

# RESIDENTIAL AGED CARE

## 4 week rotating menu – WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Scrambled eggs and bacon	Croissants	Spaghetti	Creamed mushrooms	Baked beans	Savoury mince	Parsley Scrambled eggs
<b>LUNCH – CHOOSE FROM 3 DIFFERENT OPTIONS DAILY</b>						
1. Beef Rissoles & seasonal veges <b>OR</b> 2. Ham Salad <b>OR</b> 3. Cheese & Tomato Sandwiches	1. Roast Pork & Apple sauce with seasonal veges <b>OR</b> 2. Salmon Salad <b>OR</b> 3. Chicken Sandwiches	1. Crumbed fish & seasonal veges*/coleslaw** <b>OR</b> 2. Roast Pork salad <b>OR</b> 3. Salami & Tomato Sandwiches	1. Corned silverside & seasonal veges <b>OR</b> 2. Egg Salad <b>OR</b> 3. Ham and Pickles Sandwiches	1. Party Pies & seasonal veges <b>OR</b> 2. Silverside Salad <b>OR</b> 3. Salmon sandwiches	1. Apricot chicken & seasonal veges <b>OR</b> 2. Cheese Salad <b>OR</b> 3. Silverside & chutney sandwiches	1. Roast Turkey & seasonal veges <b>OR</b> 2. Chicken Salad <b>OR</b> 3. Cheese sandwiches
Hot Pudding and custard	Pineapple meringue and cream	Fresh fruit salad and cream	Self saucing Pudding & ice cream	Baked egg custard and fruit	Jelly and pears and cream	Cheesecake and cream
<b>DINNER</b>						
Spring vegetable soup, Zucchini slice, a selection of sandwiches and a piece of fresh fruit.	Pea & ham soup, Pizza, a cold meat and cheese selection and a fresh fruit platter.	Chicken & corn soup, Irish stew, a selection of sandwiches and a piece of fresh fruit.	Lamb hot-pot soup, chicken vol-au-vents, a cold meat and cheese selection and a fresh fruit platter.	Beef & vegetable soup, macaroni cheese, a selection of sandwiches and a piece of fresh fruit.	Asparagus Soup, curried sausages and rice, a cold meat and cheese selection and a fresh fruit platter.	Cream of vegetable soup, steak & vegetables with parmesan dumplings & mashed potato, a selection of sandwiches and a piece of fruit.

\* Winter option \*\*Summer option

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## 4 week rotating menu – WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Sausages & bacon Gravy	Spaghetti	Scrambled eggs & bacon	Baked beans	Eggs Benedict	Baked beans	Poached eggs & bacon
<b>LUNCH – CHOOSE FROM 3 DIFFERENT OPTIONS DAILY</b>						
<b>1.</b> Veal Schnitzel & seasonal veges <b>OR</b> <b>2.</b> Salmon Salad <b>OR</b> <b>3.</b> Cheese & Tomato Sandwiches	<b>1.</b> Roast Beef & seasonal veges <b>OR</b> <b>2.</b> Ham Salad <b>OR</b> <b>3.</b> Chicken Sandwiches	<b>1.</b> Crumbed chicken schnitzel & salad <b>OR</b> <b>2.</b> Roast Beef salad <b>OR</b> <b>3.</b> Salami & Tomato Sandwiches	<b>1.</b> Corned lamb, onion sauce & seasonal veges <b>OR</b> <b>2.</b> Egg Salad <b>OR</b> <b>3.</b> Ham and Pickles Sandwiches	<b>1.</b> Beef Rissoles and seasonal vegetables <b>OR</b> <b>2.</b> Corned lamb Salad <b>OR</b> <b>3.</b> Salmon sandwiches	<b>1.</b> Sweet and sour pork and seasonal vegetables <b>OR</b> <b>2.</b> Cheese Salad <b>OR</b> <b>3.</b> Silverside & chutney sandwiches	<b>1.</b> Roast Chicken & seasonal veges <b>OR</b> <b>2.</b> Roast Turkey Salad <b>OR</b> <b>3.</b> Cheese sandwiches
Baked Custard and Two Fruits	Flavoured ice cream and fruit	Apple Pie and pouring cream	Hot caramel dumplings, apples & ice cream	Banana Custard	Peaches & Ice Cream	Apple Crumble and ice cream
<b>DINNER</b>						
Minestrone soup, poached eggs, a cold meats and cheese selection and a fresh fruit platter.	Pea and ham soup, party pies , a selection of sandwiches and a piece of fresh fruit	Spring vegetable soup, Lamb Sheppard's pie , a cold meats and cheese selection and a fresh fruit platter.	Beef and vegetable soup, chicken pieces in a sweet and sour sauce, a selection of sandwiches and a piece of fruit.	Cream of mushroom soup, vegetable mornay, a cold meat and cheese selection and a fresh fruit platter.	Tomato soup, curried mince and rice, a selection of sandwiches and a piece of fresh fruit.	Chicken and vegetables broth, sausages and bacon gravy, a cold meat and cheese selection, and a fresh fruit platter.

