

SUMMER MENU - CITY - CENTENNIAL

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	NASI GORENG	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	GREEN BEANS, TOMATO & RICE SALAD	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	VEGETARIAN NASI GORENG	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	ASPARAGUS & WHITE BEAN	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.						