

Blue Wave Living Cycle Menu



Summer 2023



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	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 B'FAST			Crumpets				Scrambled Eggs with Bacon
MORNING TEA	Carrot Cake	Party Pies	Almon Meal, Apricot & Sesame Protein Balls	Chocolate Scrolls	Lamingtons	Chocolate Tart	Lemon Muffins
	TEXTURE MODIFIED MORNING TEA - FRUIT, CUSTARD, YOGHURT or MOUSSE IF REGULAR MORNING TEA CANNOT BE MODIFIED						
MAIN 1ST CHOICE	Chicken Schnitzel with Dianne Sauce	Sesame Crusted Salmon with Garlic Infused Potato, Spiced Pumpkin Skin On & Sautee'd Salted Butter Broccoli or Pork Rissolle with Gravy	Chunky Lamb Casserole	Carvery Day - Carved & Roasted Meats with Roasted Vegetables & Sauce of the Day or Boscaiola Pasta with Garlic Bread	Crumbed Fish with Lemon & Tartare Sauce	Braised Rosemary Lamb Sausage with Gravy	Roasted Pork with Apple Sauce, Gravy & Cracking
MAIN 2ND CHOICE	Thai Beef Salad		Chicken Pot Pie		Chicken Caesar Salad	Gnocchi Bake with Bacon	Marmalade Chicken
VEGETABLES	Potato Gratin, Steamed Beans & Kumera Diced	Potato Bake, Buttered Carrots & Peas	Chips & Coleslaw		Mashed Potato, Brussel Sprouts & Kumera	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 Bake	Vegetable Sausage	Vegetable & Tofu Casserole	Boscaiola Pasta	Caesar Salad with Tofu Pieces	Gnocchi Bake with Vegetables & Chick Peas	Sweet Potato & Lentil Curry
DESSERT	Lemon Pannacotta & Cream	Chocolate Self Sauce Pudding & Custard	Creamed Rice	Lemon Meringue Pie with Whipped Cream	Ice Cream Sundae	Chocolate Mousse with Strawberry	Pavlova with Passionfruit & Whipped Cream
MODIFIED MAIN	Braised Chicken	Steamed Salmon	Braised Lamb	Braised Beef	Steamed Fish	Braised Lamb	Braised Pork
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	Lemon Pannacotta & Cream	Chocolate Self Sauce Pudding & Custard	Yoghurt	Lemon Meringue Pie with Whipped Cream	Vanilla Mousse	Chocolate Mousse	Yoghurt and Puree Fruit
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 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Cream of Chicken	Roasted Pumpkin	Potato & Leek	Mixed Summer Vegetable	Minestrone	Sweet Potato & Red Lentil	Roasted Root Vegetable
LIGHT MAIN CHOICE 1	Cherry Tomato & Basil Quiche in Filo Pastry with Mixed Leaf Salad	Homemade Potato & Beef Pie with Mushy Peas & Gravy	Mixed Bean & Beef Lasagne with Garlic Bread & Salad	Chicken Casserole with Rice	Glazed Ham Steak with Diced Potato & Broccoli	Beef Teriyaki & Stir Fried Vegetables	Salt & Pepper Squid with Aioli, Lemon, Chips & Coleslaw
LIGHT MAIN CHOICE 2	Ham & Cheese Toasted Sandwich	Cheese & Tomato Toasted Sandwich	Silverside & Tomato Toasted Sandwich	Ham & Cheese Toasted Sandwich	Cheese & Tomato Toasted Sandwich	Ham & Cheese 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	Crème Brulee	Ice Cream & Topping	Fruit Salad	Baked Custard with Sultanas	Jelly & Cream	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	Cherry Tomato & Basil Quiche	Spiced Pumpkin Pies	Mixed Bean & Vegetable Lasagne	Vegetable Casserole with Tofu	Vegetable Pot Pie with Chick Peas	Vegetable Teriyaki with Lentils	Omelette of the Day
MODIFIED MAIN	Cheesy Frittata	Savoury Mince	Braised Pork	Braised Chicken	Braised Pork	Braised Beef Teriyaki	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	Crème Brulee	Vanilla Mousse	Fruit Salad	Baked Custard	Banana Custard	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							