



Sample Food Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast (Choices)	Rolled oats Choice of cereals Baked beans Toast/spreads	Rolled oats Choice of cereals Prunes/yoghurt Stewed/fresh fruit Toast/spreads	Rolled oats Choice of cereals Hash browns & egg Toast/spreads	Rolled oats Choice of cereals Prunes/yoghurt Stewed/fresh fruit Toast/spreads	Rolled oats Choice of cereals Scrambled egg & chipolatas Toast/spreads	Rolled oats Choice of cereals Prunes/yoghurt Stewed/fresh fruit Toast/spreads	Rolled oats Choice of cereals Prunes/yoghurt Bacon & eggs Toast/Spreads
Morning Tea (fresh fruit available)	Cream biscuits	Chocolate & almond biscuits	Cream biscuits	Jam drops & milk	Cream biscuits	Cheese and jatz	Cream biscuits
Lunch (Choices)	Curried Beef Spinach & mushroom quiche Steamed rice, popadum Green peas Tiramisu	Tuscan chicken Steak dianne Mashed potato Sweet potato Peas Tuscan vegetables Sherry trifle	Massaman pork & rice Salmon patties Scalloped potato Broccoli Carrots Vegetable patties Chocolate brownie & ice cream	Roast beef w/ gravy Pork sausages, onion and gravy Baked sweet potato Cauliflower gratin Cauliflower and broccoli bake Mango mousse	Steamed fish fillets, lemon wedges Corned silverside and white sauce Potato bake Grilled tomato Bean Cheese frittata Peach melbe w' Ice Cream	Meatballs bbq sauce Marinated chicken thigh Mashed potato Broccoli Carrots Corn fritters Pineapple in lime jelly w' ice cream	Roast pork w/gravy Roast beef w/gravy Roast potatoes Baked pumpkin Green peas Vegetables and parsley sauce Apple slice w' vanilla bean yoghurt
Afternoon Tea	Vanilla slice	Biscuits	Banana muffins	Biscuits	Cheese and jatz	Biscuits	Raisin toast
Dinner (Choices)	Mixed sandwiches Vegetable croquettes Chips Banana custard	Salmon salad Penne carbonara Garlic bread	Chicken caesar salad Mongolian lamb Steamed rice Creme caramel	Ham salad Vegetable pasta bake Side salad Jelly and ice cream	Mixed sandwiches Sausage rolls and gravy Mash potato and peas Fruit salad and custard	Egg salad Ham, cheese and tomato crossaint Chips Hazelnut mousse	Mixed sandwiches Mongolian lamb Steamed rice Watermelon and yoghurt
Supper	Biscuits, fruit, milk, puree and plain sandwiches	Biscuits, fruit, milk, puree and plain sandwiches	Biscuits, fruit, milk, puree and plain sandwiches	Biscuits, fruit, milk, puree and plain sandwiches	Biscuits, fruit, milk, puree and plain sandwiches	Biscuits, fruit, milk, puree and plain sandwiches	Biscuits, fruit, milk, puree and plain sandwiches

1. Salad & sandwiches are available on request at lunch and dinner.
2. White or wholemeal bread is a choice with all meals.
3. Meat portions are approx 90g (cooked) as per nutritional requirements.
4. Residents with diabetes are served an alternative if menu item is not suitable.
5. All meals, morning and afternoon teas are served with a choice of tea, coffee, juice or milkshakes.

6. All food is cooked using mono/polyunsaturated fats.
7. Mid-meal snacks for modified diets include yoghurt, custard, milkshakes and dairy puddings.
8. Soups without veg or meat are served with a cheese or ham sandwich.
9. A puree option is available if necessary.