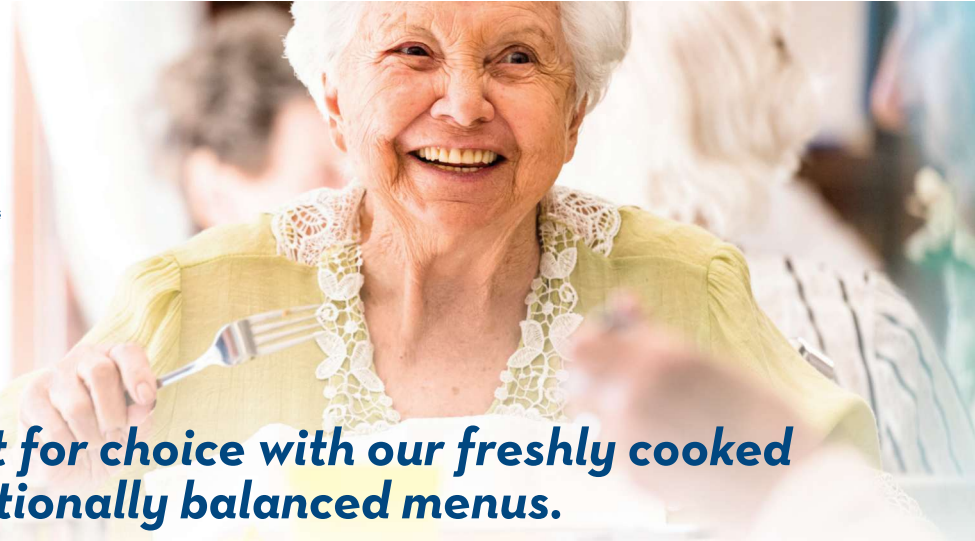
Dining at St Vincent's



Residents are spoilt for choice with our freshly cooked and nutritionally balanced menus.

Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Breakfast	Pancakes and Blackberry Compote	Porridge or Scrambled Eggs	Scramble Egg and Grilled Tomato	Porridge or Scrambled Eggs	Baked beans and Hash Brown	Porridge or Scrambled Eggs	Scrambled Eggs and Bacon
Residents also have the option of just scrambled eggs or porridge daily as well.							
Morning Tea	Apple Tea Cake	Light Fruit Cake	Fresh Fruit and Carrot Cake	Scones with butter and jam	Fresh Fruit and Orange Cake	Chocolate Muffin	Fresh Fruit and Banana Cake
Lunch	Hamburgers	Grilled fish with salad	Lamb and Spinach Rissole	Beef and Tomato Sausages	Grilled fish with salad	Chicken Cutlets	Roast Beef
Alternate Lunch	Chicken Cacciatore	Beef Lasagne	Chicken and Asparagus Mornay	Pork and Sage Casserole	Cottage Pie	Sweet Lamb Curry	Thai Yellow Pork Curry
Vegetarian option	Lentil Burger	Spinach and Ricotta Lasagne	Asparagus Mornay Bake	Vege Sausages	Vegetable Cottage Pie	Pineapple Vegetable Burger	Vegetable Fillets
Lunch sweets	Seasonal Fruits with Jelly	Crème Caramel	Tiramisu	Stewed Apple and Creamy Rice	Ice Cream and Topping	Summer Pudding	Eaton Mess
Dinner	Fried Rice	Beef Croquettes	Mushroom, Bacon and Cream Penne Pasta	Cheese Croissant	Pea Pastizzi	Spanish Frittata	House Beef Pie
Alternate dinner	Potato and Leek Soup	French Onion Soup	Indian Vegetable Chowder	Potato and Bacon	Creamy Pumpkin Soup	Chicken and Vegetable Soup	Carrot and Dill Soup
Vegetarian	Vegetarian Fried Rice	Vegetable Tenders	Creamy Mushroom Penne	Cheese Croissant	Sandwiches	Falafels	Quiche and Chips
We also have a range of additonal/alternate options such as sandwiches, salad meats, side veg and sauces.							

Please note this is an example of week 1 of our summer menu. Menus work on a 4 week rotation and change with each season

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ST VINCENT'S CARE SERVICES
A SERVICE OF ST VINCENT'S HEALTH AUSTRALIA