

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>	Scrambled Eggs & Tomatoes	Poached Eggs & Baked Beans	Scrambled Eggs & Hashbrowns	Poached Eggs & Mushrooms	Scrambled Eggs & Chipolatas	Ham & Leek Omelette	Scrambled Eggs & Bacon
<b>MORNING TEA</b>							
<b>Morning Tea</b>	A selection of Tea or Coffee available						
<b>Bakery Item</b>	Blueberry Muffins	Cheese & Crackers	Fruit Cake	Pumpkin Scones	Sultana & Chocolate Chip Cookies	Carrot Cake	Cinnamon Scrolls
<b>LUNCH</b>							
<b>Main Choice 1</b>	Baked Fish with Lemon Herb Crumb	Pasta Carbonara	Lamb Sausages with Rosemary Gravy	Corned Beef with Parsley White Sauce	Battered Fish	Curried Sausages	Roast Beef & Gravy
<b>Main Choice 2</b>	Chicken with Creamy Sundried Tomato Sauce	Roast Chicken with Gravy	Mediterranean Vegetable Risotto	Individual Pumpkin & Fetta Quiche	Lamb Ragout	Baked Chicken with Parsley White Wine Sauce	Vegetable Lentil Strudel
<b>Accompaniment</b>	Mashed Potato & Green Goddess Vegetables	Potato Bake, Garlic Spinach & Green Beans	Roast Potato, Pumpkin & Broccoli	Mashed Potato, Pumpkin, Green Beans & Sauerkraut	Chips & Garden Salad	Mashed Potato, Carrots & Green Beans	Roast Potato, Roast Pumpkin & Peas
<b>Soft &amp; Bite Meal</b>	Baked Fish with Lemon	Braised Chicken or Vegetable Tofu Curry	Braised Lamb & Gravy	Corned Beef with Parsley White Sauce	Steamed Fish & Vegetables	Baked Chicken with White Wine Sauce	Roast Beef
<b>Vegetarian Choice</b>	Creamy Sundried Tomato Pasta	Mushroom & Fetta Pasta	Mediterranean Vegetable Risotto	Individual Pumpkin & Fetta Quiche	Chickpea Ragout	Vegetable Lentil Potato Pie	Vegetable Lentil Strudel
<b>Sandwiches</b>	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<b>Desert</b>	Sticky Date Pudding	Strawberry Panna Cotta	Apple Sultana Crumble with Custard	Fruit Salad & Custard	Blueberry Crumble Cake	Tiramisu	Jelly & Ice Cream
<b>Afternoon Tea</b>	A selection of Tea, Coffee, Milo or Cordial with Sweet or Savoury Biscuits and Whole Fresh Fruit						
<b>EVENING MEAL</b>							

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

# Week 1

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dinner Soup</b>	Potato & Leek Soup	Chunky Beef & Vegetable Soup	Minestrone	Pea & Ham Soup	Chicken & Sweet Corn Soup	Creamy Mushroom Soup	Pumpkin Soup
<b>Course</b>	Beef Main Goulash	Fish Cocktails	Spaghetti Bolognaise	Grilled Chicken with Creamy Mushroom Sauce	Pork & Apple Casserole	Cottage Pie	Chicken Rissoles with Neapolitan Sauce
<b>Accompaniment</b>	Mashed Potato & Peas	Chips & Melange Vegetables	Garlic Bread	Mixed Roasted Vegetables	Potato Bake & Zucchini	Carrots & Broccoli	Mashed Potato & Green Beans
<b>Soft &amp; Bite Meal</b>	Beef Goulash	Steamed Fish & Vegetables	Savoury Beef, Mash & Vegetables	Roast Chicken	Port & Apple Casserole	Cottage Pie	Savoury Chicken Mince
<b>Vegetarian Choice</b>	Vegetarian Shepherd's Pie	Vegetable & Lentil Patties	Vegetable Bolognaise	Roast Vegetable Frittata	Chickpea Vegetable Casserole	Vegetable Lentil Potato Pie	Vegetable Rissoles with Neapolitan Sauce
<b>Sandwiches</b>	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<b>Desert</b>	Fresh Fruit Salad, Custard or Ice Cream	Lime Flummery	Fresh Fruit Salad, Custard or Ice Cream	Baked Apricots and Custard	Fresh Fruit Salad, Custard or Ice Cream	Crème Caramel	Fresh Fruit Salad, Custard or Ice Cream
<b>Supper</b>	A selection of Tea and Coffee available Biscuits or Sandwiches						

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