

WEEK 1	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Breakfast	Selection of cereal (All Bran, Cornflakes, Just Right, Weet-Bix, Sultana Bran) or porridge Fruit, yoghurt, toast (white, wholemeal) and preserves Hot options include scrambled eggs and baked beans on Thursday and scrambled eggs and bacon on Sunday Tea or coffee, milk and juice						
Morning Tea	Rotational selection of cakes, biscuits, fresh fruit, and yoghurt Choice of hot or cold beverage, milkshake, Milo						
LUNCH							
Main	Lemon & oregano lamb chop or flame grilled meatballs with Diane sauce	Curried prawns with vegetables or honey soy roasted chicken	Beef satay with rice or crumbed fish fillets or roast thigh chicken 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 fish – hoki tempura or roast thigh chicken fillets	Chicken with plum curry sauce or lamb rissole with mint gravy
Vegetarian Main	Vegetable curry	Tomato & leek quiche	Chickpea fritter	Vegetable samosa	Vegetables in coconut sauce with cashews	Cheese & onion frittata	Noodles & rice with vegetables
Vegetables	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
Dessert	Tiramisu or canned apples/peaches	Creamed rice with banana & coconut custard 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
Afternoon Tea	Beef cocktail pie	Broccoli & cheese bites	Pumpkin & goats cheese arancini	Salt & pepper calamari	Mac & cheese croquette	Cocktail frankfurt	Chicken Kiev bites
DINNER							
Soup	Beef goulash	Mexican chicken & bean		Cheesy broccoli		Pea & ham	Cream of mushroom
Light Meal	Battered chicken with honey sauce	Savoury mince	Rice noodles with chicken & oyster sauce	Lamb, spinach & pumpkin risotto	Ham & cheese frittata	Sausage roll	Pasta bake with salmon, capers & leek
Vegetarian Main	Macaroni & cheese	Leek, pumpkin & sage risotto	Spinach & ricotta bake	Zucchini patties	Singapore noodles with vegetables	Vegetable & rice bake	Tomato & cheese croissant
Salad of the day	Chicken	Devon	Cheddar cheese	Tuna mayonnaise	Egg mayonnaise	Ham	Roast beef
Fruit	Selection of fruit						
Supper	Selection of sandwiches, biscuits or mousse Tea, coffee, Milo & milkshake						

Note: These 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.



Summer Menu

Week 2

WEEK 2	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Breakfast	Selection of cereal (All Bran, Cornflakes, Just Right, Weet-Bix, Sultana Bran) or porridge Fruit, yoghurt, toast (white, wholemeal) and preserves Hot options include scrambled eggs and baked beans on Thursday and scrambled eggs and bacon on Sunday Tea or coffee, milk and juice						
Morning Tea	Rotational selection of cakes, biscuits, fresh fruit and yoghurt Choice of hot or cold beverage, milkshake or Milo						
LUNCH							
Main	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 or roast thigh chicken 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 or roast thigh chicken fillets
Vegetarian Main	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
Vegetables	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
Dessert	Passionfruit cheesecake or canned pears	Thai mango cake or canned Two Fruits	Stewed pears & cinnamon or canned apple	Raspberry jelly & custard or canned pears	Apple & rhubarb crumble or apple compote	Vanilla panna cotta or canned apple	Pavlova with berry coulis or canned Two Fruits
Afternoon Tea	Rotational selection of cakes, biscuits, fresh fruit, and yoghurt Choice of hot or cold beverage, milkshake, Milo						
DINNER							
Soup	Beef, bean & vegetable	Broccoli, potato & bacon	Chicken & rice noodle		Cream of vegetable	Chicken & red pepper	
Light Meal	Lamb stir fry & vegetables	Tuna mornay pasta bake	Lasagne topper	Ham & cheese pastries	Beef & onion pie	Lamb & rosemary sausage with mint gravy	Spring rolls
Vegetarian Main	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
Salad of the day	Chicken	Devon	Cheddar cheese	Tuna mayonnaise	Egg mayonnaise	Ham	Roast beef
Fruit	Selection of fruit						
Supper	Selection of sandwiches, biscuits or mousse Tea, coffee, milkshake or Milo						

