

SUNDAY

Breakfast

Fresh Sliced Fruit, Porridge,
Toast, Cereal of Choice, Prunes,
Yoghurt , Fruit Juice / Hot
beverage of choice Or
Poached Eggs& Bacon

Morning Tea

Chef's Selection of Homemade
Slices / Cakes / Tarts / Muffins /
Scones

Lunch

Rosemary Roasted Lamb
Or
Tuna Tart

Served With:

Herb Roast Potato
and
Root Vegetable Bake

Dessert

Chocolate Profiteroles

Afternoon Tea

Chef's Homemade Biscuits

Soup

Cream of Cauliflower

Dinner

Braised Chicken with Field
Mushrooms

Served With:

Sultana Rice Salad and Mixed
Green Salad

Dessert

Two Fruits and Cream
Or
Fresh Sliced Fruit

Supper

Assorted Sandwiches or
Savoury Biscuits & Cheese
Served with Tea & Coffee

Summer/ Autumn 2014-2015

Week 1


aged care group

MONDAY

Breakfast

Fresh Sliced Fruit, Porridge,
Toast, Cereal of Choice, Prunes,
Yoghurt , Fruit Juice / Hot
beverage of choice

Morning Tea

Chef's Selection of Homemade
Slices / Cakes / Tarts / Muffins /
Scones

Lunch

Fish and Cheese Pie
Or
Homemade Chicken Rissoles
with Chicken Gravy

Served With:

Sweet Potato Mash
and
Cross cut beans
cauliflower

Dessert

Lemon Curd and Custard Slice
Or
Fresh Sliced Fruit

Afternoon Tea

Chef's Homemade Biscuits

Soup

Cream Of Mushroom

Dinner

Spanish Potato Omelette

Served With:

Pea, Bean and Carrot Medley

Dessert

Jellied Fruit
Or
Fresh Sliced Fruit

Supper

Assorted Sandwiches or
Savoury Biscuits & Cheese
Served with Tea & Coffee

SATURDAY

Breakfast

Fresh Sliced Fruit, Porridge,
Toast, Cereal of Choice, Prunes,
Yoghurt , Fruit Juice / Hot
beverage of choice

Morning Tea

Chef's Selection of Homemade
Slices / Cakes / Tarts / Muffins /
Scones

Lunch

Cottage Pie Cheese & Potato
Crust
Or
Cheesy Vegetable bake

Served With:

Roast Pumpkin and Broccoli

Dessert

Sultana Sponge with Custard

Afternoon Tea

Chef's Homemade Biscuits

Soup

Country Vegetable

Dinner

Mild Pork Curry with mango

Served With:

Egg Noodles with Chives and
Diced Carrots Garlic & zucchini

Dessert

Vanilla Pudding
Or
Fresh Sliced Fruit

Supper

Assorted Sandwiches or
Savoury Biscuits & Cheese
Served with Tea & Coffee