

Each day residents are given a glass of pineapple juice or water on waking, followed by a breakfast of their choosing from the following selection:-

- **weetbix, porridge, special K, muesli, all bran**
- **canned fruit, pureed fruit, prunes, yoghurt**
- **toast or bread – wholemeal or white with butter or margarine**
- **spreads – diet or regular – marmalade, jams, honey, peanut butter, vegemite**
- **tea, coffee, milo, kiwicrush**
- **AM/PM TEA/SUPPER – CHEESE & CRACKERS AS REQUESTED INDIVIDUALLY**

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING TEA	Cheese Scones	Wholemeal Sultana Scone	Savoury Muffins	Ginger & Walnut Muffins	Blueberry & Apple Muffins	Date Scones	Pikelets
SANDWICHES	As per night - 2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices
DINNER – MEAT	Meatloaf	Silverside	Grilled Chops & BBQ sauce	Roast Chicken	Fish Cakes	Savoury Mince	Roast Pork
SOFT MEAT Minced	A/a	A/a	A/a	A/a	Flaked Fish	A/a	A/a
LOW FAT	A/A	Silverside	Grilled Chops	A/a	Flaked Fish	Savoury Mince	A/a
SAUCE/GRAVY ACCOMPIMENT	Gravy	Mustard Sauce	BBQ sauce	Gravy	Parsley Sauce	Brown Gravy	Gravy & Apple Sauce
VEGETABLE 1	Mashed Potato	Potato Bake & Mashed Potato	Whole Steamed Potatoes	Mashed potato + Roast Potato	Whole Steamed & Mashed Potato	Whole Steamed Potato & Mashed	Roast Potato & Mashed
VEGETABLE 2	Mixed Veges	Carrots	Mashed Carrots/Parsnip	Pumpkin	Steamed Kumara	Butter Beans	Baked Yams or kumara
VEGATABLE 3	Cauli in Cheese sauce	Cabbage	Silverbeet	Cut Baby Beans	Peas	Broccoli	Sprouts or peas/beans mix
DESSERT	Apple Shortcake	Fruit Jelly Whip	Lemon Meringue Pie	Chocolate Mousse & Pears	Sago & Plums	Bread & Butter Pudding	Boysenberry Cheesecake
SAUCE	Custard & Cream	Cream	Cream			Custard	Cream
SOFT DESSERT	Pureed Apple & Custard	A/a	Lemon Meringue Pie mixture – no pastry	Pureed Pears & Chocolate Mousse	A/a	B & B Pudding & Custard	Cheesecake (no base)
LOW FAT DESSERT	A/a	A/a	A/a	A/a	A/a	A/a	A/a
LOW FAT SAUCE	Custard	-	-				

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING TEA	Lemon & Yogurt Muffins	Savoury Muffins	Banana Bran Muffins	Fruit Scone	Toasties	Date & Orange Scone	Cheese Scones
SANDWICHES	As per night - 2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices
DINNER – MEAT	Lamb Curry	Curried Sausages	Meatballs & Plum Sauce	Roast Pork	Oven baked Crumbed Fish	Mince with pastry squares	Roast Chicken
SOFT MEAT Minced	A/a	A/a	A/a	A/a	Steamed Fish	Mince	A/a
LOW FAT	Lamb Curry	Chipolata Sausages	A/a	Roast Pork	Steamed Fish	Mince	A/a
SAUCE/GRAVY ACCOMPIMENT		Spicy Tomato Gravy	Plum Sauce	Gravy & Apple sauce	Tartare Sauce Parsley & Lemon Sauce, tomato sauce	Tomato Sauce	Gravy
VEGETABLE 1	Scalloped Potato	Mashed Potato	Whole Steamed Potato & Mashed	Roast & Mashed Potato	Whole steamed & Mash Potato	Mashed Potato	Roast Potato
VEGETABLE 2	Baby Carrots	Cauliflower in Cheese Sauce	Carrot & Parsnip Mixed	Pumpkin	Baby Beets with Sour Cream	Carrot Rings	Kumara
VEGETABLE 3	Peas	Silverbeet	Broccoli & Cheese	Green beans	Coleslaw Peas	Peas	Green Beans
DESSERT	Caramel Custard & Fruit	Coconut Apple Pudding	Boysenberry Shortcake	Apricot Sponge & Custard	Mixed Berry Mousse & fruit	Ginger/Date Caramel Self Saucing Pudding	Jellied Fruit
SAUCE	Custard	Vanilla Sauce	Cream			Vanilla Sauce	Cream
SOFT DESSERT	Caramel Custard	Pureed fruit & Vanilla Sauce	Baseless cheesecake	Puree Fruit & Custard	Berry Mousse	Pureed Fruit & Vanilla Sauce	Instant Pudding
LOW FAT DESSERT	A/a	A/a	A/a	A/a	A/a	A/a	A/a
/LOW FAT SAUCE	L F Custard					L.F. Vanilla Sauce	

