

Sample Menu

MON

Breakfast

Lifestyle Breakfast
*Porridge, Cereals,
Canned/Stewed Fruit,
Toast/Breads with Spreads*

Morning Tea

Mini Sausage Rolls

Lunch

Stuffed Peppers with
Parmigiana Sauce

Dinner

Garlic Panfried
Pork Chops
Honey Soy
Tofu Steaks **V**



TUES

Breakfast

Lifestyle Breakfast
*Porridge, Cereals,
Canned/Stewed Fruit,
Toast/Breads with Spreads*

Morning Tea

Cheese Scones

Lunch

Roast Vegetables
Lentil Salad

Dinner

Pork Meatballs
with Plum Sauce
Mushroom
Goulash **V**



WED

Breakfast

Lifestyle Breakfast
*Porridge, Cereals,
Canned/Stewed Fruit,
Toast/Breads with Spreads*

Morning Tea

Banana & Walnut Loaf

Lunch

Bean Salsa
served on Wedges

Dinner

East Asia Style
Chicken Satay
Roast Vegetable
& Haloumi Stack **V**



THUR

Breakfast

Lifestyle Breakfast
*Porridge, Cereals,
Canned/Stewed Fruit,
Toast/Breads with Spreads*

Morning Tea

Cinnamon Scroll

Lunch

Mini Vegetable
Quiche

Dinner

Roast Chicken with
Stuffing & Gravy
Baked Vegetarian
Wrap **V**



FRI

Breakfast

Lifestyle Breakfast
*Porridge, Cereals,
Canned/Stewed Fruit,
Toast/Breads with Spreads*

Morning Tea

Gingerbread Loaf

Lunch

Creamy
Pumpkin Pasta

Dinner

Classic
Fish & Chips
Creamy Pumpkin
Pasta **V**



SAT

Breakfast

Lifestyle Breakfast
*Porridge, Cereals,
Canned/Stewed Fruit,
Toast/Breads with Spreads*

Morning Tea

Blueberry Muffins

Lunch

Vegetable
Stroganoff

Dinner

Kiwi Style
Summer BBQ
Vegetable Ragu with
Creamy Polenta **V**



SUN

Breakfast

Lifestyle Breakfast
*Porridge, Cereals,
Canned/Stewed Fruit,
Toast/Breads with Spreads*

Morning Tea

Lemon Cake

Lunch

Roast Vegetable
& Haloumi Stack

Dinner

Roast Beef,
Veges & Gravy
Stuffed Peppers with
Parmigiana Sauce **V**

