

Choice	Min. Serve*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast								
Breakfast General	-	Continental	Continental	Continental	Continental	Continental	Continental	Continental
Cold Breakfast	-	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses
Morning Tea								
Morning Tea Choices	50g	Sweet or Savoury Biscuits OR Custard	Sweet or Savoury Biscuits OR Yoghurt	Sweet or Savoury Biscuits OR Custard	Sweet or Savoury Biscuits OR Yoghurt	Sweet or Savoury Biscuits OR Custard	Sweet or Savoury Biscuits OR Yoghurt	Sweet or Savoury Biscuits OR Custard

Choice	Min. Serve*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch								
Lunch Choices	120g ⁺	Braised Steak and Onions OR Cheese and Spinach Triangles	Butter Chicken OR Lamb Sausage	Baked Fish OR BBQ Pulled Pork	Beef Brisket OR Fried Rice with Prawns	Battered Fish OR Spinach and Ricotta Ravioli	Lemon Chicken OR Beef Stroganoff	Roast Pork with apple sauce or gravy OR Shepherds Pie
Soft	-	Braised Beef and Onions	Butter Chicken	Baked Fish	Beef Brisket	Steamed Fish	Beef Stroganoff	Shepherds Pie
Texture Mod	-	Braised Beef and Onions	Butter Chicken	Baked Fish	Beef Brisket	Steamed Fish	Beef Stroganoff	Roast Pork with apple sauce or gravy
Starch	-	Baked Potato	Mashed Potatoes	Mashed Potatoes	Roast Potato	Chips OR Garlic Bread	Creamy Mashed Potato	Roasted Chat Potatoes OR Mashed Potatoes
Vegetable	70g	Broccoli Roast Sweet Potato	Green Beans Carrots Vichy	Silverbeet and Cabbage Roast Pumpkin	Steamed Green Peas Buttered Cauliflower	Coleslaw Mixed Vegetable	Green Beans Roast Sweet Potato	Roast Vegetables Roast Pumpkin
Dessert	120g	Crumble cake with berries	Apple Pie	Bread and Butter Pudding	Strawberry Trifles	Ice cream and Topping	Berry Mousse	Jellied Fruit
Texture Mod	-	Crumble cake with berries	Stewed Apple	Bread and Butter Pudding	Strawberry Trifles	TMO Ice Cream	Berry Mousse	Jellied Fruit
Afternoon Tea								
Afternoon Tea Choices	50g	Chocolate Brownie OR Chocolate Brownie	Raspberry and Coconut Slice OR Raspberry and Coconut Slice	Banana Cake OR Banana Cake	Ginger Slice OR Yoghurt	Date and Oat Cookies OR Custard	Raspberry Cakes OR Raspberry Cakes	Chocolate Cookie OR Yoghurt

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Dinner								
Soup	180ml	Chunky Vegetable Soup	Cream of Tomato Soup	Chicken and Corn Soup	Potato and Leek Soup	Polish Fish Soup	Minestrone Soup	Chicken Noodle Soup
Dinner Choices	120g ⁺	Polish Chicken in Mushroom Sauce	Beef Croquettes	Vegetable Lasagne	Hungarian Goulash	Penne Carbonara with Bacon	Cottage Pie	Party Sausage Rolls
Soft	-	Polish Chicken in Mushroom Sauce	Savoury Mince	Vegetable Lasagne	Hungarian Goulash	Penne Carbonara with Bacon	Cottage Pie	Sausage Rolls
Texture Mod	-	Polish Chicken in Mushroom Sauce	Savoury Mince	Scrambled Eggs	Hungarian Goulash	Ham	Savoury Mince	Savoury Mince
Sandwiches	-	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	-	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate
Vegetable	70g	Roast Vegetables	Mashed Potatoes Steamed Mix Vegetables	Rosemary Roasted Potatoes	Creamy Mashed Potato Steamed Baby Beans	Steamed Green Peas	Roast Potato Steamed Mix Vegetables	Mashed Potatoes Sweet Potato Mash
Dessert	120g	Pavlova	Peaches and Cream OR Peaches and Cream	Ice cream and Topping OR Ice cream and Topping	Creme Caramel	Banana	Fruit and Yoghurt	Mandarine Segments
Texture Mod	-	Peach Puree	Fruit Puree	TMO Ice Cream	Creme Caramel	Fruit Puree	Fruit Puree	Fruit Puree
Supper								
Supper Choices	120g ⁺	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits

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+ Main meals should be 120g for dry meats such as roasts/chops. Wet dishes such as curries, casseroles, cottage pies should be 150g. Mixed dishes such as quiche with mix of items should be 160g.

To ensure your menu reflects the Australian Guide to Healthy Eating, please provide the following in addition to the menu:

. Milk beverages to be offered at each meal and snack time.

- . Cheese and biscuits to be offered in addition to regular snacks at snack times.
- . Rice, pasta, breads are offered in pureed form in addition to mashed potato for those requiring a smooth pureed and minced moist diets.

Choice	Min. Serve*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast								
Breakfast General	-	Continental	Continental	Continental	Continental	Continental	Continental	Continental
Cold Breakfast	-	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses
Morning Tea								
Morning Tea Choices	50g	Sweet or Savoury Biscuits OR Yoghurt	Sweet or Savoury Biscuits OR Custard	Sweet or Savoury Biscuits OR Yoghurt	Sweet or Savoury Biscuits OR Custard	Sweet or Savoury Biscuits OR Yoghurt	Sweet or Savoury Biscuits OR Custard	Sweet or Savoury Biscuits OR Yoghurt

Choice	Min. Serve*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch								
Lunch Choices	120g ⁺	Beef and Bean Hotpot OR Savoury Mushroom Arancini balls	Crumbed Chicken Tenders OR Vegetable Patty	Steak Diane OR Homemade Salmon Cakes	Golabki- Cabbage Rolls in Tomato Sauce OR Chicken a la King	Crumbed Fish Fillet OR Omelette	Polish pasta with Pork neck and Saurekreat	Pieczen Rzymska Z Jaikiem Pork Meatloaf with Egg OR Roast Beef
Soft	-	Beef and Bean Hotpot	Vegetable Patty	Beef Diane	Golabki- Cabbage Rolls in Tomato Sauce	Steamed Fish	Spanish Chicken	Pieczen Rzymska Z Jaikiem Pork Meatloaf with Egg
Texture Mod	-	Beef and Bean Hotpot	Chicken Tender	Beef Diane	Golabki- Cabbage Rolls in Tomato Sauce	Steamed Fish	Spanish Chicken	Pieczen Rzymska Z Jaikiem Pork Meatloaf with Egg
Starch	-	Mashed Potatoes	Potato Wedges OR Mashed Potatoes	Chips	Mashed Potatoes	Chips OR Mashed Potatoes	Mashed Potatoes OR Steamed Rice	Mashed Potatoes OR Roasted Chat Potatoes
Vegetable	70g	Broccoli Carrots Vichy	Beetroot Roast Sweet Potato	Steamed Green Peas Steamed Pumpkin	Broccoli Roast Carrot	Steamed Green Peas Sweet Potato Mash	Steamed Baby Beans Steamed Carrots	Steamed Green Peas Roast Pumpkin
Dessert	120g	Whipped Jelly	Apple and Rhubarb Crumble	Ice cream and Topping	Creme Brulee	Sticky Toffee Pudding	Rainbow Jelly	Pear Crumble with Custard
Texture Mod	-	Yoghurt	Apple and Rhubarb Crumble	Ice cream and Topping	Creme Caramel	Puree Fruit	Custard	Pear Crumble with Custard
Afternoon Tea								
Afternoon Tea Choices	50g	Cup Cakes OR Cup Cakes	Cheese Scones OR Yoghurt	Lemon Cake OR Lemon Cake	Muffins OR Muffins	Vanilla Cookie OR Custard	Swiss Roll OR Swiss Roll	Banana Cake OR Banana Cake

