# Maroba Aged Care
## Spring-Summer 2026-2027

Catering Industries

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Continental Breakfast | **Daily:** Fresh Juice (Apple or Orange), Fresh or Tinned Fruit, Yoghurt, Assorted Cereals, Prunes, Porridge, Coffee, Tea, Assorted Breads & Spreads. | | | | | | |
| HELF HOT BREAKFAST | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs |
| | Fried Tomato | Hash Browns | Spaghetti | Grilled Bacon | French Omelette | Baked Beans | Grilled Bacon |
| | Chipolata | Buttered Mushrooms | Potato Gems | Roasted Tomato | Chipolata | Fried Tomato | Wilted Spinach |
| MORNING TEA | ***TEXTURE MODIFIED MORNING TEA -*** *FRUIT, CUSTARD, YOGHURT or MOUSSE* | | | | | | |
| | Cheese and Crackers | "Brown Betty" Slice | Peanut Butter Cookie | Berry Friands | Triple Chocolate Cookies | Pikelet with Jam & Cream | ANZAC Biscuits |
| 1st LUNCH MAIN CHOICE | ***"VIP DAY" Mediterranean*** *Style Snapper Fillet with Tomatoes, Capers, Lemon & Herbs served with Sweet Potato Chips, Asian Salad that has Capsicum, Bean Shoots (GF)* | Seared Greek Spiced Lamb Strips (GF) | Pork in Plum Sauce (GF) | Baked Mushroom with Garlic & Herb Butter (GF) | Butter Poached Fish (GF) or Battered Fish | Chicken Caesar Salad | Roast Pork with Apple Sauce & Crackling (GF) |
| 2nd LUNCH MAIN CHOICE | | Chicken Sausages (GF) | Mild Chicken Korma (GF) | Chicken Rissoles (GF) | Chickpea & Vegetable Fritters with Tomato Relish | Grandma's Meatloaf (GF) | Beef Rissoles (GF) |
| VEGETABLES | *or Vegetable Parmigiana* | Herb Roasted Potatoes, Carrots & Green Beans (GF) | Fried Singapore Noodles with Asian Vegetables | Mashed Sweet Potato, Crispy Brussel Sprouts & Peas (GF) | Hot Chips & Coleslaw (GF) | