

Blue Wave Living Cycle Menu



Summer 2023



WEEK 4	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							Poached Eggs with Sausages
MORNING TEA	Zucchini Frittata	Scones with Jam & Cream	Cookie of the Day	Party Pies	Chocolate Blondie	Berry Mousse Tart	Choc Chip Muffins
	TEXTURE MODIFIED MORNING TEA - FRUIT, CUSTARD, YOGHURT or MOUSSE IF REGULAR MORNING TEA CANNOT BE MODIFIED						
MAIN 1ST CHOICE	Chicken Parmigiana	Glazed Side of Pork Belly with Crispy Salt & Vinegar Potato, Garlic Sautee'd Beans & Bed of Mashed Cauliflower	Beef Silverside with Mustard Sauce	Chicken Ballontine with Red Wine Jus, Roasted Baby Carrots, Lyonnaise Potatoes & Charred Baby Capsicum	Battered Fish with Lemon & Tartare	Honey Mustard Pork Steak	Roasted Leg of Lamb with Rosemary Gravy
MAIN 2ND CHOICE	Lamb Meat Balls with Rosemary Gravy	or Singapore Noodles with Prawns	Cheese & Spinach Ravioli with Creamy Sauce	or Spinach & Ricotta Canneloni	Spinach & Fetta Tart	Beef Satay	Mushroom & Bacon Rissoto
VEGETABLES	Mashed Potato, Peas & Carrots		Broccoli & Cauliflower Gratin with Mashed Potato		Chips & Greek Salad	Mashed Potato, Brussel Sprouts & 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 Parmigiana	Singapore Noodles with Tofu	Cheese & Spinach Ravioli with Creamy Sauce	Spinach & Ricotta Canneloni	Spinach & Fetta Tart	Vegetable and Lentil Satay	Mushroom & Parmesan Risotto
DESSERT	Apricot Crumble & Custard	Sticky Date Pudding with Butterscotch Sauce & Ice Cream	Mixed Fruit Trifle	Cookies & Cream Cheesecake	Raspberry Flummery	Anzac Pudding with Custard	Pineapple Cream Sponge Cake
MODIFIED MAIN	Braised Chicken	Braised Pork	Beef Silverside with Mustard Sauce	Braised Chicken	Steamed Fish	Honey Mustard Pork Steak	Braised Lamb
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 Apricots & Custard	Sticky Date Pudding with Butterscotch Sauce & Ice Cream	Mixed Fruit Trifle	Cookies & Cream Cheesecake	Raspberry Flummery	Anzac Pudding with Custard	Pineapple Cream Sponge Cake
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 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Tomato & Basil	Cauliflower Crème	Broccoli & Cheese	Creamy Potato and Ham Hock	French Onion	Chicken Broth	Mixed Vegetable
LIGHT MAIN CHOICE 1	Sweet & Sour Pork Steak with Mixed Vegetables & Braised Cabbage	Marinated Chicken Wings with Chilled Creamy Pasta & Side Salad	Turkey Salad Roll with Beer Battered Chips	Spanish Frittata & Salad	Black Bean Casserole & Rice	Deviled Sausages with Mashed Potato & Mixed Vegetables	Crumb Topped Tuna Pasta Bake & Mixed Leaf 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	Fruit Salad	Ice Cream & Topping	Strawberry Fruit Jelly	Lemon Cake & Custard	Two Fruits	Ice Cream & Topping	Peaches & Cream
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	Sweet & Sour Vegetable & Tofu	Chick Pea & Vegetable Curry	Mixed Salad Roll	Spanish Fritta & Salad	Vegetable Pot Pie	Pasta Napolitana	Mixed Vegetable Bake with Lentils
MODIFIED MAIN	Sweet & Sour Pork Steak	Braised Chicken	Turkey Loaf	Cheesy Frittata	Braised Pork	Braised Beef	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	Fruit Salad	Vanilla Mousse	Yoghurt	Lemon Cake & Custard	Two Fruits	Vanilla Mousse	Peaches & Cream
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							