

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 Heinz Baked Beans	Creamy Scrambled Eggs or Sauteed Mushrooms	Creamy Scrambled Eggs or Sauteed Spinach	Creamy Scrambled Eggs or Grilled Tomatoes	Poached Eggs or Spaghetti in Tomato Sauce	Creamy Scrambled Eggs or Hash Browns	Creamy Scrambled Eggs or Grilled Bacon
MORNING TEA							
Morning Tea	A selection of Tea or Coffee available						
Bakery Item	Apple & Cinnamon Muffins	Rainbow Marble Cake	Spiced Orange Rolls	Coffee Sponge Cake	Chocolate Cookies	Iced Butter Cake	Scones with Jam & Cream
LUNCH							
Main Choice 1	Savoury Minced Lamb	Satay Chicken Tenders	Roast Pork with Apple Sauce & Gravy	Bangers with Onion Gravy	Crumbed Fish with Lemon & Tartare Sauce	Hoisin Beef Stir Fry	Roast Chicken with Thyme Gravy
Main Choice 2	Spinach & Cheese Pastizzi	Tuna & Sundried Tomato Pasta Bake	Zesty Zucchini Fritters	Ham & Pineapple Pizza	Vegetarian Cheese Frittata	Chicken & Vegetable Pasties	Shepherd's Pie
Accompaniment	Steamed Potatoes, Corn Kernels & Green Peas	Steamed White Rice, Steamed Broccoli & Honey Glazed Carrots	Crunchy Roasted Potatoes, Cross Cut Beans & Roast Pumpkin	Mashed Potatoes, Vibrant Mushy Peas & Sauteed Red Cabbage	Chips & Creamy Coleslaw	Sweet Potato Mash, Baked Zucchini & Steamed Cauliflower	Garlic Roasted Potatoes, Roast Pumpkin & Buttered Braised Cabbage
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	Honey Mustard Chicken Salad	Honey Baked Ham Salad	Corned Silverside Salad	Healthy Salmon Salad	Potato & Egg Salad	Lamb Salad	Tasty Cheese Salad
Desert	Strawberry Cheesecake & Whipped Cream	Pavlova with Fresh Fruit & Cream or Ice Cream	Crunchy Apple Crumble & Custard	Baked Custard Pots & Ice Cream	Chocolate Banana Bundles & Custard	Bread & Butter Pudding with Ice Cream	Pavlova with Fresh Fruit & Cream or Ice Cream
AFTERNOON TEA							
Afternoon Tea	A selection of Tea or Coffee available						

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.

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bakery Item	Cheese Scones with Butter	Shortbread Biscuits	Savoury Muffins	Cinnamon Biscuits	Happy Hour Party Pies & Crackers with Cheese	Tea Time Biscuits	Mini Quiches
EVENING MEAL							
Dinner Soup	Barley & Vegetable Soup	Sweet Potato & Coconut Soup	Spinach & Broccoli Soup	Carrot & Chickpea Soup	Lentil & Vegetable Soup	Yellow Split Pea Soup	Creamy Tomato Soup
Main Course	Sweet & Sour Pork	Classic Cottage Pie	Traditional Irish Stew	Chicken & Tomato Stew	Australian Curried Sausages	Mexican Pork & Bean Casserole	Fish Cakes with Tartare & Lemon
Accompaniment	Steamed White Rice	Cross Cut Beans	Mashed Potatoes	Mashed Potatoes	Steamed Potatoes	Steamed White Rice	Oven Baked Potato Wedges
Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	Honey Mustard Chicken Salad	Honey Baked Ham Salad	Corned Silverside Salad	Healthy Salmon Salad	Potato & Egg Salad	Lamb Salad	Tasty Cheese Salad
Desert	Honey Custard	Vanilla Ice Cream with Toppings & Wafers	Fresh Fruit Salad with Vanilla Yoghurt	Vanilla Panna Cotta with Whipped Cream	Strawberry & Cream Mousse	Caramelised Pears & Ice Cream	Mango Cream Cake & Custard
Beverages	Tea, Coffee & Chilled Water	Tea, Coffee & Chilled Water	Tea, Coffee & Chilled Water	Tea, Coffee & Chilled Water	Tea, Coffee & Chilled Water	Tea, Coffee & Chilled Water	Tea, Coffee & Chilled Water
SUPPER							
Snacks	Sandwiches or Yoghurt & Pureed Fruit	Sandwiches or Custard & Pureed Fruit	Sandwiches or Yoghurt & Pureed Fruit	Sandwiches or Custard & Pureed Fruit	Sandwiches or Yoghurt & Pureed Fruit	Sandwiches or Custard & Pureed Fruit	Sandwiches or Yoghurt & Pureed Fruit
Beverages	Tea, Coffee & Chilled Water	Tea, Coffee & Chilled Water	Tea, Coffee & Chilled Water	Tea, Coffee & Chilled Water	Tea, Coffee & Chilled Water	Tea, Coffee & Chilled Water	Tea, Coffee & Chilled Water

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