

# RESIDENTIAL AGED CARE

## 4 Week Rotating Menu – WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST – MORNING TEA</b>						
Poached Egg Welsh Cakes	Crumpets with Jam and Butter Scones	Scrambled Egg with Grilled Tomato Mini Quiche	Pikelets and Maple Syrup Anzac Biscuits	Egg Benedict Almond Finger	Mini Mixed Grill Mini Sausage Bacon Hash Brown Rock Cakes	Continental Breakfast, cheese melts Sausage Rolls
<b>LUNCH – AFTERNOON TEA - SWEETS</b>						
Snack Pies with potato mash, carrots and brussel sprouts Fresh Fruit Offering Steamed Fruit Pudding with custard	Farmhouse chicken and leek pie with roast potatoes, carrots and peas Biscuits Chilled Dutch Apple Pie & Cream	Spaghetti Milanese, turkish bread and mixed vegetables Fresh Fruit Offering Cheesecake and whipped cream	Lightly Spiced Lamb Stew with mashed pumpkin and broccoli Biscuits Creamed Rice	Fish and Chips with coleslaw Fresh Fruit Offering Bread and Butter Pudding (Cold Serve in Summer)	Apricot Chicken with rice, beans and carrots Biscuits Baked custard and fruit	Roast Beef Roast Potato, roast pumpkin, peas, gravy and horseradish sauce Fresh Fruit Offering Creamed rice with fruit
<b>DINNER – SOUPS</b>						
Traditional Macaroni Cheese with Peas Chicken and Rice Soup	Fish cocktails with chips and tar tare sauce Cauliflower	Swedish Rissoles in Gravy Scots Broth	Steamed Chicken with Gravy and rice Carrot and Celery	Mediterranean Beef Stew with Mini Dumplings Cream of Chicken	Home Style Aussie Meat Pie with Pumpkin Mash Potato and Leek	Chicken Parmigiana with Hot Chips Cream of veg Soup

\* Winter option \*\*Summer option

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## 4 Week Rotating Menu – WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST - MORNING TEA</b>						
Spaghetti	Crumpets with Jam and Butter	Scrambled Egg with Grilled Tomato	Pikelets and Maple Syrup	Egg Florentine	Baked Beans	Cheese Melts
Snack Pies	Scones w/Jam & Cream	Shortbread	Cherry madeira Cake	Lemon Drizzle Cake	Crackers Cheese and Chutney	Peach & Honey Slice
<b>LUNCH – AFTERNOON TEA - SWEETS</b>						
Rissoles, mash potato, broccoli and carrots	Steamed Fish with crushed potato, roast carrots and peas	Hunters Chicken with potato gems, Caesar salad and mixed vegetables	Beef olives in Gravy with Cabbage and mashed potato	Fish and Chips, carrots, beans, tar tare and lemon	Braised Sausage with mashed potato, braised cabbage and mushy peas	Roast Pork Dinner with roast potato, carrot, peas and gravy
Fresh Fruit Offering	Biscuits	Fresh Fruit Offering	Biscuits	Fresh Fruit Offering	Biscuits	Fresh Fruit Offering
Pear Frangipane	Pineapple Meringue	Cheesecake and cream	Self- saucing pudding with ice cream	Rhubarb and Ginger Crumble	Baked custard	Lemon Posset
<b>DINNER - SOUPS</b>						
Pasta Alfredo	Beef Burgundy	Veggie Frittata w/ Roast Pumpkin	Creamy Mushroom Chicken Risotto	Honey Soy Chicken & Noodles	Italian Meatballs w/ Spaghetti.	Tuna mornay & Chips
Pumpkin	Carrot & Coriander	Cream of Celery	Lentil & Tomato	Lamb Broth	Yellow Split Pea	Cock a leaky Soup

