



Marco Polo Unanderra

Week 1 Menu

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental Breakfast	Assorted cereals or porridge Fruit, yoghurt, toast (white, wholemeal) with margarine or butter, choice of spreads and preserves Tea or coffee, milk, orange and apple Juice						
Cooked Breakfast	Scrambled eggs & tomato	Poached eggs & baked beans	Scrambled eggs & hashbrowns	Poached eggs & mushrooms	Scrambled eggs & chipolatas	Ham & leek omelette	Scrambled eggs and bacon
MORNING TEA							
Morning Tea	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
Bakery Item	Blueberry muffins	Cheese & crackers	Fruit cake	Pumpkin scones	Sultana & choc chip cookies	Carrot cake	Chocolate & date brownie
LUNCH							
Main Choice 1	Baked fish with herb crumb	Roast chicken with gravy	BBQ braised pork steaks	Corned beef with parsley white sauce	Battered fish with lemon & tartare sauce	Baked chicken with parsley white wine sauce	Roast beef & gravy
Main Choice 2	Creamy chicken & sundried tomato pasta	Vegetable & lentil curry	Mediterranean vegetable risotto	Tomato, bacon penne pasta	Rigatoni pasta with lamb ragout	Curried sausages	Vegetable lentil strudel
Vegetables	Steamed potatoes, sweet potato & beans	Potato bake, spinach & carrot	Baked potato, pumpkin & broccoli	Mash potato, sweet potato, sauerkraut	Chips & salad	Mash potato, carrots & peas	Roast potato, pumpkin, cauliflower & broccoli
Soft & Bite Meal	Baked fish with herb crumb	Braised chicken or vegetable lentil curry	BBQ braised pork	Corned beef with parsley white sauce	Steamed fish & vegetables	Baked chicken with sage butter sauce	Braised beef
Vegetarian Meal	Creamy tofu & sundried tomato pasta	Vegetable lentil curry	Mediterranean vegetable risotto	Vegetable & lentil patties	Rigatoni with chickpea ragout	Apricot tofu vegetables	Vegetable lentil strudel
Texture Modified Meals	Lamb, potato, spinach & carrot	Chicken, potato, peak & pumpkin	Green lentil, potato, broccoli & cauliflower	Pork, potato, pea & cauliflower	Chicken, potato, pea & pumpkin	Beef, potato, broccoli & pumpkin	Lamb, potato, spinach & carrot
Desert	Sticky date pudding	Strawberry panna cotta	Apple sultana crumble with custard	Fruit salad & custard	Blueberry crumble cake	Tiramisu	Jelly & ice cream
AFTERNOON TEA							
Afternoon Tea	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
EVENING MEAL							
Dinner Soup	Potato & leek	Chunky beef & vegetable	Minestrone	Pea & ham	Chicken noodle	Creamy mushroom	Pumpkin
Main Course	Sausages with onion gravy	Fish cocktails	Spaghetti Bolognese	Roast chicken & gravy	Pork & vegetable casserole	Cottage pie	Chicken rissoles with nap sauce
Side Dish	Mashed potato & peaks	Chips & melange vegetables	Garlic bread	Roasted vegetables	Potato bake & peas	Broccoli & cauliflower	Mashed potato & beans
Soft & Bite Meal	Braised beef	Steamed fish & vegetables	Savory beef mince, mash & vegetables	Braised chicken	Port & vegetable casserole	Cottage pie	Savory chicken mince



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Vegetarian Meal	Vegetarian sausages	Vegetable & lentil patties	Vegetable lasagne	Roast vegetable frittata	Chickpea vegetable casserole	Vegetable lentil potato pie	Vegetable frittata
Textured Modified Meals	Green lentil, potato, broccoli & cauliflower	Beef, potato, broccoli & pumpkin	Lamb, potato, spinach & carrot	Green lentil, potato, broccoli & cauliflower	Beef, potato, broccoli & pumpkin	Seafood & potato, spinach & carrot	Pork, potato, pea & cauliflower
Desert	Fresh fruit salad, custard or ice cream	Passionfruit flummery	Fresh fruit salad, custard or ice cream	Peaches & cream	Fresh fruit salad, custard or ice cream	Crème caramel	Fresh fruit salad, custard or ice cream
Alternative	Plated salads & sandwiches: a plated salad or assorted sandwiches are available as an alternative to the evening meal						
Supper	A selection of tea, coffee, milo or cordial and yoghurt, fruit or mixed sandwiches						

Note: The 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 older people. 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 varies site to site and is subject to availability, including seasonal availability of produce.



