



# Summer Menu

## Week 1

WEEK 1	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
<b>Continental Breakfast</b>	Choice of cereal (All Bran, Cornflakes, Just Right, Weet-Bix, Sultana Bran), porridge, prune and fruit yoghurt, toast (white, wholemeal) with choice of spreads, tea or coffee, milk and juice						
<b>Hot Breakfast</b>	Ham & cheese frittata and/or sweet potato croquettes	Scrambled eggs and/or baked beans	Poached eggs and/or cheesy tomato	Spinach & fetta omelette and/or zucchini & polenta muffin	Scrambled eggs and/or bacon	Scrambled eggs and/or asparagus	Poached eggs and/or mushrooms
<b>Morning Tea</b>	Apple & cinnamon muffin	Chocolate mud cake	Lemon drizzle cake	Jam & cream sponge	Banana cake	Apple pastry bites	Rock cakes
<b>LUNCH</b>							
<b>Main</b>	Lemon & oregano lamb chop or Flame grilled meatballs	Curried prawns with vegetables or Honey soy roasted chicken	Beef satay with rice or Crumbed fish fillets	Pork with sweet lemon sauce and Rice or Beef lasagne	Roast beef with gravy or Black bean chicken	Lamb with apricot & honey sauce or Tempura hoki fish	Chicken with plum curry sauce or Lamb rissole
<b>Vegetarian Main</b>	Vegetable curry	Tomato & leek quiche	Chickpea fritter	Vegetable samosa	Vegetables in coconut sauce with cashews	Cheese & onion frittata	Noodles & rice with vegetables
<b>Vegetables</b>	Potato bake, beans & roasted carrots	Potato mash, carrot, cauliflower & broccoli	Potato chips, broccoli & corn cob	Potato gems & mixed vegetables	Roast potato, peas & roast pumpkin	Sweet potato steak, broccoli, cauliflower	Sweet potato mash, cabbage & corn cob
<b>Dessert</b>	Tiramisu or canned apples/peaches	Creamed rice with banana & coconut or Creamed rice with banana or canned apples	Pineapple spiced cake or Canned pears	Chocolate donut or canned Two Fruits	Baked egg custard with nutmeg or Canned apples	Strawberry jelly or Canned pineapple pieces	Sour Cream, chocolate & raisin cake or Canned apricots
<b>Afternoon Tea</b>	Beef cocktail pie	Broccoli & cheese bites	Pumpkin & goats cheese arancini	Salt & pepper calamari	Mac & cheese croquette	Cocktail frankfurt	Chicken Kiev bites
<b>DINNER</b>							
<b>Soup</b>	Beef goulash	Mexican chicken & bean		Cheesy broccoli		Pea & ham	Cream of mushroom
<b>Light Meal</b>	Battered chicken	Savoury mince	Rice noodles with chicken & oyster sauce	Lamb, spinach & pumpkin risotto	Ham & cheese frittata	Sausage roll	Pasta bake with salmon, capers & leek
<b>Vegetarian Main</b>	Macaroni & cheese	Leek, pumpkin & sage risotto	Spinach & ricotta bake	Zucchini patties	Singapore noodles with vegetables	Vegetable & rice bake	Tomato & cheese croissant
<b>Vegetables</b>	Potato mash & mixed vegetables	Potato gems, peas & carrots	Roast potato, green sliced beans & cauliflower	Sweet potato mash, peas & carrot	Potato bake, broccoli, cauliflower & carrot combo	Potato mash, steamed pumpkin & cabbage	Potato wedges, green slice beans & roast mushroom
<b>Fruit</b>	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit
<b>Supper</b>	Selection of sandwiches Tea, Coffee, Milo & Biscuit HEHP Milkshake or Mousse						

