

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental 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 Breakfast							Bacon & Poached Eggs
Morning Tea	Banana Bread	Savoury Scrolls	Chocolate Brownie	Anzac Biscuit	Savoury Scones	Apple Tea Cake	Mixed Berry Muffins
TEXTURE MODIFIED MORNING TEA - FRUIT, CUSTARD, YOGHURT or MOUSSE IF REGULAR MORNING TEA CANNOT BE MODIFIED							
LUNCH Main Meal 1	Grilled Fished with Lemon Butter Sauce	Beef Cheeks with Red Wine Sauce & Pea Puree, Confit Garlic Mash Potato & Diced Pumpkin	Pickled Pork with Mustard Sauce	Slow Cooked Lamb Shoulder with Korma Sauce with Potato Puree & Garlic Butter Mixed Greens	Crumbed Fish & Tartare Sauce	Chicken Supreme with Jus Sweet Corn Puree, Lyonnaise Potatoes & Dutch Carrots	Roast Beef with Red Wine Gravy
LUNCH Main Meal 2	Mixed Vegetable Quiche	or Pumpkin & Pea Risotto with Parmesan Cheese	Pad Thai with Thick Noodles	or Arancini with Tomato Chutney	Vegetable Pie	or Glazed Leg of Ham	Vegetable Lasagne
Vegetables	Diced Potato, Buttered Beans and Spiced Pumpkin		Roasted & Smashed Chats, Cauliflower Mornay and Peas		Garden Salad, Chips & Lemon		Mixed Roasted Root Vegetables
Vegetarian	Mixed Vegetable Quiche	Pumpkin & Pea Risotto with Parmesan Cheese	Pad Thai with Thick Noodles	Arancini with Tomato Chutney	Vegetable Pie	Tomato & Cheese Croissant	Vegetable Lasagne
Alternative Option	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						
Dessert	Baked Egg Custard & Fruit	Tiramisu	Baked Honey & Minted Pears with Cream	Panna Cotta with Mixed Berries	Rice Custard	Cabinet Pudding & Cream	Pavlova with Fresh Fruit
MODIFIED MAIN	Grilled Fished with Lemon Butter Sauce	Braised Beef	Pickled Pork with Mustard Sauce	Braised Lamb	Fish & Tartare Sauce	Chicken Supreme	Roast Beef with Red Wine Gravy
MODIFIED VEGETABLES	Potato, Buttered Broccoli and Honey Carrots	Potato, Beans & Pumpkin	Sweet Potato, Cauliflower and Peas	Potato, Pumpkin, Brussel Sprouts	Potato, Broccoli & Pumpkin	Potato, Carrot, Green Beans	Potato, Pumpkin, Broccoli
MODIFIED DESSERT	Baked Egg Custard & Fruit	Tiramisu	Baked Honey & Minted Pears with Cream	Panna Cotta with Mixed Berries	Banana Custard	Cabinet Pudding & Cream	Pavlova with Fresh Fruit
Afternoon Tea	Cheese and Crackers	Sweet Biscuits	Fresh Fruit Platter	Cheese and Crackers	Sweet Biscuits	Fresh Fruit Platter	Cheese & Crackers
TEXTURE MODIFIED MORNING TEA - FRUIT, CUSTARD, YOGHURT or MOUSSE IF REGULAR MORNING TEA CANNOT BE MODIFIED							
Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Carrot & Red Lentil	Bacon & Potato	Split Pea	Pumpkin & Garlic	Minestrone	Potato & Leek	Chunky Vegetable
DINNER Light Meal 1	Lamb Rissoles with Sweet Potato Mash & Beans	Chicken & Asparagus Mornay with Rice & Chunky Mixed Vegetables	Fish Cocktails with Lemon, Tartare, Chips & Mixed Leaf Salad	Honey Soy Chicken Wings with Vegetable Panache & Herbed Chat Potato	Braised Beef Sausage with Peas & Mashed Potato	Lamb Sausage Roll with Side Salad & Garlic Bread	Sweet & Sour Pork with Rice & Mixed Vegetables
DINNER Light Meal 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
DINNER Light Meal 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
Alternative Option	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	Vegetarian Rissoles with Sweet Potato Mash & Beans	Asparagus Mornay with Rice & Chunky Mixed Vegetables	Vegetarian Dim Sims	Vegetarian Special Fried Rice	Plant Base Sausage with Peas & Mash Potato	Vegetable Roll with Side Salad & Garlic Bread	Tempura Vegetables with Rice & Mixed Vegetables
Dessert	Apricot Fruit Fool	Jelly Fruit and Ice Cream	Chocolate Mousse	Peaches & Cream	Ice Cream and Topping	Orange Flummery & Cream	Two Fruits & Custard
MODIFIED MAIN	Lamb Rissoles	Chicken & Asparagus Mornay	Steamed Fish	Honey Soy Chicken	Braised Beef Sausage	Braised Lamb	Sweet & Sour Pork
MODIFIED VEGETABLES	Potato, Peas and Pumpkin	Potato, Broccoli & Carrots	Potato, Pumpkin and Beans	Potato, Carrots, Peas	Potato, Beans & Kumera	Potato, Pumpkin, Broccoli	Potato, Peas, Carrot
MODIFIED DESSERT	Apricot Fruit Fool	Two Fruits	Chocolate Mousse	Peaches & Cream	Flavoured Yoghurt	Orange Flummery & Cream	Two Fruits & Custard
SUPPER	A Selection of Coffee, Tea or Milo plus assorted sweet biscuits						
A Sandwich Selection & Cheese & Biscuits will be available in the dining fridges for Diabetic Residents Special Diets for Breakfast, Lunch & Dinner will be catered for on an individual basis. E.g. Vegetarian, Diabetic, Puree, Gluten Free, Low Salt, High Protein etc.							