



# Marco Polo Woonona Summer Menu Week 1

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental breakfast</b>	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						
<b>Cooked breakfast</b>	Scrambled eggs & roasted tomatoes & onion	Fried eggs & baked beans	Poached eggs & hashbrowns	Scrambled eggs & mushroom	Fried eggs & chipolatas	Ham & cheese omelette	Scrambled eggs & bacon
<b>Morning tea</b>							
<b>Morning tea</b>	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
<b>Bakery item</b>	Blueberry muffins	Chocolate & raisin cookies	Fruit cake	Pumpkin scones	White choc chip cookies	Carrot cake	Chocolate & date brownie
<b>Lunch</b>							
<b>Main choice 1</b>	Baked fish with herb crumb	Lamb rogan josh	Braised pork steaks with apple sauce	Corned beef with parsley white sauce	Corned beef with parsley white sauce	Crumbed fish, lemon & tartare	Roast beef & gravy
<b>Main choice 2</b>	Lambs fry	Chicken casserole	Potato gnocchi with nap sauce	Pork & mushroom risotto	Chicken schnitzel & gravy (rg7)	Curried sausages	Salmon & vegetable patties
<b>Vegetables</b>	Roast potatoes, sweet potato & broccoli	Steamed rice, beans & carrots	Baked potato, kumera & Brussel sprouts	Mash potato, pumpkin & broccoli	Chips & garden salad	Rice pilaf, carrots & peas	Roast potato, pumpkin & cauliflower
<b>Soft &amp; bite meal</b>	Baked fish with herb crumb	Lamb rogan josh	Braised pork	Corned beef with parsley white sauce	Steamed fish	Apricot chicken & mash potato	Braised beef
<b>Vegetarian meal</b>	Creamy pesto & mushroom penne	Lentil ratatouille with rice	Roast vegetable frittata	Potato gnocchi with nap sauce	Rigatoni with chickpea ragout	Roasted vegetable with apricot sauce	Vegetable lentil patties
<b>Dessert</b>	Sticky date pudding	Baked apricots & ice cream	Apple crumble with custard	Peaches & cream	Strawberry sponge cake	Tiramisu	Fruit jelly & custard
<b>Afternoon tea</b>							
<b>Afternoon tea</b>	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
<b>Evening meal</b>							
<b>Dinner soup</b>	Potato & leek	Minestrone	Chunky beef & vegetable	Pea & ham	Chicken noodle	Creamy mushroom	Pumpkin
<b>Main course</b>	Pork sausages with onion gravy	Beef lasagne	Roast herb & garlic chicken thigh	Kumera caramelised onion & feta frittata	Beef goulash	Pork & vegetable casserole	Lamb & mint rissoles with gravy
<b>Side dish</b>	Mashed potato & peas	Mixed salad & garlic bread	Roast root vegetables	Garden salad or mixed vegetables	Mashed potato & carrots	Baked potato & baked Brussel sprouts	Mash potato & broccoli
<b>Soft &amp; bite meal</b>	Braised beef	Shepherd's pie	Herb & garlic chicken	Herb & garlic chicken	Savoury beef mince	Braised pork	Savoury chicken mince
<b>Vegetarian meal</b>	Vegetable, chickpea stuffed capsicums	Vegetable lasagne	Veg cacciatore with rossini	Sweet potato, caramelised onion & feta quiche	Chickpea vegetable casserole	Vegetable lentil potato pie	Vegetable frittata



