

Week 2	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							Sausages & Scrambled Eggs
Morning Tea	Orange & Poppyseed Cake	Scones with Jam and Cream	Rock Cakes	Sausage Rolls	Chocolate Brownie	Sao's with Cheese & Tomato	Blueberry Muffin
TEXTURE MODIFIED MORNING TEA - FRUIT, CUSTARD, YOGHURT or MOUSSE IF REGULAR MORNING TEA CANNOT BE MODIFIED							
LUNCH Main Meal 1	Carvery Day - Carved & Roasted Meats	Braised Lamb Osso Bucco with Roasted Pumpkin, Brussel Sprouts & Mash Potato	Roast Chicken with Thyme & Onion Stuffing	Seafood Laksa with Rice Noodles & Vegetable Melange	Battered Flathead Fillets with Garlic Aioli	Pork Porchetta Garlic & Salted Butter Beans, Rosemary & Sage Potatoes	Roast Lamb with Mint Jelly & Gravy
LUNCH Main Meal 2	Ratatouille Casserole	or Garlic, Ginger & Pork Stir Fry	Quiche Lorraine	or Mild Pumpkin & Coconut Curry with Rice	Ham & Cheese Croissant	or Sundried Tomato & Olive Pasta with Basil & Parmesan	Chickpea & Carrot Tagine
Vegetables	Mixed Roasted Root Vegetables		Roasted Chat Potato, Roasted Pumpkin & Brussel Sprouts		Garden Salad, Chips & Lemon		Mixed Roasted Root Vegetables
Vegetarian	Ratatouille Casserole	Garlic, Ginger & Vegetable Stir Fry with Tofu	Vegetable Quiche	Mild Pumpkin & Coconut Curry with Rice	Tomato & Cheese Croissant	Sundried Tomato & Olive Pasta with Basil & Parmesan	Chickpea & Carrot Tagine
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	Self Saucing Chocolate Pudding & Custard	Creme Brulee	Bread & Butter Pudding	Warm Apple Cake & Custard	Peach Melba	Spongecake with Passionfruit Curd & Cream	Butterscotch Pudding & Custard
MODIFIED MAIN	Roast Beef with Herb Gravy	Lamb Osso Bucco	Roast Chicken with Thyme & Onion Stuffing	Steamed Fish	Steamed Flathead Fillets with Garlic Aioli	Pork Porchetta	Roast Lamb with Mint Jelly & Gravy
MODIFIED VEGETABLES	Potato, Pumpkin, Broccoli	Potato, Broccoli & Pumpkin	Potato, Beans & Carrot	Potato, Sweet Potato, Broccoli	Potato, Pumpkin & Brussel Sprouts	Potato, Carrot, Broccoli	Potato, Pumpkin, Peas
MODIFIED DESSERT	Self Saucing Chocolate Pudding & Custard	Creme Brulee	Bread & Butter Pudding	Warm Apple Cake & Custard	Peach Melba	Spongecake with Passionfruit Curd & Cream	Butterscotch Pudding & Custard
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 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	French Onion	Creamy Pumpkin	Asparagus and Leek	Sweet Potato & Red Lentil	Cauliflower & Bacon	Broccoli & Cheese	Chunky Vegetable
DINNER Light Meal 1	Chicken Schnitzel & Gravy with Mashed Potato & Chunky Mixed Vegetable	Sweet Lamb Curry with Steamed Rice & Beans	Tuna & Pasta Bake with Side Salad & Garlic Bread	Pork Rissolle with Tomato Gravy, Braised Cabbage & Chat Potato	Lamb Sausage with Mashed Potato & Peas	Beef Lasagne with Side Salad & Garlic Bread	Braised Chicken Drumstick with Diced Potato & Honey Carrots
DINNER Light Meal 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
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	Plant Base Chicken	Sweet Lentil Curry with Steamed Rice & Beans	Pasta Bake with Side Salad & Garlic Bread	Vegetarian Rissoles	Plant Base Sausage	Vegetable Lasagne with Side Salad & Garlic Bread	Individual Quiche
Dessert	Peaches & Cream	Jellied Fruit	Strawberry Panna Cotta	Mango Mousse	Ice Cream and Topping	Jelly & Custard	Fresh Fruit Salad
MODIFIED MAIN	BBQ Chicken	Sweet Lamb Curry	Steamed Fish	Pork Rissolle with Tomato Gravy	Lamb Sausage	Beef Lasagne	Braised Chicken
MODIFIED VEGETABLES	Potato, Beans and Kumera	Potato, Peas & Carrot	Potato, Brussel Sprouts & Pumpkin	Potato, Carrot, Peas	Potato, Beans, Kumera	Potato, Pumpkin, Peas	Potato, Carrot, Broccoli
MODIFIED DESSERT	Peaches & Cream	Two Fruits	Strawberry Panna Cotta	Mango Mousse	Honeyed Yoghurt	Banana Custard	Fresh Fruit Salad
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.							