

## Four Week Rotating Menu

### WEEK ONE MENU

Week one	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Poached eggs Hash browns	Breakfast Frittata, Grilled tomato	Scrambled eggs Mushrooms	Poached eggs Sausages	Cheesy Scrambled Eggs.	Savoury Muffin, Egg and cheese	Poached eggs Bacon & tomato
Breakfast Texture Modified	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs
Morning tea	Apple tea cake	Caramel Slice	Jatz & cheese	Scones cream & jam	Cream biscuits	Pikelets with jam	Sao with cheese & tomatoes
Lunch (1)	Beef Bourgignon	Grilled Lamb Chops with mint Gravy	Mediterranean Chicken (Lemon, oregano, garlic)	Roast Pork and Apple Sauce	Crumbed Fish with Lemon and Tartare	Lamb Korma with Steamed Jasmine Rice	Roast Beef and Mustard Sauce
Lunch (2)	Cheese, Asparagus, Red Onion Quiche	Stir Fry Pork and Pineapple, Steamed Coconut Rice	Chickpea Tagine, dates and apricots	Fish Pie	Beef Lasagne	Char Grilled Vegetable, Semi Dried Tomato Bake	Barbecue Chicken
Texture Modified	Beef Bourgignon	Savoury Pork	Lemon Chicken	Roast Pork	Fish Mornay	Lamb Korma	Roast Beef
Veg 1	Parsley Mash	Potato Bake	Baby Chats	Roast Potato	Chips	Sour Cream and Chive Mash	Baked Paprika Potatoes
Veg 2	Buttered Carrots	Steamed Pumpkin	Carrots and Corn	Baked Sweet Potato	Coleslaw	Cauliflower	Roast Parsnip
Veg 3	Steamed Baby Spinach	Minted Peas	Buttered Zucchini	Beans (toasted almonds)	Veg for TM	Broccoli	Mixed Greens
Dessert	Pavlova fresh cream and fruit	Apple crumble and Custard	Croissant, Raspberry and White Chocolate Pudding	Jelly and Ice Cream	Baked Pear Tart and Cream	Peaches baked rice custard	Trifle
Dessert Puree	Pavlova fresh cream and pureed fruit	Pureed Apple and Custard	Baked Custard and Pureed Fruit	Jelly and Ice Cream	Pureed Pears and Cream	Puree Peaches & baked rice custard	Strawberry Mousse
Afternoon Tea	Cocktail Sausage Rolls	Fresh Fruit Platters	Date Slice	Anzac Biscuits	Jam and Cream Sponge	Mini Quiche	Danish Pastries
Soup	Minestrone	Pumpkin soup	Chicken noodle	Lamb & barley	Creamy tomato soup	Asparagus and bacon	Chicken & vegetable



## Four Week Rotating Menu

### WEEK 2 MENU

Week two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Ham and Cheese Croissant	Poached eggs	Scrambled eggs & spaghetti	Pancakes, Maple Syrup	Scrambled eggs Chipolata's	Poached eggs Hash browns	Scrambled eggs & bacon
Breakfast Texture Modified	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs
Morning tea	Banana muffin	SAO with cheese & tomato	Vanilla Cupcake	Chocolate biscuits	Raspberry muffins	Date Scones	Jatz & cheese
Lunch (1)	Pork Steak with Mustard Sauce	Chicken Vol Au Vent	BBQ, Sausages, Mini Steaks, Chops (onions)	Corned Silverside with Parsley Sauce	Battered Fish with Lemon and Tartare	Butter Chicken, Pilaff Rice	Roast Lamb with Mint Sauce
Lunch (2)	Baked Fish with Dill Mayonnaise	Asparagus, Mushroom, Tomato Risotto		Sundried Tomato & Cheese Quiche	Ham Steak and Pineapple	Beef Rissoles with Onion Gravy	Pork and Apple Casserole
Texture Modified	Pork and Mustard Sauce	Creamy Chicken	Skinless Sausages	Corned Silverside Parsley Sauce	Fish Mornay	Butter Chicken	Roast Lamb
Veg 1	Lyonnais Potato	Herbed Potatoes	Veg for TM	Parsley Mash	Chips	Rustic Potatoes	Rosemary Roasted Potatoes
Veg 2	Honey Cinnamon Pumpkin	Sweet Potato Mash	Coleslaw	Baby Carrots	Garden Salad	Steamed Sweet Potato	Baked Pumpkin
Veg 3	Brussel Sprouts	Baby Beans	Garden Salad	Braised Cabbage	Veg for TM	Garlic Zucchini	Peas
Dessert	Apple slice and cream	Lemon Self-saucing pudding and Custard	Ice cream sundaes Fruit, wafer biscuit and tipping or Ice cream cone	Cheesecake	Bread & butter pudding stewed apple	Cinnamon Peaches with Custard	Lemon Delicious
Dessert Puree	Pureed Apple and cream	Pureed Self-saucing pudding and Custard	Ice cream and puree fruit	Cheesecake topping only	Baked Custard and Pureed Apple	Pureed Cinnamon Peaches with Custard	Lemon delicious