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<b>Dessert</b>	Fresh fruit salad, custard or ice cream	Honey panna cotta	Fresh fruit salad, custard or ice cream	Fruit jelly	Fresh fruit salad, custard or ice cream	Crème caramel	Fresh fruit salad, custard or ice cream
<b>Alternative</b>	Plated salads & sandwiches: a plated salad or assorted sandwiches are available as an alternative to the evening meal						
<b>Supper</b>	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 Woonona Summer Menu Week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental breakfast</b>	Assorted cereals or porridge Fruit, yoghurt, toast and (white, wholemeal) with margarine or butter, choice of spreads and preserves Tea or coffee, milk, orange and apple juice						
<b>Cooked breakfast</b>	Poached eggs & hashbrowns	Scrambled eggs & roasted tomatoes and onion	Bason & herb omelette	Poached eggs & spaghetti	Scrambled eggs or pancakes	Fried eggs & creamed corn	Poached eggs & chipolatas
<b>Morning tea</b>							
<b>Morning tea</b>	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
<b>Bakery item</b>	Orange cake	Apple pie bites	Custard tarts	Shortbread cookies	Choc chip muffins	Raisin cookies	Anzac biscuits
<b>Lunch</b>							
<b>Main choice 1</b>	Braised beef in red wine gravy	Lemon butter baked fish	Roast port with apple sauce	Lamb chops with rosemary gravy	Battered fish	Braised steak Diane	Roast lamb with mint jelly
<b>Main choice 2</b>	Chicken and leek risotto	Lambs fry	Spinach and ricotta ravioli in a nap sauce	Grilled vegetable risotto	Linguini in chicken & basil pesto	Eggplant parmigiana	Ginger chicken stir-fry
<b>Vegetables</b>	Roast potato, peas & carrots	Sweet potato bake, broccoli & cabbage	Roast potato, pumpkin & beans	Mash potato, broccoli & carrots	Chips & coleslaw	Potato bake, pumpkin & Brussel sprouts	Roast potato, sweet potato, beans
<b>Soft &amp; bite meal</b>	Braised beef in red wine gravy	Lemon butter baked fish	Braised pork	Braised lamb	Risoni with chicken & basil pesto	Braised steak Diane	Diced roast lamb
<b>Vegetarian meal</b>	Pumpkin and sage risotto	Vegetable noodle stir-fry	Spinach and ricotta ravioli in a traditional tomato sauce	Grilled vegetable risotto	Spaghetti with traditional napolitana sauce	eggplant parmigiana	Vegetable ginger stir-fry
<b>Dessert</b>	Apple strudel & custard	Pumpkin pie	Chocolate date pudding	Pavlova with cream & fruit	Custard creamed rice	Strawberry & cream sponge cake	Poached pears & custard
<b>Afternoon tea</b>							
<b>Afternoon tea</b>	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
<b>Evening meal</b>							
<b>Dinner soup</b>	Minestrone	Chunky chicken & vegetable	Beef & barley	Sweet potato & sage	Roast tomato & red lentil	Pumpkin	Chicken & leek
<b>Main course</b>	Spaghetti bolognese	Beef & vegetable casserole	Roast pumpkin & spinach frittata	Seasoned chicken thighs	Lamb and vegetable curry	Chicken stroganoff	Pork spezzatino (Italian stew)
<b>Side dish</b>	Garlic bread & salad	Baked potato & steamed vegetables	Herb steam potatoes & Greek salad	Roast potatoes, carrot & peas	Steamed rice & beans	Mash potato & carrots	Steamed potatoes & peas
<b>Soft &amp; bite meal</b>	Macaroni bolognaise	Beef & vegetable casserole	Roast pumpkin & feta frittata	Braised chicken	Lamb and veg coconut curry	Chicken stroganoff	Pork spezzatino



## Marco Polo Woonona Summer Menu Week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Vegetarian meal</b>	Vegetable pastie	Grilled vegie Turkish sandwich	Vegetable and lentil coconut curry	Road vegetable frittata	Chickpea vegetable casserole	Roast veg stroganoff	Linguini with mushroom, capsicum and olives
<b>Dessert</b>	Mousse	Fresh fruit salad, custard or ice cream	Coffee panna cotta with caramel sauce	Fresh fruit salad, custard or ice cream	Plums & yoghurt	Fresh fruit salad, custard or ice cream	Ice cream & topping
<b>Alternative</b>	Plated salads & sandwiches: a plated salad or assorted sandwiches are available as an alternative to the evening meal						
<b>Supper</b>	A selection of tea, coffee, milo or cordial and yoghurt, fruit or mixed sandwiches						

