

# Sample Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	<b>Continental breakfast:</b> Cereal, toast, fruit, yoghurt & juice <b>Hot breakfast:</b> Bacon, eggs, toast & juice (on selected days)						
<b>Morning Tea</b>	Sweet biscuits						
<b>Lunch</b> Option One	Roast lamb	Barramundi in a garlic and basil tomato sauce	Chicken thighs in a creamy tomato sauce	Roast pork	Meatloaf	Crumbed fish	Ossobuco
Alternative	Vegetarian meal of the day	Vegetarian meal of the day	Vegetarian meal of the day	Vegetarian meal of the day	Vegetarian meal of the day	Vegetarian meal of the day	Vegetarian meal of the day
Option Two	Roast potato	Salad	Sweet mash	Roast potato	Rice	Chips	Peas
Option Three	Pumpkin	Sandwiches	Carrots	Peas	Carrots	Mixed vegetables	Carrots
Vegetables	Roast potato Seasonal vegetables	Roast potato Seasonal vegetables	Rice Seasonal vegetables	Roast potato Seasonal vegetables	Mash potato Seasonal vegetables	Chips & salad	Mash potato Seasonal vegetables
Vitamised	Chicken	Beef	Chicken	Lamb	Steak & kidney	Fish	Pork
<b>Dessert</b>	Baked ricotta cake	Pear crumble	Chocolate pudding	Cheese cake	Steamed pudding	Jelly	Tiramisu
<b>Afternoon Tea</b>	Apple tea cake	Custard Danish	Blueberry muffins	Fruit cake	Tea cake	Sultana scones	Cupcakes
<b>Dinner</b>	Tomato soup	Pumpkin soup	French onion soup	Cream of chicken soup	Spring vegetable soup	Potato & leek soup	Celery soup
Choice One	Pulled beef burritos	Italian egg bake	Zucchini slice spanakopita	Grilled sausages with leek and mash potato	Chicken crumbed with sweet n sour	Curry chickpeas and vegetables	Chicken stir-fry & cashews
Choice Two	Salad	Salad	Salad	Salad	Salad	Salad	Salad
Choice Three	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
Vitamised	Lamb	Scrambled egg	Beef	Fish	Beef	Chicken	Beef
<b>Dessert</b>	Ice cream	Peaches & cream	Two fruits & cream	Ice cream	Strawberry mousse	Apricots & custard	Chocolate pudding
<b>Supper</b>	Selection of coffee, tea, milo and assorted sweet biscuits						

Water, tea, coffee, milo, milk and cordial is available with all meals including morning and afternoon tea.

Dietary and texture modified meals are served according to dietary profiles. All texture modified meals are served with potato, gravy and two vegetables.

Textured meals will follow the menu as closely as possible.