole	Root Vegetable & Bean Casserole	Cheese & Onion Frittata	Yellow Potato & Vegetable Curry	Stir Fried Vegetables with Soy Sauce	Bubble & Squeak Roll
Soft & Bite Meal	Pork, Potato Mash, Peas & Cauliflower	Seafood, Potato Mash, Carrot & Peas	Lamb, Potato Mash, Carrot & Broccoli	Beef, Potato Mash, Broccoli & Pumpkin	Chicken, Potato Mash, Peas & Pumpkin	Green Lentil, Potato Mash, Broccoli & Cauliflower	Beef, Potato Mash, Broccoli & Pumpkin
Accompaniment	Roast Diced Potato, Broccoli, Cauliflower & Carrot Combo	Potato Chips, Green Sliced Beans & Cauliflower	Potato Gems, Carrots, Pease & Corn	Potato Wedges, Peas & Steamed Pumpkin	Diced Roast Potato, Broccoli & Corn Kernels	Rice, Mixed Beans & Carrot Rings	Potato Chips, Brussel Sprouts & 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						



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IRT Aged Care Centres

Autumn / Winter

Menu 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		Scrambled Eggs & Buttered Mushrooms			Scrambled Eggs & Bacon		
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Caramel Mud Cake	Pineapple Crumble Cake	Apple & Cinnamon Muffin	Orange & Poppyseed Cake	Black Forest Cake	Sticky Date Cake	Rock Cakes
LUNCH							
Main Choice 1	Prawns with Coconut Curry & Rice	Lamb Tikka Masala & Rice	Beef Steak & Kidney with Potato Mash	Pork, Pear & Sherry Casserole	Beef Silverside with White Onion Sauce	Lamb & Rosemary Sausage	Beef Bavarian Casserole
Main Choice 2	Pork Riblet	Chicken Mixed Grill with Caramelised Onion & Gravy	Crumbed Fish Fillets	Chicken in Mushroom Cream Sauce	Pork, Apple & Sage Rissole with Gravy	Fish Tempura Hoki	Honey Soy Chicken
Vegetarian Choice	Puerto Rican Beans	Vegetable Curry	Tomato & Leek Quiche	Vegetables in Oyster Sauce	Caramelised Tomato & Parmesan Tart	Sweet Potato Fritter with Cous Cous & Satay Sauce	Chickpea & Vegetable Korma Curry
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, Carrots & Peas	Seafood, Potato Mash, Carrots & Peas	Green Lentil, Potato Mash, Broccoli & Cauliflower
Accompaniment	Potato Wedges, Broccoli & Cauliflower	Potato Bake, Mixed Beans & Roast Mushrooms	Potato Chips, Broccoli & Corn Cobs	Potato Mash, Carrot, Cauliflower & Broccoli	Potato Mash, Brussel Sprouts & Roast Pumpkin	Potato Chips, Green Sliced Beans & Roast Beetroot	Potato Mash, Peas & Roast Carrot
Desert Choice 1	Sticky Date Pudding & Butterscotch Sauce	Apricot, White Chocolate & Sour Cream Cake & Custard	Orange Jelly & Custard	Creamed Rice Tiramisu	Apple & Rhubarb Crumble & Custard	Stewed Pears & Cinnamon with Ice Cream	Chocolate Cheesecake with Jaffa Sauce & Ice Cream
Desert Choice 2	Canned Apples	Canned Pears & Custard	Canned Peaches & Custard	Canned Two Fruits	Canned Pineapple Pieces & Custard	Canned Apricots & Ice Cream	Canned Two Fruits & Ice Cream
AFTERNOON TEA							
Afternoon Tea	Beef Cocktail Pie	Broccoli & Cheese Bites	Pumpkin & Goats Cheese Arancini	Calamari Salt & Pepper	Mac & Cheese Croquette	Quiche - Assorted	Chicken Kiev Bites
	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						



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IRT Aged Care Centres

Autumn / Winter

Menu 2026

Week 3

WEEK 3	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
EVENING MEAL							
Dinner Soup	Beef & Barley Soup	Potato & Leek Soup		Chicken & Corn Soup		Pea & Ham Soup	Beef & French Lentil Soup
Light Meal	Sausage Roll	Beef Cordon Bleu with Rice	Honey Garlic Chicken with Rice Noodles	Tortellini Pasta with Tomato & Bacon Sauce	Chicken with Wine, Bacon & Mushroom & Vol Au Vent	Baked Penne Pasta & Bolognese	Salmon, Cannellini Bean & Vegetable Bake
Vegetarian Option	Tofu Mongolian with Vegetables	Macaroni Pasta, Pesto, Cream & Broccoli	Vegetable Casserole	Zucchini Frittata	Cauliflower, Macaroni & Cheese Bake	Singapore Noodles with Vegetables & Satay	Vegetable Roll
Soft & Bite Meal	Lamb, Potato Mash, Carrot & Broccoli	Beef, Potato Mash, Broccoli & Pumpkin	Green Lentil, Potato Mash, Broccoli & Cauliflower	Seafood, Potato Mash, Carrot & Peas	Pork, Potato Mash, Peas & Cauliflower	Chicken, Potato Mash, Peas & Pumpkin	Lamb, Potato Mash, Carrot & Broccoli
Accompaniment	Potato Gems, Carrots, Peas & Corn	Potato Wedges, Peas & Steamed Pumpkin	Rice, Green Sliced Beans & Cauliflower	Roast Diced Potato, Peas & Steamed Pumpkin	Potato Gems, Broccoli, Cauliflower & Carrot Combo	Potato Mash, Cabbage & Carrots	Roast Diced Potato, Green Sliced Beans & Cauliflower
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						