WEEK 3	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Breakfast	Selection of cereal (All Bran, Cornflakes, Just Right, Weet-Bix, Sultana Bran) or porridge Fruit, yoghurt, toast (white, wholemeal) and preserves Hot options include scrambled eggs and baked beans on Thursday and scrambled eggs and bacon on Sunday Tea or coffee, milk and juice						
Morning Tea	Rotational selection of cakes, biscuits, fresh fruit, and yoghurt Choice of hot or cold beverage, milkshake, Milo						
LUNCH							
Main	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 or roast thigh chicken 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 or roast thigh chicken fillets	Garlic and mustard tarragon pork steak or roast chicken cacciatore
Vegetarian Main	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
Vegetables	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
Dessert	Strawberry donut or canned apples	Peach, almond & yoghurt cake or canned pears	Creamed rice or canned peaches	Caramel braid pastry & butterscotch sauce or Two Fruits	Orange jelly & custard or pineapple pieces	Lemon pudding & lemon sauce or canned apricot	Hummingbird cake & custard or canned Two Fruits
Afternoon Tea	Beef cocktail pie	Broccoli & cheese bites	Pumpkin & goats cheese arancini	Salt & pepper calamari	Mac & cheese croquettes	Cocktail frankfurts	Chicken Kiev bites
DINNER							
Soup	Beef goulash	Mexican chicken & bean		Cheesy broccoli		Pea & ham	Cream of mushroom
Light Meal	Chicken chow mein	Pork, prune & water chestnut sausage roll	White bean sausage casserole	Lamb & rosemary pie	Chicken sausage with thyme & caramelised onion with gravy	Chilli con carne	Seafood basket
Vegetarian Main	Vegetable frittata	Root vegetable & bean casserole	Vegetable pasties	Vegetable mornay	Quiche Florentine	Vegetable tagine	Potato, onion, tomato, olive & leek frittata
Salad of the day	Chicken	Devon	Cheddar cheese	Tuna mayonnaise	Egg mayonnaise	Ham	Roast beef
Fruit	Selection of fruit						
Supper	Selection of sandwiches, biscuits or mousse Tea, coffee, Milo & milkshake						

WEEK 4	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Breakfast	Selection of cereal (All Bran, Cornflakes, Just Right, Weet-Bix, Sultana Bran) or porridge Fruit, yoghurt, toast (white, wholemeal) and preserves Hot options include scrambled eggs and baked beans on Thursday and scrambled eggs and bacon on Sunday Tea or coffee, milk and juice						
Morning Tea	Rotational selection of cakes, biscuits, fresh fruit, and yoghurt Choice of hot or cold beverage, milkshake, Milo						
LUNCH							
Main	Apricot & figs chicken with rice or beef & bacon burger on bun	Mongolian lamb with rice or roast chicken with asparagus cream	Pork in plum sauce with rice or crumbed fish fillets or roast thigh chicken 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 or roast thigh chicken fillets
Vegetarian Main	Vegetable burner	Bean & pumpkin casserole	Rice, pumpkin, mushrooms & leek bake	Vegetable stroganoff	Red lentil dahl curry	Zucchini & rice fritter	Pumpkin & polenta tart
Vegetables	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
Dessert	Strawberry gateaux or pineapple pieces	Banana & pecan cake & custard or canned pears	Lime jelly & custard 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 & butterscotch sauce or canned Two Fruits
Afternoon Tea	Rotational selection of cakes, biscuits, fresh fruit, and yoghurt Choice of hot or cold beverage, milkshake or Milo						
DINNER							
Soup	Beef, bean & vegetable	Broccoli, potato & bacon	Chicken & rice noodle		Cream of vegetable	Chicken & red pepper	
Light Meal	Pork sausage with calvados & apple	Singapore noodles with BBQ pork	Chicken pie	Salmon, rosemary & artichoke pasta	Wagyu beef sausage with caramelised onion gravy	Seafood risotto	Bacon & cheese sausage rolls
Vegetarian Main	Vegetable risotto	Macaroni pasta with Mediterranean vegetables	Chickpea & vegetable korma curry	Zucchini frittata	Spinach & ricotta cannelloni	Vegetable rolls	Singapore noodles with vegetables
Salad of the day	Chicken	Devon	Cheddar cheese	Tuna mayonnaise	Egg mayonnaise	Ham	Roast beef
Fruit	Selection of fruit						
Supper	Selection of sandwiches, biscuits or mousse Tea, coffee, Milo & milkshake						



Summer Menu

Week 4

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