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# Marco Polo Woonona Summer Menu Week 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental breakfast</b>	Assorted cereals or porridge Fruit, yoghurt, toast and preserves (white, wholemeal), margarine or butter, choice of spreads Tea or coffee, milk, orange and apple juice						
<b>Cooked breakfast</b>	Scrambled egg & bacon	Fried eggs & baked beans	Poached eggs & hash browns	Scrambled egg & mushrooms	Fried eggs & chipolatas	Cheese and ham omelette	Poached eggs & tomato
<b>Morning tea</b>							
<b>Morning tea</b>	A selection of tea, coffee, milo or cordial with sweet or savoury biscuits and whole fresh fruit						
<b>Bakery item</b>	Apple muffins	Pumpkin scones	Blueberry muffins	Choc sultana cookies	Banana cake	Chocolate & date scones	Fruit cake
<b>Lunch</b>							
<b>Main choice 1</b>	Butter chicken	Braised lamb chops	Corned beef with parsley white sauce	Honey mustard chicken	Crumbed fish, lemon & tartare	Braised beef with onion and rosemary	Roast pork with apple sauce
<b>Main choice 2</b>	Mixed vegetable risotto	Ginger soy baked fish	Alio e olio (pasta, garlic, olive oil & parsley)	Beef pie & gravy (rg7)	Spinach & ricotta ravioli in a creamy Napoli sauce	Mushroom, spinach & mozzarella arancini	Pasta with beef ragu
<b>Vegetables</b>	Steamed rice, carrots & broccoli with garlic butter	Steamed potato, sweet potato & zucchini	Mash potato, pumpkin & Brussel sprouts	Hand cut wedges, peas & carrot	Chips & salad	Sweet potato mash, cauliflower & spinach	Roast potato, Brussel sprouts & pumpkin
<b>Soft &amp; bite meal</b>	Butter chicken	Braised lamb	Corned beef with parsley white sauce	Honey mustard chicken	Steamed fish & vegetables	Braised beef with onion and rosemary	Braised pork with apple sauce
<b>Vegetarian meal</b>	Sweet potato & spinach frittata	Vegetable pasties	Alio e olio (pasta, garlic, olive oil & parsley)	Honey mustard vegetables	Spinach & ricotta ravioli in a creamy Napoli sauce	Mushroom spinach & mozzarella arancini	Pasta with spinach & lentil puttanesca
<b>Dessert</b>	Impossible pie with cream	Peach melba	Trifle	Orange delicious pudding & cream	Apple & sultana crumble with custard	Peaches & cream	Tiramisu
<b>Afternoon tea</b>							
<b>Afternoon tea</b>	A selection of tea, coffee, milo or cordial with sweet or savoury biscuits and whole fresh fruit						
<b>Evening meal</b>							
<b>Dinner soup</b>	Carrot and ginger	Pea & ham	Cauliflower & bacon	Chunky beef & vegetable	Pumpkin	Crème of mushroom	Chicken & corn
<b>Main course</b>	Beef bourguignon	Herb & garlic chicken	Fish cocktails	Pumpkin & fetta frittata	Shepherd's pie	Chicken & vegetable curry	Lamb & mint rissoles with gravy
<b>Side dish</b>	Mashed potato & beans	Potato bake & peas	Chips & coleslaw	Diced potatoes & garden salad	Mixed steam vegetables	Steamed rice, beans & carrot	Mash potato & peas
<b>Soft &amp; bite meal</b>	Beef bourguignon	Braised herb & garlic chicken	Steamed fish & vegetables	Shepherd's pie & vegetables	Pumpkin & fetta frittata	Chicken & vegetable curry with mash	Braised beef
<b>Vegetarian meal</b>	Vegetable, chickpea stuffed capsicums	Vegetable noodle stir-fry	Chickpea & veg cacciatore	Vegetable lentil potato pie	Vegetable curry	Pumpkin & fetta frittata	Grilled vegetable risotto



## Marco Polo Woonona Summer Menu Week 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dessert</b>	Fresh fruit salad, custard or ice cream	Mousse	Fresh fruit salad, custard and ice cream	Two fruits & jelly	Fresh fruit salad, custard or ice cream	Crème caramel	Fresh fruit salad, custard or ice cream
<b>Alternative</b>	Plated salads & sandwiches: a plated salad or assorted sandwiches are available as an alternative to the evening meal						
<b>Supper</b>	A selection of tea, coffee, milo or cordial and yoghurt, fruit or mixed sandwiches						

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# Marco Polo Woonona Summer Menu Week 4