Choice	Min. Serve*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dinner								
Soup	180ml	Dill and Cucumber Soup	Cream of Chicken Soup	Minestrone Soup	Borscht Soup	Vegetable Soup	Beef and Barley Soup	Chicken Noodle Soup
Dinner Choices	120g ⁺	Roast Garlic Chicken	Corned Beef with Parsley Sauce	Chicken and chorizo ragu	Lamb Moussaka	Egg and Bacon Slice	Bacon and Mushroom Spaghetti	Party Pies
Soft	-	Garlic Chicken	Corned Beef with Parsley Sauce	Chicken and chorizo ragu	Lamb Moussaka	Bacon and Egg Frittata	BBQ Chicken	Savoury Mince
Texture Mod	-	Garlic Chicken	Corned Beef with Parsley Sauce	Chicken and chorizo ragu	Lamb Moussaka	Scrambled Egg	Beef	Savoury Mince
Sandwiches	-	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	-	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate
Vegetable	70g	Baked Potato	Mashed Potatoes	Creamy Mashed Potato	Creamed Spinach	Steamed Melange Vegetables	Beetroot	Potato Wedges
		Mixed Vegetable	Steamed Baby Beans	Peas with Mint and Garlic Butter	Steam Sweet Potato		Braised Cabbage	Garden Salad
Dessert	120g	Mandarin with Custard	Apricot and Yoghurt	Creamed Rice Pudding	Pear with Berry Compote	Ice cream and Topping	Peaches with Custard	Pavlova with Cream and Fruit Salad
Texture Mod	-	Custard	Apricot Puree	Creamed Rice Pudding	Pear with Berry Compote	Yoghurt	Peaches with Custard	Fruit Puree
Supper								
Supper Choices	120g ⁺	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits

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+ Main meals should be 120g for dry meats such as roasts/chops. Wet dishes such as curries, casseroles, cottage pies should be 150g. Mixed dishes such as quiche with mix of items should be 160g.

To ensure your menu reflects the Australian Guide to Healthy Eating, please provide the following in addition to the menu:

- . Milk beverages to be offered at each meal and snack time.
- . Cheese and biscuits to be offered in addition to regular snacks at snack times.
- . Rice, pasta, breads are offered in pureed form in addition to mashed potato for those requiring a smooth pureed and minced moist diets.

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Breakfast								
Breakfast General	-	Continental	Continental	Continental	Continental	Continental	Continental	Continental
Cold Breakfast	-	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses
Morning Tea								
Morning Tea Choices	50g	Sweet or Savoury Biscuits OR Custard	Sweet or Savoury Biscuits OR Yoghurt	Sweet or Savoury Biscuits OR Custard	Sweet or Savoury Biscuits OR Yoghurt	Sweet or Savoury Biscuits OR Custard	Sweet or Savoury Biscuits OR Yoghurt	Sweet or Savoury Biscuits OR Custard
Lunch								
Lunch Choices	120g ⁺	Beef Stroganoff OR Lamb and Pea Mash Jacket Potatoes	Chicken Cacciatore OR Herb Fish with Dill Cream Sauce	Beef and Bean Hotpot OR Ricotta and Spinach Pastizzi	Braised Pork Neck OR Creamy Cheese pierogi	Tempura Battered Fish OR Honey and Mustard Chicken	Polish Pork Bigos OR Steak and Mushroom Pie	Roast Chicken with Gravy OR Pork Sausages
Soft	-	Beef Stroganoff	Herb Fish with Dill Cream Sauce	Beef and Bean Hotpot	Braised Pork Neck	Honey and Mustard Chicken	Steak and Mushroom Pie	Roast Chicken with Gravy
Texture Mod	-	Beef Stroganoff	Herb Fish with Dill Cream Sauce	Braised Beef	Braised Pork Neck	Steamed Fish	Steak and Mushroom Pie	Roast Chicken with Gravy
Starch	-	Steamed Rice	Steamed Rice OR Boiled Parsley Potato	Creamy Mashed Potato	Roast Potato	Chips OR Creamy Mashed Potato	Creamy Mashed Potato	Roast Potato
Vegetable	70g	Roast Sweet Potato Broccoli	Beetroot Steamed Baby Beans	Roasted Pumpkin Steamed Green Peas	Braised Red Cabbage Honey Glaze Carrots	Coleslaw Mixed Vegetable	Roast Sweet Potato Zucchini	Roast Pumpkin Steamed Green Peas
Dessert	120g	Jellied Fruit	Fresh Fruit Salad	Chocolate Pear Pudding	Fresh Fruit Salad	Ice cream and Topping	Mango and coconut Tapioca	Ice Cream Sundae
Texture Mod	-	Jellied Fruit	Fruit Puree		Fruit Puree	Ice cream and Topping	Mango and coconut Tapioca	TMO Ice Cream