Marco Polo Unanderra

Week 2 Menu

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental Breakfast	Assorted cereals or porridge Fruit, yoghurt, toast (white, wholemeal) with margarine or butter, choice of spreads and preserves Tea or coffee, milk, orange and apple juice						
Cooked Breakfast	Poached eggs & hashbrowns	Fried eggs & tomato	Cheese omelette	Poached eggs & spaghetti	Scrambled eggs or pancakes	Fried eggs & creamed corn	Poached eggs & chipolatas
Morning tea							
Morning Tea	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
Bakery Item	Lemon cake	Anzac biscuits	Custard tarts	Shortbread cookies	Carrot cake	Raisin cookies	Cheese & crackers
LUNCH							
Main choice 1	Sweet & sour pork	Lemon butter baked fish	Assorted meats: sausages, rissoles, herb & garlic chicken	Chicken Kiev	Crumbed fish, lemon & tartare	Braised steak Diane	Roast pork, apple sauce & gravy
Main choice 2	Pumpkin & spinach pasta bake	Spaghetti & meatballs		Meatloaf	Eggplant parmigiana	Chicken & leek pasta bake	Zucchini & corn frittata
Vegetables	Steamed rice, broccoli & carrots	Roast potatoes, silverbeet & sweet potato	Creamy potato bake, peas & pumpkin	Mash potato, broccoli & carrots	Chips & coleslaw	Potato bake, pumpkin & broccoli	Roast potato, sweet potato & peas
Soft & bite meal	Sweet & sour pork	Lemon butter baked fish	Braised chicken or rissoles	Savoury beef mince	Steamed fish & vegetables	Braised steak Diane	Braised pork
Vegetarian meal	Vegetable lentil sweet & sour	Vegetable tofu stir fry	Vegetable lentil rissoles	Vegetable patties	Eggplant parmigiana	Vegetables & lentil pasta bake	Zucchini & corn frittata
Texture modified meals	Seafood, potato, spinach & carrot	Green lentil, potato, broccoli & cauliflower	Chicken, potato, pea & pumpkin	Beef, potato, broccoli & pumpkin	Pork, potato, pea & cauliflower	Green lentil, potato, broccoli & cauliflower	Seafood, potato, spinach & carrot
Dessert	Ice-cream & topping	Sultana bread & butter pudding	Strawberry & apple crumble	Pavlova with cream & fruit	Coffee panna cotta with caramel sauce	Strawberry & cream sponge cake	Vanilla rice pudding with pears
Afternoon tea							
Afternoon tea	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
Evening meal							
Dinner soup	Minestrone	Beef & barley	Roast tomato	Chicken & lentil	Chunky chicken & vegetable	Pumpkin	Chicken & corn
Main course	Beef pies & gravy	Lemon parsley baked chicken	Beef & vegetable casserole	Bacon & vegetable frittata	Moroccan lamb & vegetable casserole	Beef stroganoff	Fish cocktails
Side dish	Mashed potato & peaks	Potato bake & beans	Mash potato & steamed vegetables	Mixed roast vegetables	Roast sweet potato & peas	Mash potato & beans	Chips & salad or mixed vegetables
Soft & bite meal	Savoury beef mince	Lemon parsley baked chicken	Beef & vegetable casserole	Roast vegetable frittata	Moroccan lamb & veg casserole	Beef stroganoff	Baked fish with mash & veg



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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegetarian meal	Spinach & ricotta quiche	Roasted eggplant curry with chickpeas	Vegetables & tofu stir fry	Roast vegetable frittata	Chickpea vegetable casserole	Creamy tofu & mushroom	Vegetable & lentil pattie
Textured modified meals	Chicken, potato, pea & pumpkin	Lamb, potato, spinach & carrot	Beef, potato, broccoli & pumpkin	Seafood, potato, spinach & carrot	Lamb, potato, spinach & carrot	Pork, potato, pea & cauliflower	Chicken, potato, pea & pumpkin
Dessert	Mousse	Fresh fruit salad, custard or ice cream	Fruit jelly	Fresh fruit salad, custard or ice cream	Ice cream & topping	Fresh fruit salad, custard or ice cream	Vanilla & cinnamon baked custard
Alternative	Plated salads & sandwiches: a plated salad or assorted sandwiches are available as an alternative to the evening meal						
Supper	A selection of tea, coffee, Milo or cordial and yoghurt, fruit or mixed sandwiches						

