

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental breakfast	Assorted cereals or porridge Fruit, yoghurt, toast (white, wholemeal), margarine or butter, choice of spreads and preserves Tea or coffee, milk, orange and apple juice						
Cooked breakfast	Poached eggs or grilled tomatoes	Scrambled eggs or baked beans	Poached eggs or hash browns	Scrambled eggs or buttered mushrooms	Poached eggs or grilled sausages	Scrambled eggs or baked beans	Poached eggs or pancakes
Morning tea							
Morning tea	A selection of tea or coffee available						
Bakery item	Assorted cream biscuits	Banana cake	Tea time biscuits	Cinnamon muffins	Anzac biscuits	Classic date scones	Berry cake
Lunch							
Lunch choices	Baked fish with lemon sauce Or Ham & cheese frittata	Beef patties with gravy Or Chickpea, sweet potato & date casserole	Honey hickory glazed pork neck Or Family beef casserole	Lemon chicken casserole Or Beef & mushroom pie	Battered fish with tartare & lemon Or Pasta carbonara	Oven roasted honey marinated chicken fillets Or Beef and bean hotpot	Roast lamb with mint gravy Or Chicken fried rice
Vegetables	Creamy mashed potato, steamed green peas & roasted carrots	Mashed potatoes, steamed cauliflower & roast pumpkin	Buttered parsley chat potato, steamed broccoli & steamed sweet potato	Steamed rice, cauliflower & buttered Brussel sprouts	Chips & cucumber salad	Zucchini or roast zucchini	Roast potatoes, steam carrots & roast pumpkin
Sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
Salad	Egg salad	Cold roast beef salad	Mixed bean & avocado salad	Chicken salad	Egg salad	Tuna salad	Ham & egg salad with croutons
Dessert	Mango cheesecake	Bread & butter pudding with custard	Creamy sago pudding	Chocolate cake with chocolate sauce	Tiramisu	Panna cotta with mixed berry compote	Banana custard with ice cream
Afternoon tea							
Afternoon tea	A selection of tea or coffee available Cheese & biscuits						
Bakery item	Anzac biscuits	Lamingtons	Tim tams	Shortbread	Raisin toast	Fruit cake	Sultana scones
Evening meal							
Dinner soup	Bean & vegetable soup	Sweet potato soup	Leek, spinach & lentil soup	French onion soup	Cream of vegetable soup	Chicken & sweetcorn soup	Tomato soup
Dinner	Beef schnitzel	Shanghai pork	Italian spaghetti bolognese	Sweet & sour pork	Beef & vegetable meatloaf with gravy	Lamb & red wine stew with mashed potato, sweet potato & cauliflower	Coconut pork curry
Vegetable	Rice & green beans	Steamed rice	Medley of vegetable	Side salad	Rice & peas	Mashed potatoes & vegetables	Tuna salad

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
Salad	Chicken salad	Ham salad	Roast beef salad	Salmon salad	Corned beef salad	Roast beef salad	Tuna salad
Dessert	Bread & butter pudding	Berry cake with custard	Sliced watermelon	Winter fruit salad	Ice cream with caramel sauce	Fruit cake with custard	Jelly & custard
Supper	A selection of tea and coffee available Biscuits or sandwiches						

Note: the menus provide 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.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	Chicken salad	Bean & salsa salad	Egg salad	Salmon salad	Egg & cheese salad	Chicken Caesar salad	Cajun prawns with avocado salad
Dessert	Sliced watermelon	Fresh fruit	Banana custard	Brownies & chocolate sauce	Vanilla ice cream with topping	Fruit cake & pouring cream	Jelled fruit & custard
Supper	A selection of tea and coffee available Biscuits or sandwiches						

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	Ham & cheese salad	Roast beef salad	Roast turkey salad	Tuna salad	Corned beef salad	Roast beef salad	Chicken salad
Dessert	Banana custard	Fresh fruit & custard	Luscious lemon cake	Tiramisu	Mango cheesecake with pouring cream	Fruit cake & custard	Vanilla ice cream with topping
Supper	A selection of tea and coffee available Biscuits or sandwiches						

