

Blue Wave Living Cycle Menu



Summer 2023



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST - CONTINENTAL	Daily: Fresh Juice (Apple or Orange), Fresh or Tinned Fruit, Yoghurt, Assorted Cereals, Prunes, Porridge, Coffee, Tea, Assorted Breads & Spreads, Pastries, Scrambled or Poached Eggs						
HOT BREAKFAST			Crumpets				Bacon & Poached Eggs
MORNING TEA	Caramel Slice	Party Size Sausage Rolls	Almond Meal, Coconut & Date Protein Balls	Scones with Jam & Cream	Rocky Road	Sao's, Cheese and Tomato	Raspberry & Choc Muffin
TEXTURE MODIFIED MORNING TEA - FRUIT, CUSTARD, YOGHURT or MOUSSE IF REGULAR MORNING TEA CANNOT BE MODIFIED							
MAIN 1ST CHOICE	Shepherds Pie with Gravy	Grilled Barramundi with Fennel, Apple and Beetroot Salad & House Made Chips or Bacon & Mushroom Risotto with Parmesan Cheese	Chefs BBQ - Pork Chipolata & Chicken Skewer	Carvery Day - Carved & Roasted Meats with Roasted Vegetables & Sauce of the Day or Corn Fritters with Tomato Chutney	Crumbed Fish with Lemon & Tartare	Braised Beef & Vegetable Casserole	Stuffed & Roasted Chicken Thigh with Skin On & Herb Gravy
MAIN 2ND CHOICE	Butter Chicken Lasagne		Lamb Koftas		Ham & Cheese Croissant	Lamb's Fry & Bacon	Pork Sausages with Gravy
VEGETABLES	Honey Carrots & Steamed Broccoli		Potato Salad, Coleslaw & Garden Salad		Chips & Coleslaw	Mashed Potato & Peas	Mixed Roasted Root Vegetables
SANDWICH OR SALAD	PLATED SANDWICHES & SALADS OFFERED ON REQUEST AS AN ALTERNATIVE MEAL A Plated Salad: 100gms of protein or 1 egg or 80gms fish. Assorted Sandwiches: 50 - 70gms meat or 1 egg						
VEGETARIAN CHOICE	Vegetable Pie	Vegetarian Risotto with Parmesan Cheese & Tofu	Garlic Marinated Vegetable & Tofu Skewers	Corn Fritters	Tomato & Cheese Croissant	Vegetable & Bean Casserole	Vegetable & Chic Pea Curry
DESSERT	Bread & Butter Pudding with Custard	Individual Pecan Pie with Maple Cream	Fresh Fruit Salad & Cream	White Chocolate & Ginger Mud Cake with Custard	Golden Syrup Dumplings with Custard	Apple & Custard Impossible Pie	Pavlova with Mixed Berries
MODIFIED MAIN	Shepherds Pie with Gravy	Steamed Fish	Braised Chicken	Roasted Beef	Steamed Fish	Braised Beef	Braised Chicken Thigh
MODIFIED VEGETABLES	MODIFIED VEGETABLES WILL BE A MODIFIED VERSION OF THE MAIN MEAL VEGETABLE. IF THIS IS NOT POSSIBLE, THE ITEM WILL BE REPLACED BY SOMETHING SIMILAR. ALL MODIFIED MEALS WILL RECEIVE A STARCH WITH A RED & GREEN VEGETABLE						
MODIFIED DESSERT	Baked Custard	Chocolate Mousse	Puree Fruit & Cream	White Chocolate & Ginger Mud Cake with Custard	Golden Syrup Dumplings with Custard	Apple & Custard Impossible Pie	Yoghurt with Mixed Berry Puree
AFTERNOON TEA SNACK ITEM	TEXTURE MODIFIED AFTERNOON TEA - FRUIT, CUSTARD, YOGHURT or MOUSSE IF REGULAR MORNING TEA CANNOT BE MODIFIED						
	Sweet Biscuit	Cheese & Crackers	Sweet Biscuit	Cheese & Crackers	Sweet Biscuit	Cheese & Crackers	Sweet Biscuit
WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Beef & Barley	Mulligatawny	Scotch Broth	Cheese & Sweet Corn	Minestrone	Pea & Ham	Mixed Vegetable
LIGHT MAIN CHOICE 1	Greek Marinated Chicken Drumsticks with Diced Chat Potato & Minted Peas	Mixed Vegetable Frittata with Mixed Leaf Salad	Pasta Bolognaise with Garlic Bread & Parmesan	Apricot Chicken & Rice with Diced Vegetables	Pizza of the Day	Sticky Chicken Wings with Vegetable Mélange And Warm Rice Salad	Homemade Sausage Roll with Condiments & Garden Salad
LIGHT MAIN CHOICE 2	Cheese & Tomato Toasted Sandwich	Silverside & Tomato Toasted Sandwich	Ham & Cheese Toasted Sandwich	Cheese & Tomato Toasted Sandwich	Silverside & Tomato Toasted Sandwich	Ham & Cheese Toasted Sandwich	Cheese & Tomato Toasted Sandwich
LIGHT MAIN CHOICE 3	Omelette of the Day	Omelette of the Day	Omelette of the Day	Omelette of the Day	Omelette of the Day	Omelette of the Day	Omelette of the Day
DESSERT	Tinned Fruit	Ice Cream & Topping	Port Wine Jelly	Ice Cream & Topping	Crème Caramel & Whipped Cream	Tinned Fruit	Ice Cream & Topping
SANDWICH OR SALAD	PLATED SANDWICHES & SALADS OFFERED ON REQUEST AS AN ALTERNATIVE MEAL A Plated Salad: 100gms of protein or 1 egg or 80gms fish. Assorted Sandwiches: 50 - 70gms meat or 1 egg						
VEGETARIAN CHOICE	Caesar Salad with Parmesan & Tofu	Mixed Vegetable Frittata	Pasta with Tomato & Bean Sauce	Special Fried Rice with Diced Vegetables & Tofu	Vegetarian Pizza	Chickpea & Vegetable Pattie	Vegetable Roll
MODIFIED MAIN	Greek Marinated Chicken	Mixed Vegetable Frittata	Beef Bolognaise	Apricot Chicken	Cheesy Omelette	Braised Chicken	Savoury Mince
MODIFIED VEGETABLES	MODIFIED VEGETABLES WILL BE A MODIFIED VERSION OF THE MAIN MEAL VEGETABLE. IF THIS IS NOT POSSIBLE, THE ITEM WILL BE REPLACED BY SOMETHING SIMILAR. ALL MODIFIED MEALS WILL RECEIVE A STARCH WITH A RED & GREEN VEGETABLE						
MODIFIED DESSERT	Puree Fruit	Vanilla Mousse	Yoghurt	Vanilla Mousse	Crème Caramel & Whipped Cream	Puree Fruit	Vanilla Mousse
SUPPER	A Selection of Tea, Coffee or Milo with Diabetics receiving Yoghurt or Fruit or Mixed Sandwiches.						
Fresh Fruit is Available at Lunch & Dinner Daily							