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## 4 week rotating menu – WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Savoury tomato	Poached eggs and bacon	Bubble and squeak	Cheese and Parsley Scrambled Egg	Baked beans	Scrambled eggs	Mushroom slice
<b>LUNCH – CHOOSE FROM 3 DIFFERENT OPTIONS DAILY</b>						
1. Meat & potato pie with seasonal vegetables <b>OR</b> 2. Ham Salad <b>OR</b> 3. Cheese & Tomato Sandwiches	1. Roast Pork, apple sauce & seasonal vegetables <b>OR</b> 2. Salmon Salad <b>OR</b> 3. Chicken Sandwiches	1. Crumbed fish & seasonal veges*/ coleslaw** <b>OR</b> 2. Roast Pork salad <b>OR</b> 3. Cheese & Tomato Sandwiches	1. Minted lamb rissoles & seasonal veges <b>OR</b> 2. Egg Salad <b>OR</b> 3. Ham and Pickles Sandwiches	1. Ham Steaks, Pineapple sauce & seasonal veges <b>OR</b> 2. Silverside Salad <b>OR</b> 3. Salmon sandwiches	1. Chicken Kiev and seasonal veges <b>OR</b> 2. Cheese Salad <b>OR</b> 3. Silverside & chutney sandwiches	1. Roast Lamb & seasonal veges <b>OR</b> 2. Chicken Salad <b>OR</b> 3. Cheese sandwiches
Date pudding and custard	Fresh fruit salad and ice cream	Jelly, peaches and cream	Creamed rice and fruit	Bread and butter pudding and peaches	Panna Cotta and fruit	Creamed rice and fruit
<b>DINNER</b>						
Potato & bacon soup, chicken wedges & vegetable bake, a selection of sandwiches and a piece of fresh fruit.	Pea & ham soup, pasta alfredo, a cold meat and cheese selection and a fresh fruit platter.	Minestrone soup, sausage rolls with sauce, a selection of sandwiches and a piece of fresh fruit.	Pumpkin soup, fish cocktails, sweet and sour sauce risotto, a cold meat and cheese selection and a fresh fruit platter.	Tomato soup, braised steak and vegetables, a selection of sandwiches and a piece of fresh fruit.	Cream of cauliflower soup, curried prawns and rice, a cold meat and cheese selection and a fresh fruit platter.	Chicken broth, continental frankfurts & potato bake, a selection of sandwiches and a piece of fresh fruit.

\* Winter option \*\*Summer option

# RESIDENTIAL AGED CARE

## 4 week rotating menu – WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Scrambled eggs and Bacon	Baked beans	Creamed mushrooms	Spaghetti	Savoury scrambled eggs	Cheese melts	Pancakes
<b>LUNCH – CHOOSE FROM 3 DIFFERENT OPTIONS DAILY</b>						
<b>1. Steak &amp; kidney pie with seasonal vegetables OR</b> <b>2. Ham Salad OR</b> <b>3. Cheese &amp; Tomato Sandwiches</b>	<b>1. Roast Beef &amp; seasonal vegetables OR</b> <b>2. Salmon Salad OR</b> <b>3. Chicken Sandwiches</b>	<b>1. Chicken schnitzel, gravy, chips &amp; seasonal veges*/ caesar salad** OR</b> <b>2. Roast Beef salad OR</b> <b>3. Cheese &amp; Salami Sandwiches</b>	<b>1. Pickled Pork &amp; seasonal veges OR</b> <b>2. Egg Salad OR</b> <b>3. Beef and Pickles Sandwiches</b>	<b>1. Ham Steaks, Pineapple sauce &amp; seasonal veges OR</b> <b>2. Silverside Salad OR</b> <b>3. Salmon sandwiches</b>	<b>1. Chicken Kiev and seasonal veges OR</b> <b>2. Cheese Salad OR</b> <b>3. Silverside &amp; chutney sandwiches</b>	<b>1. Roast Lamb &amp; seasonal veges OR</b> <b>2. Chicken Salad OR</b> <b>3. Cheese sandwiches</b>
Flavoured icecream and fruit	Custard and fruit	Sherry trifle and cream	Hot apple slice and cream	Bread and butter pudding and peaches	Panna Cotta and fruit	Creamed rice and fruit
<b>DINNER</b>						
Cream of celery soup, curried chicken and rice, a cold meats and cheese selection and a fresh fruit platter.	Carrot soup, chicken and potato bake, a selection of sandwiches and a piece of fruit	Pumpkin soup, poached eggs, a cold meats and cheese selection and a fresh fruit platter.	Chicken and vegetable soup, pasties with tomato sauce, a selection of sandwiches and a piece of fresh fruit.	Tomato soup, cottage pie, a cold meat and cheese selection and a fresh fruit platter.	Beef and vegetable soup, battered pork in sweet and sour sauce, a selection of sandwiches and a piece of fresh fruit.	Onion and potato soup, quiche lorraine, a cold meat and cheese selection and a fresh fruit platter.

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