WEEK 2	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
<b>Continental Breakfast</b>	Choice of cereal (All Bran, Cornflakes, Just Right, Weet-Bix, Sultana Bran), porridge, prune and fruit yoghurt, toast (white, wholemeal) with choice of spreads, tea or coffee, milk and juice						
<b>Hot Breakfast</b>	Vegetable frittata and/or hash brown	Scrambled eggs and/or spaghetti	Poached eggs and/or bubble & squeak fritter	Plain omelette and/or Pancakes	Scrambled eggs and/or bacon	Poached eggs and/or tomato & onions	Scrambled eggs and/or thin beef sausages
<b>Morning Tea</b>	Chocolate & raspberry drizzle cake	Carrot cake	Banana & honey muffin	Madeira cake	Blueberry crumble cake	Summery berry pastry bites	Sultana cake
<b>LUNCH</b>							
<b>Main</b>	Sweet & sour pork with rice or Barramundi with sesame soy sauce	Chicken drumsticks with BBQ glaze or Beef & Dijon rissoles with onion gravy	Navarin lamb with rice or Crumbed fish fillets	Beef marmalade or Tandoori roast chicken	Roast pork with gravy or Bacon, mushroom & spinach risotto	Beef with pepper cream sauce and rice or Chicken schnitzel with gravy	Lamb, onion & parsnip casserole or Tempura hoki fish
<b>Vegetarian Main</b>	Vegetable quiche	Macaroni pesto, cream & broccoli pasta	Root vegetable, fetta & herb frittata	Vegetables in Sweet & Sour Sauce	Spanish white bean casserole	Onion & leek tart	Corn fritters
<b>Vegetables</b>	Potato gems, Brussel sprouts & roast mushrooms	Sweet potato bake & mixed vegetables	Potato chips, broccoli & corn cobs	Potato mash, carrot, cauliflower & broccoli	Roast potato chats, cabbage & corn cobs	Potato wedges, cabbage & corn cob	Potato mash, beans & baby carrots
<b>Dessert</b>	Passionfruit cheesecake or Canned pears	Thai mango cake or Canned Two Fruits	Stewed pears & cinnamon	Raspberry jelly or Custard	Apple & rhubarb crumble or Apple compote	Vanilla panna cotta	Pavlova with berry coulis or Canned Two Fruits
<b>Afternoon Tea</b>	Fish bites	Sweet potato empanadas	Chicken croquettes	Mini Italian meatballs	Cocktail vegetable arancini	Curry chicken samosas	Beef party pasties
<b>DINNER</b>							
<b>Soup</b>	Beef, bean & vegetable	Broccoli, potato & bacon	Chicken & rice noodle		Cream of vegetable	Chicken & red pepper	
<b>Light Meal</b>	Lamb stir fry & vegetables	Tuna mornay pasta bake	Lasagne topper	Ham & cheese pastries	Beef & onion pie	Lamb & rosemary sausage	Spring rolls
<b>Vegetarian Main</b>	Potato and vegetable yellow curry	Vegetable pie	Tofu & vegetables with peanut sauce	Spinach & ricotta tart	Pumpkin ravioli pasta with tomato basil sauce	Vegetable rissoles	Cauliflower, macaroni & cheese bake
<b>Vegetables</b>	Potato mash, broccoli, cauliflower & carrot combo	Potato chips, green sliced beans & cauliflower	Roast potato & mixed vegetables	Potato wedges, peas & cauliflower	Potato bake, green sliced beans & corn kernels	Potato gems, peas & steamed pumpkin	Potato mash, green sliced beans & corn cobs
<b>Fruit</b>	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits
<b>Supper</b>	Selection of sandwiches Tea, coffee, Milo & biscuits HEHP milkshake or mousse						



# Summer Menu

## Week 3

WEEK 3	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
<b>Continental Breakfast</b>	Choice of cereal (All Bran, Cornflakes, Just Right, Weet-Bix, Sultana Bran), porridge, prune and fruit yoghurt, toast (white, wholemeal) with choice of spreads, tea or coffee, milk and juice						
<b>Hot Breakfast</b>	Pea & ham frittata and/or sweet potato croquettes	Scrambled eggs and/or mushrooms	Poached eggs and/or baked beans	Cheese & chive omelette and/or pumpkin & cornbread muffin	Scrambled eggs and/or asparagus	Scrambled eggs and/or tomato & onions	Poached eggs and/or cheesy tomato
<b>Morning Tea</b>	Blueberry muffin	Chocolate mud cake	Lemon drizzle cake	Jam & cream sponge cake	Banana cake	Apple pastry bites	Rock cakes
<b>LUNCH</b>							
<b>Main</b>	Garlic prawns with rice or Flame grilled meatballs with sweet & sour sauce	Chicken stroganoff or Mixed grill	Beef with sweet chilli sauce & rice or Crumbed fish fillets	Pork with pumpkin, bean & coconut or Hawaiian roast chicken	Corned beef silverside with parsley sauce or Chorizo & prawn paella	Lamb & barley casserole & rice or Tempura hoki fish	Garlic and mustard tarragon pork steak or Roast chicken cacciatore
<b>Vegetarian Main</b>	Vegetables in curry cream sauce	Pumpkin & carrot quiche	Spinach & pumpkin risotto	Vegetable lasagne	Steamed vegetables with peanut sauce	Sweet potato & cous cous fritter	Vegetable & cheese pastry parcel
<b>Vegetables</b>	Potato mash, broccoli & cauliflower	Potato bake, mixed beans & roast mushrooms	Potato chips, broccoli & corn cobs	Sweet potato mash, carrot, cauliflower & broccoli	Roast potato, peas & roast parsnip	Sweet potato chips, Brussel sprouts & mushroom mornay	Potato gems, cabbage & corn cob
<b>Dessert</b>	Strawberry donut	Peach, almond & yoghurt cake	Creamed rice	Caramel braid pastry	Orange jelly	Lemon pudding	Hummingbird cake
<b>Afternoon Tea</b>	Beef cocktail pie	Broccoli & cheese bites	Pumpkin & goats cheese arancini	Salt & pepper calamari	Mac & cheese croquettes	Cocktail frankfurts	Chicken Kiev bites
<b>DINNER</b>							
<b>Soup</b>	Beef goulash	Mexican chicken & bean		Cheesy broccoli		Pea & ham	Cream of mushroom
<b>Light Meal</b>	Chicken chow mein	Pork, prune & water chestnut sausage roll	White bean sausage casserole	Lamb & rosemary pie	Chicken sausage with thyme & caramelised onion	Chilli con carne	Seafood basket
<b>Vegetarian Main</b>	Vegetable frittata	Root vegetable & bean casserole	Vegetable pasties	Vegetable mornay	Quiche Florentine	Vegetable tagine	Potato, onion, tomato, olive & leek frittata
<b>Vegetables</b>	Potato parsley & mixed vegetables	Potato gems, peas & carrots	Potato mash, green slice beans & roast beetroot	Potato chips, peas & steamed pumpkin	Steamed potato, broccoli, cauliflower & carrot combo	Potato mash, cabbage & steamed pumpkin	Potato wedges, green sliced beans & carrots
<b>Fruit</b>	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits
<b>Supper</b>	Selection of sandwiches Tea, coffee, Milo & biscuits HEHP milkshake or mousse						

