

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	Honey Pannacotta with Summer	Strawberry Jelly & Custard	Baked Egg Custard with Nutmeg	Lemon Curd Tart with Ice Cream	Jaffa Mud Cake with Chocolate Sauce & Ice Cream

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.



Spring/Summer Menu 2025-2026

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		Sauce with Ice Cream	Berry Compote				
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
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						

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	Assorted Biscuits						

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