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Week 3 Menu

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental Breakfast	Assorted cereals or porridge Fruit, yoghurt, toast (white, wholemeal) with margarine or butter, choice of spreads and preserves Tea or coffee, milk, orange and apple juice						
Cooked Breakfast	Scrambled eggs & bacon	Fried eggs & baked beans	Poached eggs & hashbrowns	Scrambled eggs & mushrooms	Fried eggs & chipolatas	Cheese omelette	Poached eggs & tomato
MORNING TEA							
Morning Tea	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
Bakery Item	Apple muffins	Lemon tart	Chocolate scones	Banana cake	Choc sultana cookies	Cheese & crackers	Fruit cake
LUNCH							
Main Choice 1	Chicken thighs with satay sauce	Braised lamb chops	Roasted pork shoulder with apple sauce	Honey mustard chicken	Fisherman's basket	Chicken A La King	Corned beef with parsley white sauce
Main Choice 2	Linguine with pesto, sundried tomato & fetta	Steamed fish with lemon butter	Pumpkin & fetta risotto	Potato gnocchi with tomato & basil sauce	Pasta with pork in nap sauce	Pasta linguini with beef ragu	Pork & zucchini meatballs in nap sauce
Vegetables	Steamed rice, carrots & broccoli	Potato bake, sweet potato & zucchini	Roast potato wedges, pumpkin & sauerkraut	Mash potato, peas & carrot	Chips & salad	Roast potato, pumpkin & beans	Mash potato, Brussels sprouts & cauliflowers
Soft & Bite Meal	Braised chicken with satay sauce	Braised lamb or steamed fish	Braised port shoulder or risotto	Braised honey mustard chicken or gnocchi	Steamed fish & vegetables	Chicken A La King	Corned beef with parsley white sauce
Vegetarian Meal	Sweet potato, spinach frittata	Vegetable lentil stuffed capsicums	Pumpkin & fetta risotto	Potato gnocchi with ricotta napoletana sauce	Spinach & ricotta frittata	Vegetable pasties	Roast eggplant & mushroom pasta
Texture Modified Meals	Lamb, potato, spinach & carrot	Chicken, potato, peak & pumpkin	Green lentil, potato, broccoli & cauliflower	Pork, potato, pea & cauliflower	Chicken, potato, pea & pumpkin	Beef, potato, broccoli & pumpkin	Lamb, potato, spinach & carrot
Dessert	Golden syrup pudding with ice cream	Tiramisu'	Orange delicious pudding & cream	Trifle	Apple & rhubarb crumble with custard	Berry mousse	Ice cream & topping
AFTERNOON TEA							
Afternoon Tea	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
EVENING MEAL							
Dinner Soup	Pea & ham	Chunky vegetable & lentil	Cauliflower & parmesan	Pumpkin	Chunky beef & vegetable	Crème of mushroom	Chicken & leek
Main Course	Curried sausages	Herb & garlic roast chicken	Based fish with ginger & soy	Shepherd's pie	Butter chicken	Irish lamb & vegetable stew	Pumpkin & fetta frittata
Side Dish	Mash potato & melange vegetable	Potato bake, carrots & Brussels sprouts	Chips & salad	Medley of vegetables	Steamed rice, beans & carrot	Mash potato	Side salad



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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soft & Bite Meal	Savoury beef mince	Braised herb & garlic chicken	Steamed fish & vegetables	Shepherd's pie	Butter chicken with mash	Irish lamb & vegetable stew	Pumpkin & fetta frittata
Vegetarian Meal	Vegetarian sausages	Vegetable tofu stir-fry	Vegetable patties	Vegetable lentil potato pie	Tofu vegetable curry	Chickpea vegetable casserole	Pumpkin & Fetta frittata
Textured Modified Meals	Green lentil, potato, broccoli & cauliflower	Beef, potato, broccoli & pumpkin	Lamb, potato, spinach & carrot	Green lentil, potato, broccoli & cauliflower	Beef, potato, broccoli & pumpkin	Seafood & potato, spinach & carrot	Pork, potato, pea & cauliflower
Dessert	Fresh fruit salad, custard or ice cream	Peaches & cream	Fresh fruit salad, custard or ice cream	Raspberry flummery	Fresh fruit salad, custard or ice cream	Crème caramel	Fresh fruit salad, custard or ice cream
Alternative	Plated salads & sandwiches: a plated salad or assorted sandwiches are available as an alternative to the evening meal						
Supper	A selection of tea, coffee, Milo or cordial and yoghurt, fruit or mixed sandwiches						

