

SUMMER MENU - CITY - SPRINGTIME

| 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 | ANZAC BISCUITS | MELTING MOMENTS | CHEESE & FRUIT PLATE | DATE LOAF | SAVOURY MUFFIN |
| LUNCH MENU | | | | | | | |
| CHOICE 1 | MEATLOAF | RESIDENT CHOICE | LEMON & ROSEMARY PORK | RIGATONI W/ TOMATO BOLOGNESE | FISH OF THE DAY | TOMATO BRAISED PORK | MUSTARD ROAST BEEF W/ GRAVY |
| | OR | | OR | OR | OR | OR | OR |
| CHOICE 2 | QUICHE LORRAINE | | COCONUT FISH CURRY W/ RICE | WARM SATAY CHICKEN & RICE SALAD | MEDITERANEAN CHICKPEA CASSEROLE W/ RICE | CHICKEN PARMA | CHEESE & VEGETABLE BAKE |
| SERVED WITH | CHIPS, CARROTS & BUTTERED GREEN PEAS | | CHICKEPEA SALAD | NA | CHIPS & GREEK SALAD W/ LEMON CHEEK | MASHED POTATOES, PURPLE CABBAGE & BRUSSEL SPROUTS | ROASTED POTATOES, ROASTED PUMPKIN & PEAS |
| VEGETARIAN OPTION | TOMATO & RICOTTA QUICHE | NA | CHICKPEA & VEGETABLE CURRY | TOFU SATAY & RICE SALAD | NA | EGGPLANT PARMA | NA |
| BREAD ROLLS OR A SELECTION OF WHOLEMEAL/ MULTIGRAIN 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 | 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 | | | | | | | |
| 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) | MINISTRONE (V) | SWEET POTATO & LENTIL (V) |
| ALL SOUPS ARE OFFERED WITH A BREAD ACCOMNIMENT (WHOLEMEAL/ GRAIN/ WHITE OR ROLL) | | | | | | | |
| DINNER | GARLIC PRAWNS | ZUCCHINI SLICE (V) | LAMB KOFTA | HAM & CHEESE CROISSANTS | BEEF BURGANDY HAND PIES | LEMON, OLIVE & ROSEMARY CHICKEN | VOL AU VENTS - CHEFS SPECIAL (V) |
| SERVED WITH | JASMINE RICE, BROCCOLI & SQUASH | 3 BEAN SALAD & POTATO WEDGES W/ SOUR CREAM | PILAF RICE, TATZIKI & DICED SALSA | GARDEN SALAD W/ FETTA | TOMATO RELISH, CHIPS & GREEN PEAS | BUTTER BEAN SALAD | MASH, CARROTS & GREEN BEANS |
| VEGETARIAN OPTION | GARLIC TOFU | NA | FALAFELS | CHEESE & TOMATO CROISSANT | PUMPKIN, SPINACH & FETTA FRITTATA | LEMON BAKED TOFU | NA |
| DESSERT | VANILLA CUSTARD W/ FRESH FRUIT SALAD | CHERRY PIE (HOT) | VANILLA SAGO PUDDING | LEMON DELICIOUS (HOT) | BLACKFOREST CAKE | SUMMER BERRY PUDDING | PANNA COTTA W/ BERRY COULIS |
| 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. | | | | | | |