Choice	Min. Serve*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Afternoon Tea								
Afternoon Tea Choices	50g	Orange Cake OR Orange Cake	Scones with Jam and Cream OR Blueberry Muffins	Apple Tea Cake OR Apple Tea Cake	Chocolate Chip Cookies OR Custard	Blueberry Muffins OR Yoghurt	Pancakes OR Pancakes	Sultana Sponge OR Sultana Sponge
Dinner								
Soup	180ml	Tuscan Chickpea Soup with Pasta	Chorizo Soup	Pea and Ham Soup	Spinach and Lentil Soup	Zurek- Sour Rye Soup	Potato and Leek Soup	Chicken Noodle Soup
Dinner Choices	120g ⁺	Homemade Sausage Roll	Maltese Style Penne Pasta	Morroccan Baked Fish	Beef Bourguignon	Ham and Pineapple Pizza on English Muffin	Creamy Chicken Casserole	Tuna Pasta Bake
Soft	-	Ham	Savoury Mince	Morroccan Baked Fish	Beef Bourguignon	Ham Frittata	Creamy Chicken Casserole	Tuna Pasta Bake
Texture Mod	-	Ham	Savoury Mince	Morroccan Baked Fish	Beef Bourguignon	Ham Frittata	Creamy Chicken Casserole	Steamed Fish
Sandwiches	-	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	-	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate
Vegetable	70g	Boiled Parsley Potato Zucchini	Creamy Mashed Potato Steamed Mix Vegetables	Roast Potato Steamed Green Peas	Baked Potato Steamed Baby Beans	Garden Salad Sweet Potato Mash	Steamed Rice Silverbeet and Cabbage	Mushy Peas
Accompaniment	-	Carrot Rings				Brussel Sprouts		
Dessert	120g	Light Fruit Cake	Strawberry Mousse	Mandarin with Custard	Peach Custard	Lemon Sponge	Fruit Salad with Yoghurt	Chocolate Pannacotta
Texture Mod	-	Light Fruit Cake	Strawberry Mousse	Puree Fruit	Peach Puree	Lemon Cake	Yoghurt	Pannacotta
Supper								
Supper Choices	120g ⁺	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits

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Breakfast								
Breakfast General	-	Continental	Continental	Continental	Continental	Continental	Continental	Continental
Cold Breakfast	-	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses	Assorted Cold Cut Meats and Cheeses
Morning Tea								
Morning Tea Choices	50g	Sweet or Savoury Biscuits OR Yoghurt	Sweet or Savoury Biscuits OR Custard	Sweet or Savoury Biscuits OR Yoghurt	Sweet or Savoury Biscuits OR Custard	Sweet or Savoury Biscuits OR Yoghurt	Sweet or Savoury Biscuits OR Custard	Sweet or Savoury Biscuits OR Yoghurt