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Week 4 Menu

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental Breakfast	Assorted cereals or porridge Fruit, yoghurt, toast (white, wholemeal) with margarine or butter, choice of spreads and preserves Tea or coffee, milk, orange and apple juice						
Cooked Breakfast	Fried eggs & creamed corn	Poached eggs & spaghetti	Ham & Cheese Omelette	Fried eggs & hash browns	Poached eggs or pancakes	Scrambled eggs & baked beans	Fried eggs & bacon
Morning tea							
Morning Tea	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
Bakery Item	Shortbread cookies	Carrot cake	Scones, jam & cream	Orange & poppyseed muffins	Custard tarts	Lemon cake	ANZAC cookies
LUNCH							
Main choice 1	Chicken Kiev	Red wine braised beef steaks	Apricot chicken	Meatloaf	Battered fish, lemon & tartare	Herb & garlic chicken drumsticks	Roast lamb, mint jelly & gravy
Main choice 2	Beef rissoles	Linguini with bacon & mushroom	Fusilli pasta with spinach, fetta & tomatoes	Braised port steaks	Parmesan baked polenta with tomato sugo	Veal & ricotta cannelloni	Chickpea and roast vegetable casserole
Vegetables	Potato gratin, broccoli & pumpkin	Baked potato, cabbage & sweet potato	Mash potato, carrots & Brussels sprouts	Roast potato, sweet potato & green beans	Chips & salad	Potato bake, steamed cauliflower & broccoli mornay	Roast potato, pumpkin & peas
Soft & bite meal	Braised chicken	Red wine braised beef steaks	Apricot chicken	Savoury beef mince	Steamed fish & vegetables	Braised chicken or cannelloni	Braised lamb or chickpea veg casserole
Vegetarian meal	Zucchini frittata	Vegetarian sausages	Tofu with apricot sauce	Vegetable lasagne	Parmesan baked polenta with tomato sugo	Spinach & Ricotta cannelloni	Chickpea and roast vegetable casserole
Texture modified meals	Seafood, potato, spinach & carrot	Green lentil, potato, broccoli & cauliflower	Chicken, potato, pea & pumpkin	Beef, potato, broccoli & pumpkin	Pork, potato, pea & cauliflower	Green lentil, potato, broccoli & cauliflower	Seafood potato
Dessert	Black forest cake with whipped cream	Lemon pudding with ice cream	Apple crumble with custard	Peaches with custard	Caramel date pudding & cream	Trifle	Apple cobbler with ice cream
Afternoon tea							
Afternoon tea	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
Evening meal							
Dinner soup	Beef & vegetable	Chicken & vegetable	Tomato & basil	Pumpkin	Chicken noodle	Beef & barley	Vegetable & lentil
Main course	Lemon pepper baked fish	Mediterranean vegetable pasta bake	Sausage rolls with tomato relish	Chicken schnitzel with gravy	Beef Bourguignon	Green baked fish with lemon, tomato & onion	Quiche Lorraine
Side dish	Medley vegetables	Garlic bread	Mash potato & peas	Pumpkin mash & melange veg	Mashed potato & beans	Roast potato	Medley roast veg



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Soft & bite meal	Lemon pepper baked fish	Mediterranean vegetable risoni pasta	Savoury beef mince	Braised chicken	Beef Bourguignon	Green baked fish with lemon, tomato & onion	Quiche Lorraine & steamed vegetables
Vegetarian meal	Vegetable pattie	Mediterranean vegetable pasta bake	Spinach & ricotta sausages	Crumbed vegetable pattie	Vegetable lentil curry	Tofu vegetable stir-fry	Road vegetable frittata
Textured modified meals	Chicken, potato, pea & pumpkin	Lamb, potato, spinach & carrot	Beef potato, broccoli & pumpkin	Seafood, potato, spinach & carrot	Lamb, potato, spinach & carrot	Pork, potato, pea & cauliflower	Chicken, potato, pea & pumpkin
Dessert	Poached pears & custard	Fresh fruit salad, custard or ice cream	Sago pudding	Fresh fruit salad, custard or ice cream	Fruit Jelly	Fresh fruit salad, custard or ice cream	Mousse
Alternative	Plated salads & sandwiches: a plated salad or assorted sandwiches are available as an alternative to the evening meal						
Supper	A selection of tea, coffee, milo or cordial and yoghurt or fruit						

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Menu Week	Menu begins week commencing Monday:	Menu week ends Sunday
Week 1	9 December 2024	15 December 2024
Week 2	16 December 2024	22 December 2024
Week 3	23 December 2024	29 December 2024
Week 4	30 December 2024	5 January 2025
Week 1	6 January 2025	12 January 2025
Week 2	13 January 2025	19 January 2025
Week 3	20 January 2025	26 January 2025
Week 4	27 January 2025	2 February 2025
Week 1	3 February 2025	9 February 2025
Week 2	10 February 2025	16 February 2025
Week 3	17 February 2025	23 February 2025
Week 4	24 February 2025	2 March 2025
Week 1	3 March 2025	9 March 2025
Week 2	10 March 2025	16 March 2025
Week 3	17 March 2025	23 March 2025
Week 4	24 March 2025	30 March 2025