















Week 1. Winter menu.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast includes items such as: Cereals, porridge, fruit, toast and spreads						
Morning tea	Morning tea varies from day to day and includes items such as: bread, preserves, muffins, scones and other baked items						
Lunch (soft and puréed options are available)							
Lunch Main							
	Marinated and braised lamb chops	Meatloaf with gravy or sauce*	Chicken cacciatore	Old English devilled sausages*	Crumbed or battered fish with tartare sauce	Pork in apricot sauce*	Roast chicken and gravy
Potato dishes	Potato sides vary day to day and can be: mashed, scalloped, wedges, roasted or you can choose rice as an alternative						
Vegetable sides	Vegetable sides are based on seasonal produce						
Vegetarian	Vegetarian meal varies from day to day and is pre-planned to suit one's preferences						
Dessert	Apple crisp and custard*	Jellied fruit and cream	Sticky date pudding and caramel sauce*	Berry mousse and peaches	Banana custard and ice cream	Steamed jam pudding and custard*	Cheesecake and cream
Diabetic dessert	Apple crisp and custard*	Using sugar-free jelly	Sticky date pudding and caramel sauce*	Berry mousse and peaches	Banana custard and ice cream	Fruit and yoghurt	Cheesecake and cream
Afternoon tea	Afternoon tea varies from day to day and includes items such as: Cakes, slice, loaf, muffins or biscuits						
Dinner (soft and puréed options are available)							
Soup	Soup of the day served with bread and butter						
Main	Macaroni cheese	Lambs fry or savoury tomatoes with bacon	Asparagus and potato frittata	Rissoles and savoury sauce	Salmon and cheese mini croissants	Chicken and mushroom fricassee*	Scrambled eggs and hash browns
Fresh fruit	Seasonal fruit served daily						
Pudding	Smooth milk pudding is served daily with puréed fruit						
Supper	Supper varies from day to day and includes items such as: sandwiches, loaf or biscuits						

*We offer culturally appropriate options – just let us know.

*****Please note: This is a sample menu only*****

Week 1. Summer menu.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast includes items such as: Cereals, porridge, fruit, toast and spreads						
Morning tea	Morning tea varies from day to day and includes items such as: bread, preserves, muffins, scones and other baked items						
Lunch (soft and puréed options are available)							
Lunch Main							
	Savoury tomato meatballs	Smoked Fish in Parsley Sauce or Crispy Salmon	Butter chicken	Shepherds Pie*	Battered Fish or alternative Fish Dish	Chicken & Mushroom Casserole or Thai Green Curry	Whole Hot Ham and Mustard*
Potato dishes	Potato sides vary day to day and can be: mashed, scalloped, wedges, roasted or you can choose rice as an alternative						
Vegetable sides	Vegetable sides are based on seasonal produce						
Vegetarian	Vegetarian meal varies from day to day and is pre-planned to suit one's preferences						
Dessert	Boysenberry ice cream and chocolate sauce	Bread & butter pudding with cream	Rice pudding and red plums*	Fruit sponge and custard	Pineapple jelly, crushed pineapple, whip & cream	Hot fudge pudding and vanilla ice cream*	Fruit salad, meringues and cream
Diabetic dessert	Berry yoghurt	Bread & butter pudding with cream	Rice pudding and red plums*	Fruit sponge and custard	Sugar-free jelly, pineapple and cream	Chocolate mousse and fruit	Fruit salad and cream
Afternoon tea	Afternoon tea varies from day to day and includes items such as: Cakes, slice, loaf, muffins or biscuits						
Dinner (soft and puréed options are available)							
Soup	Soup of the day served with bread and butter						
Main	Cheesy potato pie and bacon*	Fish bites and salad or seafood chowder	Quiche lorraine	Rice or pasta dish of choice	Cheese, corn and bacon toasties	Pie with peas	Sliced ham and kumara salad*
Fresh fruit	Seasonal fruit served daily						
Pudding	Smooth milk pudding is served daily with puréed fruit						
Supper	Supper varies from day to day and includes items such as: sandwiches, loaf or biscuits						

*We offer culturally appropriate options – just let us know.

*****Please note: This is a sample menu only*****