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### WEEK 3 MENU

Week three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Bacon and Egg Muffin	Poached eggs, Sausages	Cheese Omelette	Scrambled eggs hash browns	Poached Egg, Baked Beans	Scrambled eggs cream corn	Scrambled eggs, Bacon, Tomato
Breakfast Texture Modified	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs
Morning tea	Chocolate brownie	Jatz & cheese	Fruit Cake	Scones cream and jam	Carrot cake	Chocolate chip cookies	SAO cheese and tomato
Lunch (1)	Steak Dianne	Pickled Pork with White Sauce	Roast Chicken with Herb Stuffing	Irish Stew	Baked Fish with Caper Butter	Pork Meatballs, Apple Cider Gravy	Mustard Herb Roasted Beef
Lunch (2)	Chicken Rissoles	Lamb and Rosemary Sausages	Vegetable Lasagne	Crumbed Whiting Fillets with Lemon and Tartare	Beef Schnitzel	Honey Soy Marinated Chicken Drumsticks	Cauliflower and Feta Fritters with Tomato Relish
Texture Modified	Steak Dianne	Pickled Pork	Roast Chicken	Irish Stew	Fish Mornay	Pork meatballs	Roast Beef
Veg 1	Potato Gems	Parsley Mash	Baked Potatoes	Cracked Pepper Mash	Chips	Steamed Potatoes	Herb Roasted Potatoes
Veg 2	Sesame Carrots	Steamed Pumpkin	Baked Sweet Potato	Homestyle Mixed Vegetables	Garden Salad	Mashed Sweet Potato	Roasted Carrots
Veg 3	Buttered Beans	Braised Cabbage	Mixed Steamed Greens		Veg for TM	Buttered Zucchini	Cauliflower, Broccoli Mornay
Dessert	Plums and ice cream	Peach cobbler	Vanilla Mousse with Berry Compote	Tiramisu	Crème caramel	Apricot Danish & ice cream	Apple & Blueberry crumble and custard
Dessert Puree	Plums & ice cream	Peach cobbler	Vanilla pudding	Pureed Tiramisu and Custard	Crème caramel	Pureed Apricot & ice cream	Pureed Apple Blueberry & custard
Afternoon Tea	Sundried Tomato and Cheese Muffins	Raspberry Shortcake Slice	Apricot and Almond Biscuits	Cocktail Sausage Rolls	Fresh Fruit Platters	Orange and Poppy seed Muffins	Lemon Tart
Soup	Chicken noodle	Pumpkin	Minestrone	Lamb & barley	Chicken & vegetable	Creamy tomato	Farmhouse Vegetable



## Four Week Rotating Menu

### WEEK 4 MENU

Week four	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Poached Egg & Mushroom	Egg & Bacon Croissant	Scrambled eggs & cream corn	Poached eggs & grilled tomato	Scrambled Egg & Spaghetti	Breakfast Frittata	Scrambled egg, bacon, hash brown
Breakfast Texture Modified	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs
Morning tea	Chocolate cake	Rock cake	Banana chocolate chip muffins	Jatz cheese and tomato	Sultana Scones	Pikelets Jam and Cream	Jatz & cheese
Lunch (1)	Mediterranean Braised Lamb	Chicken and Mushroom Casserole	Baked Fish with Mango Salsa	Braised Steak	Battered Fish with Herb Mayonnaise	Chilli Con Carne with sour cream and corn chips	Garlic & Rosemary Roasted Lamb
Lunch (2)	Stir Fry Pork and Plum Sauce	Roasted Pumpkin, Coconut Curry	Lamb and Vegetable Pie	Roast Turkey with Cranberry Sauce	Pork Casserole	Cheese and Asparagus Vol Au Vent	Pork Schnitzel
Texture Modified	Braised Lamb	Chicken and Mushroom Casserole	Lamb and Vegetable Stew	Roast Turkey	Fish Mornay	Chilli Con Carne	Roast Lamb
Veg 1	Parsley Potatoes	Mashed Potato/Steamed Jasmine Rice	Buttered Baby Chats	Baked Potato	Chips	Steamed Rice/Mash Pot	Roast Potatoes
Veg 2	Steamed Pumpkin	Buttered Corn/Carrots	Honey Carrots	Roast Sweet Potato	Mixed Vegetables Mash Pot TM	Home style Mixed Vegetables	Baked Pumpkin
Veg 3	Garlic Zucchini	Brussel Sprouts	Steamed Broccoli	Beans	Coleslaw		Minted Peas
Afternoon Tea	Fresh Fruit Platters	Melting Moments	Party Pies	Chocolate Biscuits	Sponge Cake	Shortbread Biscuits	Vanilla Slice
Dessert	Impossible pie	Panna cotta and peaches	Apple sponge & custard	Fruit salad & ice cream	Ginger pudding and Custard	Mango mousse and fruit	Ice cream cones
Dessert Puree	Impossible pie no Base	Panna cotta Pureed peaches	Pureed Apple and Custard	Puree fruit & ice cream	Pureed Ginger pudding and Custard	Mousse pureed fruit	Ice cream