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING TEA	Carrot & Walnut Muffins	Savoury Pinwheels	Strawberry & Sour cream Muffins	Date Scones	Banana & Choc. Chip Muffins	Wholemeal Scones	Cheese Scones
SANDWICHES	As per night - 2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices
DINNER – MEAT	Hogget Chops	Chilli Con Carne	Pickled Pork	Lambs Fry & Bacon/Lasagne Toppers	Sweet n Sour Fish	Apricot Chicken thigh casserole	Roast Rolled Hogget
SOFT MEAT Minced	A/a	A/a	A/a	A/a	A/a	A/a	A/a Minced
LOW FAT	A/a	A/a	A/a	A/a	A/a	As above	As above
SAUCE/GRAVY ACCOMPIMENT			Apple Sauce		Sweet n Sour Sauce		Gravy & Mint Sauce
VEGETABLE 1	Mashed Potatoes	Whole & Mashed Potatoes	Scalloped Potatoes & Mashed	Mashed Potato & Whole	Mashed Potato	Mashed Potato	Roast Potato & Mashed
VEGETABLE 2	Baby Carrots	Butter Beans	Cabbage	Roast Orange Kumara	Baby carrots	Broccoli in Cheese Sauce	Roast Red Kumara
VEGATABLE 3	Peas	Silverbeet	Pumpkin	Beans	Peas	Carrot Rings	Peas
DESSERT	Apricot Crumble	Broken Ice Pudding	Creamy Rice & plums	Spiced Apple Cake	Apricot Meringue	Pineapple upside down pudding	Trifle
SAUCE	Custard	Cream	Cream	Custard	Custard	Cream	Cream
SOFT DESSERT	Pureed Apricot & Custard	A/a	Pureed Plums & Creamy Rice	A/a Pureed & Custard	Pureed & custard	A/a	A/a
LOW FAT DESSERT	A/a	A/a	A/a	A/a	A/a	A/a	A/a
/LOW FAT SAUCE	Low Fat Custard		A/a	Low Fat Custard			

WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING TEA	Chocolate Muffins	Pikelets	Bran & Sultana Muffins	Cheese Scones	Orange & Choc. Chip Muffins	Cheese Celery & Red pepper Muffins	Scones & Raspberry Jam
SANDWICHES	As per night - 2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices
DINNER – MEAT	Steak & Kidney	Shepherds Pie	Silverside	Honey Braised Pork	Fish Pie	Golden Sausages	Topside Roast
SOFT MEAT Minced	A/a	A./a	A/a	A/a	A/a	A/a	A/a
LOW FAT	As Above	As above	As Above	A/a	Steamed fish	Chipolata Sausages	A/a
SAUCE/GRAVY ACCOMPIMENT		Gravy	Mustard Sauce	A/a		Gravy	Gravy & Horseradish sauce
VEGETABLE 1	Diced Roast or Mashed Potatoes	Whole & Mashed Potato	Scalloped potatoes	Mashed Potato & Whole Steamed	Mashed Potato	Mashed & Whole Roast Potato	Roast & Mashed Potatoes
VEGETABLE 2	Carrot Rings	Baby Carrots	Pumpkin	Orange Kumara	Carrot Rings	Sprouts or substitute	Roast/Steamed Pumpkin
VEGATABLE 3	Cauli in White Sauce	Silverbeet	Cabbage/Silverbeet mix	Broccoli	Cut Green Beans	Butter Beans	Peas
DESSERT	Apple Crumble	Lime Melrose Cream & fruit	Bananas with Butterscotch Parfait	Boysenberry & Apple Shortcake	Tangy Passion fruit Mousse & fruit	Hot fruit pudding	Pavlova & Fresh Fruit Salad.
SAUCE	Custard & Cream	Cream	Cream	Custard	A/A	Caramel Custard & Cream	Cream
SOFT DESSERT	Custard & Pureed Fruit	A/a	Butterscotch Parfait & Pureed Fruit	A/a	A/A	Pureed Fruit & Cream	Pavlova & Pureed Fruit Salad
LOW FAT DESSERT	A/a	A/a	A/a	A/a	A/a	A/a	A/a
LOW FAT SAUCE	Low Fat Custard		Low Fat Custard	Low fat Custard		Low Fat Custard	