# RESIDENTIAL AGED CARE

## 4 Week Rotating Menu – WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST – MORNING TEA</b>						
Poached Egg Jam Tarts	Crumpets with Jam and Butter Cheese Scones	Scrambled Egg with Grilled Tomato Mini Quiche	Pikelets and Maple Syrup Sausage Rolls	Egg Benedict Farmhouse Cookies	Bacon Hash Brown Citrus Shortbread Biscuits	Cheese Melt Pear & Almond Fingers
<b>LUNCH – AFTERNOON TEA - SWEETS</b>						
Battered Chicken with rice, broccoli and carrots Fresh Fruit Offering Jelly and ice cream	Pork and Cider Casserole, roast potato, mixed vegetables Biscuits Syrup Sponge & Custard	Corned Beef with Mustard Sauce & Fondant Potato and roast carrot Fresh Fruit Offering Chocolate Mousse and Sliced Pears	Spaghetti Bolognaise, sweet potato mash, brussel sprouts Biscuits Banoffee Pie	Fish and Chips mushy peas, tar tare and lemon Fresh Fruit Offering Vanilla Ice Cream w/Topping & Wafers.	Steak & Kidney Pudding w/Mash and Mushy Peas, honey carrots Biscuits Old Schools Jam and Coconut Sponge	Roast Chicken Thigh w/ Dauphinoise Potato, Broccoli au gratin, roast pumpkin Fresh Fruit Offering Traditional Apple Crumble with Pouring Cream.
<b>DINNER - SOUPS</b>						
Lamb Stew with Dumplings Tom & Basil Soup	Braised Steak Jardinière Carrot and orange soup	Barbeque Flavour Chicken with Rice & a Mint Yoghurt Dip Chicken and corn chowder	Quiche Lorraine Pumpkin Soup	Sausage and Root Veg Casserole Italian Vegetable Soup	Honey Soy Chicken w/ Noodles Golden Vegetable Soup	Fish Cocktails & Chips with sweet and sour sauce Cock a Leaky Soup

\* Winter option \*\*Summer option

# RESIDENTIAL AGED CARE

## 4 Week Rotating Menu – WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST – MORNING TEA</b>						
Spaghetti Apricot Slice	Crumpets with Jam and Butter Fruit Scones	Scrambled Egg with Grilled Tomato Pasty w/ Tomato Sauce	Pikelets and Maple Syrup Choc Nut Biscuit	Egg Florentine Banana & Date Muffin	Baked Beans Almond Toffee Slice	Cheese Melts Carrot Cake w/ Cream Cheese Frosting
<b>LUNCH – AFTERNOON TEA - SWEETS</b>						
Sausage & Tomato Pasta Bake, beans, carrots and mashed potato Fresh Fruit Offering Banana Custard	Pickled Pork w/ Mustard Sauce, roast potato and broccoli Biscuits Jelly & Fruit with Pouring Cream	Chicken Maryland in Tomato Sauce w/ Cheesy Mash, peas and mixed vegetables Fresh Fruit Offering Pineapple Upside Down Cake with Custard	Cumberland Pie with Cauliflower AU Gratin, zucchini, mashed potato Biscuits Stewed Apple Rhubarb and Prune Served with Pouring Cream	Grilled fish and chips, lemon, tar tare, butter beans and carrots Fresh Fruit Offering Trifle	Oyster Steak in Red Wine Gravy, braised cabbage, beans and mashed potato Biscuits Cheesecake	Slow Roast Lamb Gravy, roast potato, mash pumpkin and peas Fresh Fruit Offering Bread and Butter Pudding
<b>DINNER - SOUPS</b>						
Curried Chicken with Rice Spiced Lentil	Crumbed Fish with a Tomato Onion and Parsley Salsa Golden Vegetable	BBQ Pork with sweet and sour with rice Chicken and Carrot	Curried Prawns with mashed potato Potato and Leek	Soy and Sesame Chicken with Rice Mixed Vegetable Soup	Penne Pasta Bake Big Red Soup	Quiche Lorraine Minestrone Soup

\* Winter option \*\*Summer option

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