

Aged Care Centres Sample Menu

Day 1



Breakfast

Continental breakfast with a choice of cereals, breads or porridge, plus fresh fruit and yoghurt.

Served with a selection of teas, coffee, milk and juice

Morning Tea

Lamingtons and a selection of teas, coffee, Milo or juices

Lunch

A choice of chicken schnitzel, roast chicken with gravy, steamed fish of the day with garlic butter or sweet potato and cous cous fritters. Served with potato mash, peas, and carrots and garden salad.

Sticky date pudding with butterscotch sauce

Served with a variety of sandwiches and a choice of beverages including water, juice, cordial, tea and coffee.

Afternoon Tea

Cheese and crackers and a selection of tea, coffee, Milo or juices

Dinner

Carrot and ginger soup served with bread, toast, roll or garlic bread

Choice of bacon, pea and parmesan pasta or vegetable moussaka. Served with garden salad.

Fruit salad

Served with a variety of sandwiches and a choice of beverages including water, juice, cordial, tea and coffee.

Supper

Tea, coffee, Milo, HEHP (high energy high protein) milkshake, Arnott's biscuits or mousse and sandwiches.

Aged Care Centres Sample Menu

Day 2



Breakfast

Hot breakfast* with scrambled eggs and bacon with toast

Served with a selection of teas, coffee, milk and juice

*Only available certain days or upon request at an extra fee

Morning Tea

Variety of pastries and a selection of tea, coffee, Milo or juices

Lunch

A choice of lamb korma with rice or vegetable lasagne. Served with roast potato, cauliflower mornay and steamed pumpkin and garden salad.

Fruit trifle

Served with a variety of sandwiches and a choice of beverages including water, juice, cordial, tea and coffee.

Afternoon Tea

Cheese and crackers and a selection of tea, coffee, Milo or juices

Dinner

French onion soup served with bread, toast, roll or garlic bread

Choice of beef and tarragon or vegetable rissoles served with potato mash, peas and steamed pumpkin and garden salad.

Fruit salad

Served with a variety of sandwiches and a choice of beverages including water, juice, cordial, tea and coffee.

Supper

Tea, coffee, Milo, HEHP (high energy high protein) milkshake, Arnott's biscuits or mousse and sandwiches.