

SUMMER MENU - CITY - COPPIN

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST BUFFET OFFERED DAILY CONSISTING OF CEREALS, MUESLI, FRUITS & YOGHURTS WITH FURTHER OFFERING OF PORRIDGE. A CHOICE OF FULL CREAM/ SKIN & SOY MILKS READILY AVAILABLE ALONG WITH AN ASSORTMENT OF FRUIT JUICES. A SELECTION OF WHOLEMEAL/ MULTIGRAIN & WHITE BREADS, CRUMPETS/ MUFFINS COMPLIMENTED BY AN ARRANGEMENT OF SPREADS. A COOKED BREAKFAST IS SERVED AT LEAST TWICE (2) PER WEEK. PLEASE SEE BREAKFAST MENU FOR FULL RANGE OF ITEMS						
MORNING TEA	LAMINGTON	CHEESE & HERB SCONES	ANZACS	MELTING MOMENTS	CHEESE & FRUIT PLATE	DATE LOAF	SAVOURY MUFFIN
LUNCH MENU							
CHOICE 1	EGG & BACON PIE	RESIDENT CHOICE	ORANGE CHICKEN	MIXED GRILL (CHIPOLATAS/ RISSOLES)	FISH OF THE DAY	TOMATO BRAISED PORK	MUSTARD ROAST BEEF W/ GRAVY
	OR		OR	OR	OR	OR	OR
CHOICE 2	TOMATO & RICOTTA QUICHE		COCONUT CHICKPEA & VEGETABLE CURRY	VEGETABLE & LENTIL PATTY	CHEESE & VEGETABLE BAKE	TUSCAN VEGETABLE STEW	SPRING VEGETABLE FRITTATA
SERVED WITH	CHIPS, CARROTS & BUTTERED GREEN PEAS		RICE & STIR FRY VEGETABLES	GREEN BEANS, TOMATO & RICE SALAD	CHIPS & GREEK SALAD W/ LEMON CHEEK	MASHED POTATOES, PURPLE CABBAGE & BRUSSEL SPROUTS	ROASTED POTATOES, ROASTED PUMPKIN & PEAS
BREAD ROLLS OR A SELECTION OF WHOLEMEAL/ MULTIGRAN OR WHITE BREADS ARE READILY AVAILABLE ON REQUEST, IF ASSESSED BY SPEECH PATH AND APPROVED TO DO SO. PLEASE REFER TO THE BEVERAGE							
DESSERT	PAVLOVA W/ BERRIES & CREAM	CHOCOLATE BAVARIAN	APPLE STRUDEL (HOT)	BLUEBERRY BAKED CHEESECAKE	BUTTERSCOTCH PUDDING (HOT)	ORANGE POKE CAKE	CHOCOLATE BROWNIES (HOT)
ALL DESSERTS ARE OFFERED WITH CHOICE OF CREAM, CUSTARD OR ICE CREAM							
AFTERNOON TEA	A SELECTION OF COFFEE, TEA, MILO, MILK OR CORDIAL SERVED WITH HOME BAKED SWEETS, ASSORTED BISCUITS CUSTARD, YOGHURTS, FRESH CUT FRUIT OR PROTEIN BASED MOUSSE						
DINNER MENU							
DINNER ALTERNATIVE CHOICES							
ALTERNATIVE OPTIONS AVAILABLE DAILY IN REPLACEMENT OF DINNER AT RESIDENTS REQUEST: SANDWICHES / TOASTED SANDWICHES/ SALAD / OMELETTE / BAKED BEANS WITH TOAST / POACHED EGG WITH TOAST. PLEASE SEE DINNER ALTERNATIVE MENU FOR FULL RANGE OF ITEMS. PLEASE REFER TO THE BEVERAGE MENU FOR FLUID PROVISIONS							
SOUP	CURRIED RED LENTIL (V)	SPINACH, BASIL & WHITE BEAN (V)	CHICKEN & BARLEY	VEGETABLE & 3 BEAN	CAULIFLOWER & BACON (ADD CHEESE REMOVE BACON FOR VEGE)	MINESTRONE (V)	SWEET POTATO & LENTIL (V)
ALL SOUPS ARE OFFERED WITH A BREAD ACCOMPIMENT (WHOLEMEAL/ GRAIN/ WHITE OR ROLL)							
DINNER	GARLIC PRAWNS	ZUCCHINI SLICE (V)	BEEF BURGANDY HAND PIES	HAM & CHEESE CROISSANTS	LAMB KOFTA	LEMON, OLIVE & ROSEMARY CHICKEN	VOL AU VENTS - CHEFS SPECIAL (V)
SERVED WITH	JASMINE RICE, BROCCOLI & SQUASH	3 BEAN SALAD & POTATO WEDGES W/ SOUR CREAM	TOMATO RELISH, CHIPS & GREEN PEAS	HASH BROWNS & EGG SALAD	PILAF RICE, TATZIKI YOGHURT & DICED SALSA	BUTTER BEAN SALAD	MASH, CARROTS & GREEN BEANS
VEGETARIAN OPTION	GARLIC TOFU	NA	SPINACH & RICOTTA PIE	CHEESE & TOMATO CROISSANT	FALAFELS	LEMON BAKED TOFU	NA
DESSERT	VANILLA CUSTARD W/ FRESH FRUIT SALAD	CHERRY PIE (HOT)	BLACKFOREST CAKE	LEMON DELICIOUS (HOT)	VANILLA SAGO PUDDING	SUMMER BERRY PUDDING	PANNA COTTA W/ BERRY SYRUP
ALL DESSERTS ARE OFFERED WITH CHOICE OF CREAM, CUSTARD OR ICE CREAM							
SUPPER	A SELECTION OF COFFEE, TEA, MILO OR MILK PLUS ASSORTED SWEET BISCUITS, SANDWICHES & FRUITS.						