WEEK 4	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
<b>Continental Breakfast</b>	Choice of cereal (All Bran, Cornflakes, Just Right, Weet-Bix, Sultana Bran), porridge, prune and fruit yoghurt, toast (white, wholemeal) with choice of spreads, tea or coffee, milk and juice						
<b>Hot Breakfast</b>	Cheese & onion frittata and/or pancakes	Scrambled eggs and/or hash brown	Ham & cheese omelette and/or vegetable fritter	Poached eggs and/or spaghetti	Scrambled egg and/or bacon	Poached eggs and/or tomato & onions	Scrambled eggs and/or thin beef sausages
<b>Morning Tea</b>	Chocolate & raspberry drizzle cake	Carrot cake	Banana & honey muffin	Chocolate madeira cake	Blueberry crumble cake	Summery berry pastry bites	Sultana cake
<b>LUNCH</b>							
<b>Main</b>	Apricot & figs chicken with rice or Beef & bacon burger	Mongolian lamb with rice or Roast chicken with asparagus cream	Pork in plum sauce with rice or Crumbed fish fillets	Chinese beef with capsicum or Paprika spiced roast chicken	Maryland roast chicken with gravy or Curried sausages with rice	Sweet lamb curry or Chicken schnitzel with gravy	Beef Rendang with rice or Tempura hoki fish
<b>Vegetarian Main</b>	Vegetable burner	Bean & pumpkin casserole	Rice, pumpkin, mushrooms & leek bake	Vegetable stroganoff	Red lentil dahl curry	Zucchini & rice fritter	Pumpkin & polenta tart
<b>Vegetables</b>	Potato chips, broccoli & carrots	Sweet potato bake, carrot, cauliflower & broccoli	Potato chips, broccoli & corn cobs	Potato mash, carrot, cauliflower & broccoli	Roast potato chats, Brussel sprouts, roast beetroot	Potato bake, cabbage & roast mushrooms	Potato wedges, mixed beans & roast carrots
<b>Dessert</b>	Strawberry gateaux or Pineapple pieces	Banana & pecan cake or Canned pears	Lime jelly or Canned Two Fruits	Cinnamon & almond panna cotta or Canned Pears	Apple & rhubarb crumble or Pineapple pieces	Baked chocolate custard tart or Canned peaches	Sticky date pudding or Canned Two Fruits
<b>Afternoon Tea</b>	Fish bites	Sweet potato empanadas	Chicken croquettes	Mini Italian meatballs	Cocktail vegetable arancini	Chicken curry samosas	Beef party pasties
<b>DINNER</b>							
<b>Soup</b>	Beef, bean & vegetable	Broccoli, potato & bacon	Chicken & rice noodle		Cream of vegetable	Chicken & red pepper	
<b>Light Meal</b>	Pork sausage with calvados & apple	Singapore noodles with BBQ pork	Chicken pie	Salmon, rosemary & artichoke pasta	Wagyu beef sausage with caramelised onions	Seafood risotto	Bacon & cheese sausage rolls
<b>Vegetarian Main</b>	Vegetable risotto	Macaroni pasta with Mediterranean vegetables	Chickpea & vegetable korma curry	Zucchini frittata	Spinach & ricotta cannelloni	Vegetable rolls	Singapore noodles with vegetables
<b>Vegetables</b>	Potato parsley, broccoli, cauliflower & carrot combo	Potato mash, peas & cauliflower	Potato bake & mixed vegetables	Potato gems, peas & roast pumpkin	Steamed potato, green sliced beans & corn kernels	Potato mash, peas & steamed pumpkin	Sweet potato mash, cabbage & roast parsnip
<b>Fruit</b>	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits
<b>Supper</b>	Selection of sandwiches Tea, coffee, Milo & biscuits HEHP milkshake or mousse						

*Note: The above menu provides a sample of the standard four week cycle of mealtime options which are reviewed by an accredited practicing dietitian to ensure nutritional adequacy for aged care residents. Daily meals are adapted based on individual choice, needs and dietary requirements with additional options available to meet the needs of specific diets or cultural requirements. The menu also varies from site to site and is subject to availability, including seasonal availability of produce.*