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental breakfast	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						
Cooked breakfast	Poached eggs or grilled sausages	Scrambled eggs or grilled tomatoes	Poached eggs or baked beans	Scrambled eggs or sauteed mushrooms	Poached eggs or creamed corn	Scrambled eggs or pancakes with maple syrup	Poached eggs or grilled bacon
Morning tea	A selection of tea or coffee available						
Bakery item	Minted biscuits	Raisin toast	Banana cake	Lamingtons	Anzac biscuits	Berry cake	Cinnamon muffins
Lunch							
Lunch choices	Steak & kidney casserole Or Risotto with broccoli, pesto & parmesan cheese	Chicken schnitzel gravy Or Chicken & vegetable frittata	Corned silverside with white sauce Or Baked fish with cheese & parsley sauce	Lemon garlic chicken fillets Or Tuna pasta bake	Battered fish with tartare & lemon Or Pasta carbonara	Grilled chicken with mushroom sauce Or Mexican pork & bean casserole	Roast lamb with rosemary gravy Or Pork fried rice
Vegetables	Garlic mashed potatoes, corn kernels & broccoli	Mashed potatoes, roasted carrots & zucchini	Baked potatoes, roast pumpkin & braised cabbage	Garlic mashed potatoes, Brussel sprouts & green beans	Chips & coleslaw	Mashed potatoes, steamed cauliflower & steamed pumpkin	Roast potatoes, roast sweet potato & whole baby beans
Sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
Salad	Curried egg salad	Tuna salad	Ham & cheese salad	Four bean salad	Chicken salad	Roast lamb salad	Egg salad
Desert	Chocolate mousse	Tiramisu	Winter fruit salad with custard	Mango cheesecake	Tiramisu	Luscious lemon cake	Panna cotta with mixed berry compote
Afternoon tea							
Afternoon tea	A selection of tea or coffee available Cheese & biscuits						
Bakery item	Sliced watermelon	Buttered raisin bread	Sultana muffins	Tim tams	Minted biscuits	Jatz with cheese	Date scones
Evening meal							
Dinner soup	Broccoli & potato soup	Carrot & zucchini soup	Roast pumpkin soup	Red lentil soup	Potato & leek soup	Cream of chicken & mushroom soup	Cream of tomato soup
Dinner	Spring rolls with sweet chilli sauce	Sweet & sour chicken	Macaroni bolognese bake	Apricot lamb	Chicken tenders with gravy	Greek lamb casserole	Baked fish with lemon dill sauce
Vegetable	Garden salad	Steamed rice	Steamed carrots	Baked carrots	Mashed potatoes & beans	Steamed rice	Mashed potatoes
Sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
Salad	Chicken salad	Roast beef salad	Ham salad	Roast turkey salad	Roast beef salad	Tuna salad	Corned beef salad

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dessert	Two fruits & custard	Banana custard	Sliced watermelon	Luscious lemon cake with whipped cream	Strawberry sponge cake	Jelly & custard	Ice cream
Supper	A selection of tea and coffee available Biscuits or sandwiches						

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Menu week	Menu begins week commencing Monday:	Menu week ends Sunday
Week 1	Monday, 23 December 2024	Sunday, 29 December 2024
Week 2	Monday, 30 December 2024	Sunday, 5 January 2025
Week 3	Monday, 6 January 2025	Sunday, 12 January 2025
Week 4	Monday, 13 January 2025	Sunday, 19 January 2025
Week 1	Monday, 20 January 2025	Sunday, 26 January 2025
Week 2	Monday, 27 January 2025	Sunday, 2 February 2025
Week 3	Monday, 3 February 2025	Sunday, 9 February 2025
Week 4	Monday, 10 February 2025	Sunday, 16 February 2025
Week 1	Monday, 17 February 2025	Sunday, 23 February 2025
Week 2	Monday, 24 February 2025	Sunday, 2 March 2025
Week 3	Monday, 3 March 2025	Sunday, 9 March 2025
Week 4	Monday, 10 March 2025	Sunday, 16 March 2025
Week 1	Monday, 17 March 2025	Sunday, 23 March 2025
Week 2	Monday, 24 March 2025	Sunday, 30 March 2025
Week 3	Monday, 31 March 2025	Sunday, 6 April 2025
Week 4	Monday, 7 April 2025	Sunday, 13 April 2025