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental breakfast</b>	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						
<b>Cooked breakfast</b>	Fried eggs & creamed corn	Poached eggs & spaghetti	Cheese & chive omelette	Fried eggs & hash browns	Poached eggs or pancakes & maple	Scrambled eggs & baked beans	Fried eggs & bacon
<b>Morning tea</b>							
<b>Morning tea</b>	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
<b>Bakery item</b>	Shortbread cookies	Carrot cake	Scones, jam & cream	Raisin cookies	Custard tarts	Apple pie bites	Anzac cookies
<b>Lunch</b>							
<b>Main choice 1</b>	Chicken Kiev (rg7)	Beef steak with scallopini sauce	Lamb korma	Chicken thighs in cacciatore sauce	Battered fish fillets	Herb & garlic chicken thighs	Roast lamb, mint jelly & gravy
<b>Main choice 2</b>	Beef rissoles	Baked fish with lemon	Linguini with olives, capers, anchovies in nap sauce.	Braised pork steaks with apple sauce	Vegetable pastries (rg7)	Chili con carne with rice	Polenta with Napoli sauce
<b>Vegetables</b>	Mash potato, broccoli & pumpkin	Baked potato, sweet potato, zucchini	Steamed rice, carrots & peas	Mashed potato, sweet potato & green beans	Chips & salad	Potato bake, steamed cauliflower & broccoli	Roast potato, pumpkin & peas
<b>Soft &amp; bite meal</b>	Braised chicken	Braised beef, mash potato	Lamb korma	Braised chicken with cacciatore	Steamed fish & vegetables	Braised chicken	Diced roast lamb, mint jelly & gravy
<b>Vegetarian meal</b>	Zucchini frittata	Roasted veg wedges with rosemary oil	Linguini with olives, capers and anchovies in a tomato	Vegetable lasagne	Vegetable pasties	Five bean con carne	Polenta with Napoli sauce
<b>Dessert</b>	Black forest cake with whipped cream	Lemon pudding with pouring cream	Pumpkin pie	Peaches with custard	Caramel date pudding & cream	Trifle	Apple berry crumble
<b>Afternoon tea</b>							
<b>Afternoon tea</b>	A selection of tea, coffee, Milo or cordial with sweet or savoury biscuits and whole fresh fruit						
<b>Evening meal</b>							
<b>Dinner soup</b>	Pumpkin	Vegetable & lentil	Chicken & vegetable	Beef, vegetable & lentil	Roast tomato & red lentil	Beef & barley	Vegetable & lentil
<b>Main course</b>	Spaghetti bolognese	Chicken pesto pasta bake	Lemon pepper baked fish	Frittata Lorraine	Beef bourguignon	Pork & apple rissoles	Seasoned chicken thighs
<b>Side dish</b>	Garlic bread & salad	Garden salad or mixed vegetables	Herb buttered potatoes & carrots	Medley roast veg	Mashed potato & beans	Potato bake & carrots	Steamed potato & melange veg
<b>Soft &amp; bite meal</b>	Macaroni bolognese	Chicken mince & veg with risoni	Lemon pepper baked fish	Frittata Lorraine & steamed veg	Beef bourguignon	Braised pork and apple	Braised chicken
<b>Vegetarian meal</b>	Lentil & beg curry	Roast vegetable pasta bake	Spinach & ricotta ravioli with Napoli sauce	Vegetable quiche	Vegetable egg noodle stir-fry	Roast vegetable patties	Roast vegetable frittata



## Marco Polo Woonona Summer Menu Week 4

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Desert</b>	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
<b>Alternative</b>	Plated salads & sandwiches: a plated salad or assorted sandwiches are available as an alternative to the evening meal						
<b>Supper</b>	A selection of tea, coffee, Milo or cordial and yoghurt, fruit or mixed sandwiches						

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Menu Week	Menu begins week commencing Wednesday:	Menu week ends Tuesday
<b>Week 1</b>	13 November 2024	19 November 2024
<b>Week 2</b>	20 November 2024	26 November 2024
<b>Week 3</b>	27 November 2024	3 December 2024
<b>Week 4</b>	4 December 2024	10 December 2024
<b>Week 1</b>	11 December 2024	17 December 2024
<b>Week 2</b>	18 December 2024	24 December 2024
<b>Week 3</b>	25 December 2024	31 December 2024
<b>Week 4</b>	1 January 2025	7 January 2025
<b>Week 1</b>	8 January 2025	14 January 2025
<b>Week 2</b>	15 January 2025	21 January 2025
<b>Week 3</b>	22 January 2025	28 January 2025
<b>Week 4</b>	29 January 2025	4 February 2025
<b>Week 1</b>	5 February 2025	11 February 2025
<b>Week 2</b>	12 February 2025	18 February 2025
<b>Week 3</b>	19 February 2025	25 February 2025
<b>Week 4</b>	26 February 2025	4 March 2025
<b>Week 1</b>	5 March 2025	11 March 2025
<b>Week 2</b>	12 March 2025	18 March 2025
<b>Week 3</b>	19 March 2025	25 March 2025
<b>Week 4</b>	26 March 2025	1 April 2025