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IRT Aged Care Centres

Autumn / Winter

Menu 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		Scrambled Eggs & Hash Brown			Poached Eggs & Bacon		
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Pear & Raspberry Cake	Chocolate Mud Cake	Blueberry Muffin	Banana Cake	Chocolate Brownie	Carrot Cake	Lemon Drizzle
LUNCH							
Main Choice 1	Lamb, Potato & Cinnamon Stew with Potato Mash	Creamy Pork & Apple Casserole with Potato Mash	Beef & Coconut Curry with Rice	Chinese Chicken Satay with Rice	Chicken Roast Maryland with Gravy	Pork Steak with Honey Mustard Sauce	Beef with Black Bean Sauce & Rice
Main Choice 2	Beef Burger & Caramelised Onion on Burger Bun	Battered Chicken with Chinese Lemon Sauce	Crumbed Fish Fillets	Lamb Rissolle with Red Wine Gravy	Beef & Thyme Sausage	Chicken Schnitzel with Gravy	Hoki Fish Tempura
Vegetarian Choice	Vegetable Burger on Burger Bun	Pumpkin Ravioli with Mushroom Sauce	Roast Vegetable, Feta & Herb Frittata	Spinach & Ricotta Cannelloni	Vegetable Stroganoff	Vegetables in Coconut Sauce with Cashews	Chickpea Fritters with Satay 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, Carrot & Peas	Lamb, Potato Mash, Carrot & Broccoli	Chicken, Potato Mash, Peas & Pumpkin
Accompaniment	Potato Chips, Broccoli & Carrots	Rice, Broccoli, Cauliflower & Carrot Combo	Potato Chips, Broccoli & Corn Cobs	Potato Wedges, Broccoli, Cauliflower & Carrot Combo	Roast Potato Chats, Brussel Sprouts & Roast Beetroot	Potato Bake, Cabbage & Roast Carrots	Potato Gems, Mixed Beans & Corn Cobs
Desert Choice 1	Passionfruit Tart & Ice Cream	Baked Peach Pastry & Custard	Caramel Panna Cotta & Ice Cream	Port Wine Jelly with Custard	Apple & Raisin Crumble with Custard	Treacle Pudding & Custard	Apple & Berry Rhubarb Strudel & Ice Cream
Desert Choice 2	Canned Pineapple Pieces & Ice Cream	Canned Peaches & Custard	Canned Two Fruits & Ice Cream	Canned Pears & Custard	Canned Pineapple Pieces & Custard	Canned Pear with Custard	Canned Two Fruits & Ice Cream
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						



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Autumn / Winter

Menu 2026

Week 4

WEEK 4	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
EVENING MEAL							
Dinner Soup	Beef & Tomato Soup	French Onion Soup	Chicken, Vegetable & Risoni Soup			Cream of Mushroom Soup	Lamb & Vegetable Scotch Broth
Light Meal	Chicken Dim Sim with Sweet & Sour Sauce	Greek Lamb Pastitsio	Cornish Pastie	Chicken Pie	Quiche Lorraine	Beef Lasagne	Chicken & Mushroom Crepe
Vegetarian Option	Leek, Pumpkin & Sage Risotto	Steamed Vegetables with Peanut Sauce	Roasted Cauliflower Pilaf with Eggplant & Lentil	Bean & lentil Casserole	Sweet & Sour Vegetables with Rice	Zucchini Pattie with Satay Sauce	Lentil Bolognaise
Soft & Bite Meal	Pork, Potato Mash, Peas & Cauliflower	Seafood, Potato Mash, Carrot & Peas	Lamb, Potato Mash, Carrot & Broccoli	Beef, Potato Mash, Broccoli & Pumpkin	Chicken, Potato Mash, Peas & Pumpkin	Green Lentil, Potato Mash, Broccoli & Cauliflower	Beef, Potato Mash, Broccoli & Pumpkin
Accompaniment	Potato Wedges, Cabbage & Corn Cob	Roast Potato Chats, Peas & Cauliflower	Potato Gems, Brussel Sprouts & Roast Pumpkin	Potato Mash, Broccoli & Roast Mushrooms	Potato Wedges, Green Sliced Beans & Corn Kernels	Potato Chips, Peas & Cauliflower	Roast Potato Chats, Cabbage & Roast Pumpkin
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						



IRT Aged Care Centres Autumn / Winter Menu Cycle

Residents Begin Eating (Wednesday)	Menu Week
13 May 2026	Week 1
20 May 2026	Week 2
27 May 2026	Week 3
3 June 2026	Week 4
10 June 2026	Week 1
17 June 2026	Week 2
24 June 2026	Week 3
1 July 2026	Week 4
8 July 2026	Week 1
15 July 2026	Week 2
22 July 2026	Week 3
29 July 2026	Week 4
5 August 2026	Week 1
12 August 2026	Week 2
19 August 2026	Week 3
26 August 2026	Week 4
2 September 2026	Week 1
9 September 2026	Week 2
16 September 2026	Week 3
23 September 2026	Week 4
30 September 2026	Week 1
7 October 2026	Week 2
14 October 2026	Week 3
21 October 2026	Week 4