

Blue Wave Living Cycle Menu



Summer 2023



| WEEK 2 | 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 | | | | Sausages & Scrambled Eggs |
| MORNING TEA | Lemon Slice | Vegemite & Cheese Scrolls | Cookie of the Day | Pumpkin Arancini | Spring Rolls | Vanilla Sheet Cake | Apple & Rubarb Muffin |
| | TEXTURE MODIFIED MORNING TEA - FRUIT, CUSTARD, YOGHURT or MOUSSE IF REGULAR MORNING TEA CANNOT BE MODIFIED | | | | | | |
| MAIN 1ST CHOICE | Turkey Loaf with Tomato Concasse | Beef Brisket with Red Win Jus, Creamy Bacon & Onion Potato Bake, Honey Glazed Carrots & Garlic Sauteed Zucchini | Lamb & Mint Rissoles with Rosemary Gravy | Moroccan Chicken Thighs with Sesame Seed Topped Pumpkin, Creamy Potato Puree & Steamed Broccolini | Battered Fish Fillet with Lemon & Tartare | Pickled Pork with White Sauce | Roasted Beef with Herbed Gravy & Yorkshire Pudding |
| MAIN 2ND CHOICE | Lemon Chicken | or Lemon Chicken & Spinach Risotto | Pork and Vegetable Ratatouille | or Pork & Apple Meatballs | Zucchini Slice | Maple Glazed Lamb Sausage | Spinach & Cheese Ravioli with Napoletana Sauce |
| VEGETABLES | Diced Chat Potato, Pumpkin & Beans | | Potato Lyonnaise, Baby Carrots & Peas | | Garden Salad & Chips | Mashed Potato, Brussel Sprouts & Buttered Carrots | 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 Loaf | Lemon, Parmesan & Chick Pea Risotto | Vegetable & Bean Ratatouille | Roasted Moroccan Bean & Eggplant | Zucchini Slice | Vegetable Sausage | Spinach & Cheese Ravioli with Napoletana Sauce |
| DESSERT | Apple Crumble with Custard | Mixed Berry Cheesecake & Cream | Caramel Panna Cotta & Cream | Individual Banoffee Pie with Cream | Orange Flummery | Crème Caramel with Pouring Cream | Strawberry & Apple Pudding with Custard |
| MODIFIED MAIN | Turkey Loaf with Tomato Concasse | Braised Beef Cheeks | Lamb & Mint Rissoles with Gravy | Moroccan Chicken Thighs | Steamed Fish | Pickled Pork with White Sauce | Roasted Beef with Gravy |
| 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 Apple & Custard | Mixed Berry Cheesecake & Cream | Caramel Panna Cotta & Cream | Banana Custard | Orange Flummery | Crème Caramel with Pouring Cream | Strawberry & Apple Pudding with Custard |
| AFTERNOON TEA SNACK ITEM | TEXTURE MODIFIED AFTERNOON TEA - FRUIT, CUSTARD, YOGHURT or MOUSSE IF REGULAR MORNING TEA CANNOT BE MODIFIED | | | | | | |
| | Cheese & Crackers | Sweet Biscuit | Cheese & Crackers | Sweet Biscuit | Cheese & Crackers | Sweet Biscuit | Cheese & Crackers |
| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| SOUP | Creamy Pumpkin & Garlic | Bacon & Potato | Carrot & Red Lentil | Broccoli & Cheese | French Onion | Tomato & Basil | Mixed Vegetable |
| LIGHT MAIN CHOICE 1 | Lamb Moussaka with Garlic Break & Greek Salad | Baked Beans or Spaghetti on Toast | Salmon Pattie with White Sauce, Diced Potato & Mixed Vegetables | Bacon Boscaiola Pasta with Herb Bread & Parmesan | Curried Sausages & Vegetables with Mashed Potato | Korean Fried Chicken with Special Fried Rice | Crumbed Calamari, Lemon, Tartare & Mixed Salad |
| LIGHT MAIN CHOICE 2 | Silverside & Tomato Toasted Sandwich | Ham & Cheese Toasted Sandwich | Cheese & Tomato Toasted Sandwich | Silverside & Tomato Toasted Sandwich | Ham & Cheese Toasted Sandwich | Cheese & Tomato Toasted Sandwich | Silverside & 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 | Two Fruits | Strawberry Fruit Jelly | Ice Cream & Topping | Warm Chocolate Cake & Custard | Fruit Salad | Ice Cream & Topping | Rice Pudding |
| 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 Moussaka | Baked Beans or Spaghetti | Vegetable Pattie | Boscaiola Pasta with Parmesan | Chickpea Curry with Vegetables | Vegetable Spring Rolls | Vegetarian Pamigiana |
| MODIFIED MAIN | Braised Lamb | Braised Lamb | Steamed Fish | Braised Pork | Curried Beef | Braised Chicken | Steamed Fish |
| 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 | Two Fruits | Yoghurt & Fruit | Vanilla Mousse | Warm Chocolate Cake & Custard | Fruit Salad | Vanilla Mousse | Yoghurt |
| 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 | | | | | | | |