

# RESIDENT MENU CYCLE – WEEK 1 - WINTER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast Fruit</b>	Prunes, Kiwifruit, Stewed Apple available on all days						Scrambled Egg & Toast
<b>Cereal/milk &amp; milk products</b>	Ricies, Weetbix, Cornflakes, Porridge, Milk, Yogurt, Cream, Toast (marmalade, honey, peanut butter & vegemite) White & Whole meal Bread is available at all meals.						
<b>Morning Tea</b>	Tomato Sandwiches	Cheese Scones	Chocolate Slice	Tuna & Onion Sandwiches	Coconut Biscuits	Onion & Ham Muffins	Pikelets
<b>Diabetics</b>	Tomato Sandwiches	Cheese Scones	Paste & Tomato Crackers	Tuna & Onion Sandwiches	Asparagus Roll	Onion & Ham Muffins	Pikelets
<b>Softs/Puree</b>	Selection of Milkshakes, Complan, Smoothies, Yoghurts & Soft Cakes available (Morning, Afternoon & Evening)						
<b>Main Meal</b>	<b>Chicken Fricassee</b>	<b>Corned Silverside</b>	<b>Confetti Meatloaf</b>	<b>Pork Paprika Casserole</b>	<b>Battered Fish</b>	<b>Creole Lamb Casserole</b>	<b>Roast Beef &amp; Gravy</b>
Starch	Scalloped Kumara & Apple	Boiled Potato	Scalloped Potato & Onions	Steamed Potato or Pasta	Chipped Potatoes	Rice/Mashed Potatoes	Roast Potatoes
Vegetable	Broccoli	Honey Glazed Carrot & Peas	Cabbage	Silver Beet Mixed Vegetables	Coleslaw Beetroot	Carrots/Zucchini Julienne	Garlic & Pumpkin Minted Peas
Fruit	Watermelon	Oranges	Apple	Banana	Grapes	Pineapple	Sliced Apple & Cheese
<b>Diabetics</b>	As above	As above	As above	As above	As above	As above	As above
<b>Softs/Puree</b>	As above	As above	As above	As above	As above	As above	As above
<b>Afternoon Tea</b>	Sultana Cake	Bran Muffins	Crackers & Cheese	Carrot Cake	Egg Sandwiches	Banana Loaf	Louise Cake
<b>Diabetics</b>	Crackers & Tuna	Bran Muffins	Crackers & Cheese	Marmite Sandwiches	Egg Sandwiches	Tomato & Cucumber sandwiches	Salmon Crackers
<b>Light Meal</b>	Meat Patties Leek & Potato Soup	Tuna Pasta Bake Savoury Tomatoes	Scrambled Egg & Toast Pumpkin & Bacon Soup	Cheese Pie Vegetable Stir-fry	Vegetables Soup Pizza	Potato & Vegetable Quiche Macaroni Cheese	Egg & Asparagus Lyonnaise Bacon Hock Soup
Dessert	Apple Shortcake & Cream	Jelly & Ice Cream	Angel Pudding	Fruit & Custard	Crème Brulee	Lemon Meringue Pie	Pavlova
<b>Diabetics</b>	As Above Fruit & Yoghurt	Diabetic jelly	As Above/sucryl	As Above Fruit & Custard Sucryl	As Above/sucryl	As Above Mango & Yoghurt	Rice Pudding Sucryl
<b>Softs/Puree</b>	As above	As above	As above Without Toast	As above	As above	As above	As above
<b>Supper D = Diabetic</b>	D -Salmon Spread Sandwich Plain Biscuits	D - Asparagus Rolls Carrot Cake	D -Tomato Sandwiches Afghan Biscuits	D- Egg & Parsley Sandwiches Fruit Cake	D- Ham Sandwich Plain Biscuit	D- Tuna Sandwich Ginger Crunch	D - Marmite Sandwich Date Loaf