

Week 3	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							Scrambled Eggs with Bacon
Morning Tea	Butter Cake	Savoury Scrolls	Cornflake Biscuits	Date Slice	Mini Arancini Balls	Chocolate Mud Muffin	Madeira Tea Cake
TEXTURE MODIFIED MORNING TEA - FRUIT, CUSTARD, YOGHURT or MOUSSE IF REGULAR MORNING TEA CANNOT BE MODIFIED							
LUNCH Main Meal 1	Grilled Fish with Garlic Cream Sauce	Braised Beef Short Ribs with Beetroot Glaze, Paris Mash, Glazed Carrots & Roast Broccoli or Fetta & Pumpkin Quiche	Roast Turkey with Cranberry Sauce	Slow Cooked Lamb Shoulder Ragù with Cheddar & Potato	Crumbed Fish Filets & Tartare Sauce	Roasted Chicken Maryland with Pankoetta, White Wine & Sage, served on Porcini Risotto with Baby Vegetables tossed in Herb Butter or Bacon, Zucchini Frittata	Glazed Leg of Ham with Gravy
LUNCH Main Meal 2	Cheese and Spinach Pastizzi's		Pasta Napolitana	Gnocchi with Broccolini & Pumpkin	Eggplant Parmigiana		Risoni, Garlic & Lentil Stuffed Capsicum
Vegetables	Mashed Potatoes Pumpkin Butter Beans		Scalloped Potato, Sweet Potato, Beans	or Bacon & Spring Onion, Cheesy Risotto	Garden Salad, Chips & Lemon		Mixed Roasted Root Vegetables
Vegetarian	Cheese and Spinach Pastizzi's	Fetta & Pumpkin Quiche	Pasta Napolitana	Spring Onion, Mushroom & Cheese Risotto	Eggplant Parmigiana	Zucchini & Tofu Frittata	Risoni, Garlic & Lentil Stuffed Capsicum
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	Sticky Date Pudding & Butterscotch Sauce	Apple Strudel & Custard	Berry Trifle with Whipped Cream	Strawberry Cheese Cake and Cream	Rice Pudding with Stewed Fruit	Peach Crumble & Custard	Pavlova with Fresh Fruit
MODIFIED MAIN	Poached Fish with Garlic Cream Sauce	Braised Beef	Roast Turkey with Cranberry Sauce	Slow Cooked Lamb Shoulder	Steamed Fish Filets & Tartare Sauce	Braised Chicken	Glazed Leg of Ham with Gravy
MODIFIED VEGETABLES	Potato, Pumpkin and Beans	Potato, Carrot & Broccoli	Sweet Potato, Beans and Potato	Potato, Carrot & Peas	Potato, Broccoli & Pumpkin	Potato, Carrot, Green Beans	Potato, Pumpkin, Broccoli
MODIFIED DESSERT	Sticky Date Pudding & Butterscotch Sauce	Apple & Custard	Berry Trifle with Whipped Cream	Strawberry Cheese Cake and Cream	Pureed Fruit	Peach & Custard	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 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Creamy Pumpkin Soup	Bacon & Potato	Roasted Garlic, Sweet Potato & Lentil	Split Pea & Ham	Minestrone	Potato & Leek	Mixed Vegetable & Cream
DINNER Light Meal 1	Homemade Sausage Roll with Sauce, Garden Salad & Garlic Bread	Pork & Vegetable Stir Fry with Hokkien Noodles	Salmon Patties with Mornay Sauce, Chips & Greek Salad	Garlic & Herb Marinated Chicken Wings with Mini Cob Loaf	Beef & Tomato Casserole with Mixed Vegetables	Lamb & Vegetable Loaf with Gravy, Herb Potato & Peas	Deviled Pork Sausages with Mashed Potato & Broccoli
DINNER Light Meal 2	Cheese & Tomato Toasted Sandwich	Silver-side & Tomato Toasted Sandwich	Ham & Cheese Toasted Sandwich	Cheese & Tomato Toasted Sandwich	Silver-side & 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	Homemade Vegetable & Lentil Roll with Sauce, Garden Salad & Garlic Bread	Kidney Bean & Vegetable Stir Fry with Hokkien Noodles	Vegetable Patties with Mornay Sauce, Chips & Greek Salad	Tofu Chips with Mini Cob Loaf	Chickpea & Tomato Casserole	Lentil & Vegetable Loaf with Tomato Gravy, Herb Potato & Peas	Plant Base Sausages
Dessert	Mixed Berry Romanoff	Peaches & Cream	Crème Caramel	Chocolate Panna Cotta & Cream	Ice Cream and Topping	Jelly Fruit and Cream	Banana Custard
MODIFIED MAIN	Braised Beef	Braised Pork	Steamed Fish	Garlic & Herb Marinated Chicken	Beef & Tomato Casserole	Lamb & Vegetable Loaf	Deviled Pork Sausages
MODIFIED VEGETABLES	Potato, Kumera and Peas	Potato, Pumpkin & Beans	Potato, Peas, Carrot	Potato, Pumpkin & Broccoli	Potato, Brussel Sprout, Kumera	Potato, Pumpkin, Peas	Potato, Beans, Kumera
MODIFIED DESSERT	Mixed Berry Romanoff	Peaches & Cream	Crème Caramel	Chocolate Panna Cotta & Cream	Honeyed Yoghurt	Two Fruits	Banana 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.							