Choice	Min. Serve*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch								
Lunch Choices	120g ⁺	Gulasz Wierprzowy-Polish Pork Stew OR Beef Lasagne	Chicken, Date and Honey Tagine OR Potato Pancakes	Bangers and Mash with guinness onion gravy OR Steamed Fish with Ginger, Soy and Shallot	Pickled Pork OR Chicken Schnitzel	Crumbed Fish Fillet OR Lentil and Vegetable Casserole	Ricotta and Spinch Pastizzi OR Pork Meatball with Mustard Sauce	Roast Pork with apple sauce or gravy OR Baked Fish with Cheese and Parsley Sauce
Soft	-	Gulasz Wierprzowy-Polish Pork Stew	Roast Chicken	Steamed Fish with Ginger, Soy and Shallot	Pickled Pork	Baked Fish with Lemon Butter	Pork Meatball with Mustard Sauce	Baked Fish with Cheese and Parsley Sauce
Texture Mod	-	Gulasz Wierprzowy-Polish Pork Stew	Roast Chicken	Steamed Fish with Ginger, Soy and Shallot	Roast Pork with apple sauce or gravy	Baked Fish with Lemon Butter	Pork Meatball with Mustard Sauce	Roast Pork
Starch	-	Mashed Potatoes	Chat Potato	Creamy Mashed Potato	Roast Potato	Chips OR Mashed Potatoes	Mashed Potatoes	Boiled Parsley Potato
Vegetable	70g	Carrots Vichy Green Beans	Roasted Pumpkin Sauerkraut	Steamed Carrots Cauliflower Gratin	Roast Vegetables Steamed Baby Beans	Roast Honey Carrot Steamed Green Peas	Beetroot Steamed Broccoli	Roast Pumpkin Zucchini
Dessert	120g	Jellied Fruit	Apricot and Yoghurt	Berry Mousse	Vanilla Sponge Cake	Ice cream and Topping	Banana Cake	Tiramisu
Texture Mod	-	Fruit Puree	Apricot Puree	Berry Mousse	Yoghurt	TMO Ice Cream	Banana Cake	Tiramisu
Afternoon Tea								
Afternoon Tea Choices	50g	Scones with Jam and Cream OR Scones with Jam and Cream	Chocolate Cake OR Chocolate Cake	Madeira Cake OR Lemon Cake	Chocolate Cookie OR Chocolate Cookie	Carrot Cake OR Carrot Cake	Cheese & Crackers OR Puree Fruit	Double Chocolate Muffin OR Double Chocolate Muffin

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Dinner								
Soup	180ml	Dill and Cucumber Soup	Pumpkin Soup	Creamy Zucchini Soup	White Borscht- Bialy Barszcz	Lamb and Vegetable Soup	Polish Barley Soup	Chicken Noodle Soup
Texture Mod	-	Kurczak W Sosie Pieczarkowym- Chicken and Mushroom Casserole	Beef Satay	Creamy Chicken Casserole	Hungarian Goulash	Ham Frittata	Baked Chicken	Polish Crepe with Cheese
Dinner Choices	120g ⁺	Polish Chicken in Mushroom Sauce	Beef Satay	Chicken Casserole	Hungarian Goulash	Zucchini Slice	Marinated Chicken Drumsticks	Polish Crepe with Cheese
Soft	-	Polish Chicken in Mushroom Sauce	Beef Satay	Creamy Chicken Casserole	Hungarian Goulash	Ham Frittata	Baked Chicken	Scrambled Eggs
Sandwiches	-	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Salad	-							Salad of the Day
Vegetable	70g	Potato Bake Broccoli	Steamed Carrots Steamed Green Peas	Mashed Potatoes Mushy Peas	Steamed Rice Pumpkin Mash	Roast Vegetables	Couscous Salad	Creamy Mashed Potato Braised Cabbage
Accompaniment	-		Steamed Rice					
Dessert	120g	Pears with Custard	Peach Custard	Ice cream and Topping	Crepe Caramel	Sliced Watermelon	Fruit and Yoghurt	Mandarin with Custard
Texture Mod	-	Custard		Ice cream and Topping	Crepe Caramel	Yoghurt	Fruit Puree	Fruit Puree
Supper								
Supper Choices	120g ⁺	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits	Sweet or Savoury Biscuits

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