WEEK FIVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING TEA	Apricot Oat Bran Muffin	Toasties	Blueberry & Apple Muffins	Savoury breadcases	Ginger & Date Muffin	Cheese Scones	Fruit Muffins
SANDWICHES	As per night - 2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices
DINNER – MEAT	Paprika Chicken thighs	Ham Steaks	Beef Stroganoff	Roast Hogget	Oven baked Crumbed Fish & Steamed Fish	Irish Stew	Roast Chicken
SOFT MEAT Minced	A/a	A/a	A/a	A/a	A/a	A/a	A/a
LOW FAT	A/a	A/a	A/a	A/a	A/a	A/a	A/a
SAUCE/GRAVY ACCOMPIMENT		Pineapple Gravy Pineapple Ring	Gravy/or Mushroom Gravy	Gravy / Mint Jelly	Tartare/Tomato sauce/Parsley sauce		Gravy
VEGETABLE 1	Mashed Potato & whole	Mashed Potato & whole	Mashed Potato + Potato bake	Roast & Mashed Potato	Mashed Potato	Whole Steamed Potatoes	Roast & Mashed Potato
VEGETABLE 2	Green Beans	Carrot Rings	Cabbage/Silverbeet	Kumara	Pumpkin	Orange Kumara	Carrot rings
VEGATABLE 3	Carrot & Parsnip Mix (mashed)	Cauliflower/Broccoli in Cheese sauce	Pumpkin	Sprouts or Courgettes	Peas	Silverbeet	Cut Green Beans
DESSERT	Ice cream Pudding & Fruit	Coconut & Apple cake	Mango & Apricot summer pudding	Boysenberry Cheesecake	Black cherry Meringue	Pear & Pineapple & Cherry Upside down Ginger Cake	Jellied Fruit
SAUCE	Cream	Custard	Cream	Cream	Cream	Custard	cream
SOFT DESSERT	A/a with pureed fruit	Custard & pureed fruit	A/a	A/a	Strawberry Mousse	Instant Pudding & Fruit	Puree Fruit & Cream
LOW FAT DESSERT	A/a	A/a	A/a	A/a	A/a	A/a	A/a
LOW FAT SAUCE			Low Fat Custard			L.F. Custard	

WEEK SIX

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING TEA	Cinnamon Pinwheel Scones	Savoury Muffins	Date Scones	Ginger & Pineapple Muffins	Banana & Bran Muffins	Savoury Scones	Double Chocolate Muffins
SANDWICHES	As per night - 2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices	As per night -2 fillings choices
DINNER – MEAT	Swiss Steak	Lamb Chops	Butter Chicken	Beef Casserole	Oven baked Crumbed Fish	Sweet & Sour Pork	Roast Topside Beef
SOFT MEAT Minced	A/a	A/a	A/a	A/a	Steamed Fish	A/a	A/a
LOW FAT	A/a		A/a	A/a	A/a	A/a	A/a
SAUCE/GRAVY ACCOMPIMENT		Gravy			Tartare Sauce & Parsley Sauce /Lemon wedges & tomato sauce		Gravy, Horseradish
VEGETABLE 1	Mashed Potato & whole	Roast Potatoes	Mashed Potato & Whole	Potato Mashed & whole	Chips & Mashed Potato	Whole Steamed & mashed Potatoes	Roast & Mashed Potato
VEGETABLE 2	Pumpkin	Spicy Kumara	Baby Carrots	Julienne Mixed Veges	Beetroot	Carrot Rings	Orange Kumara
VEGATABLE 3	Cauliflower in white sauce	Cut Green Beans	Peas	Zucchini or Sprouts	Coleslaw	Broccoli	Green Beans
DESSERT	Baked Rice & Fruit	Chocolate Pear S/S Pudding	Ambrosia	Fruit salad and Ice Cream	Apple or Apricot Cobbler	Sticky Date Pudding	Berry Mousse & Fruit
SAUCE	Cream	Cream				Butterscotch Sauce	Cream
SOFT DESSERT	Pureed Rice & Pureed Fruit	Pureed Fruit & Choc Sauce	A/a	Pureed fruit & ice cream	Pureed Fruit & Mousse	Pureed fruit & butterscotch sauce	A/a
LOW FAT DESSERT	A/a	A/a	A/a	A/a	A/a	A/a	A/a
LOW FAT SAUCE		Low Fat Custard	LF. Custard			L.F. Sauce	