

SUMMER MENU - CITY - FOOTSCRAY

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 WHOLEMEAN/ MULTIGRAIN & WHITE BREADS, CRUMPETS/ MUFFINS COMPLIMENTED BY AN ARRANGEMENT OF SPREADS. A COOKED BREAKFAST IS SERVED AT LEAST ONCE PER WEEK. PLEASE SEE BREAKFAST MENU FOR FULL RANGE OF ITEMS								
Morning Tea RG7 EC7	LAMINGTON	YUM CHA	MELTING MOMENT	YUM CHA	CHEESE & FRUIT PLATE	YUM CHA	ANZACS		
Morning Tea SB6-PU4 (modify to IDDSI guidelines)	MODIFIED SPONGE CAKE	YOGHURT/ FRESH FRUIT	MODIFIED MELTING MOMENT	MODIFIED BANANA CAKE	YOGHURT/ FRESH FRUIT	FRUIT CUSTARD	MODIFIED ANZACS		
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
Soup	CHICKEN PHO	RESIDENT CHOICE	COMBINATION NOODLE	MINESTRONE	CHICKEN & CORN	BEEF NOODLE SOUP	ASIAN GREEN		
Lunch Main Course 1 IDDSI: RG7 EC7		RESIDENT CHOICE		TERIYAKI BEEF	TURMERIC & DILL FISH		BBQ PORK		
Served with		RICE & STIR FRY VEGETABLES		BOK CHOY & GREEN BEANS	RICE, BROCCOLI & CARROTS		RICE NOODLES	RICE, BROCCOLI & CARROTS	CUCUMBER SALAD, NOODLES & BOK CHOY
Lunch Main Course 2 RG7 EC7		EGG & BACON PIE		LEMON & ROSEMARY PORK	TRADITIONAL BBQ (CHIPOLATAS/ RISSOLES)		FISH OF THE DAY	TOMATO BRAISED PORK	MUSTARD ROAST BEEF W/ GRAVY
Served with	MASH POTATO, CARROTS & BUTTERED PEAS	RESIDENT CHOICE	CHICKEPEA SALAD	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 MENU FOR FLUID PROVISIONS									
Dessert RG 7 EC 7	STICKY DATE PUDDING (HOT)	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									
Texture Modified Lunch SB6-PU4 (modify to IDDSI guidelines)	SCRAMBLED EGGS	RESIDENT CHOICE	COCONUT FISH CURRY	TERIYAKI BEEF/ MUSTARD BEEF	GINGER STEAMED FISH	SEASONED CHICKEN	BBQ PORK/ ROAST PORK (NO CRACKLE)		
Served with (modify to IDDSI guidelines)	CHEESE MASH POTATO, CARROTS & BUTTERED GREEN PEAS		POTATO, PUMPKIN & BEANS	GARLIC MASH POTATO, BROCCOLI & CARROTS	SEASONED MASH POTATO, PEAS & CORN PUREE	MASHED POTATOS, CABBAGE & CARROTS	MUSTARD MASH POTATO, PUMPKIN & PEAS		
Texture Modified Dessert SB6-PU4 (modify to IDDSI guidelines)	STICKY DATE PUDDING (HOT)	CHOCOLATE BAVARIAN (NO CRUST)	SPICED APPLIED (HOT) W/ SEMOLINA PUDDING	BLUEBERRY BAKED CHEESECAKE	BUTTERSCOTCH PUDDING (HOT)	ORANGE POKE CAKE	CHOCOLATE BROWNIES (HOT)		
Afternoon Tea RG7	A SELECTION OF COFFEE, TEA, MILO, MILK OR CORDIAL SERVED WITH HOME BAKED SWEETS, ASSORTED BISCUITS CUSTARD, YOGHURTS, FRESH CUT FRUIT OR PROTEIN BASED MOUSSEE								
Afternoon Tea SB6-PU4 (modify according to IDDSI guidelines)	A SELECTION OF COFFEE, TEA, MILO, MILK OR CORDIAL SERVED WITH WITHER A TEXTURE MODIFIED HOME BAKED OPTION, CUSTARD, YOGHURTS, TM FRUIT (PUREE) OR PROTEIN BASED MOUSSE								
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	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)		
Dinner Main Course RG7 EC7	BEEF BULOGI	CHINESE CHICKEN DRUMSTICKS	BEEF & BROCCOLI STIR FRY	ORANGE CHICKEN	SINGAPORE NOODLES W/ BEEF	SPRING ROLLS W/ NOODLES	TAMARIND FISH		
Western dish alternative	NA	ZUCCHINI QUICHE	NA	CHICKEN PARMA	NA	LAMB KOFTA	NA		
Served with	EGG NOODLES, CAPSICUM & WOM BOK	STICKY RICE, CARROTS & PEAS (OR CHIPS & SALAD)	STICKY RICE & ASIAN GREENS (OR CHIPS & SALAD)	STIR FRY BROCCOLI & BOK CHOY (OR SCOLLOP POTATOES, PUMPKIN & BROCCOLI)	WOMBOK, BEANS & CAPSICUM	STIR FRY BROCCOLI & BOK CHOY (OR SCOLLOP POTATOES, PUMPKIN & BROCCOLI)	RICE & VEGETABLE MEDLEY		
Dinner Dessert RG7 EC7	VANILLA CUSTARD W/ FRESH FRUIT SALAD	CHERRY PIE (HOT)	VANILLA SAGO PUDDING	LEMON DELICIOUS (HOT)	BLACKFOREST CAKE	SUMMER BERRY PUDDING	PANNA COTTA W/ BERRY SYRUP		
ALL DESSERTS ARE OFFERED WITH CHOICE OF CREAM, CUSTARD OR ICE CREAM									
Texture Modified Dinner SB6-PU4 (modify to IDDSI guidelines)	BEEF BULOGI	CHINESE CHICKEN DRUMSTICKS (NO BONE)	BEEF & BROCCOLI STIR FRY	ORNAGE CHICKEN/ LEMON PEPPER CHICKEN	OMLETTE	PORK SAUSAGES	LEMON STEAMED FISH		
Served with (modify to IDDSI guidelines)	GALIC BUTTER MASH, BROCCOLI & CARROT	SWEET POTATO, PEA & CAULIFLOWER	MASHED POTATO, GREEN BEANS & CARROTS	MUSTARD MASH POTATO, PUMPKIN & BROCCOLI	GARLIC MASH POTATO, SAUTEED SPINACH & GRILLED TOMATO (NO SKIN)	RICOTTA MASH POTATO, CARROTS & SPINACH	MASH, CARROTS & GREEN BEANS		
Texture Modified Dessert SB6-PU4 (modify to IDDSI guidelines)	VANILLA CUSTARD W/ FRESH FRUIT SALAD	MULLED CHERRY PIE (NO PASTRY) (HOT)	VANILLA SAGO PUDDING	LEMON DELICIOUS (HOT)	BANOFFEE PIE	APPLE & BLUEBERRY BREAD & BUTTER CRUMBLE (HOT) - NO CRUMBLE	ALMOND FLOAT		
Supper	A SELECTION OF COFFEE, TEA, MILO OR MILK PLUS ASSORTED SWEET BISCUITS, SANDWICHES & FRUITS.								
Supper SB6-Pu4	A SELECTION OF COFFEE, TEA, MILO OR MILK WITH CHOICE OF FRUIT PUREE, YOGHURTS, CUSTARDS								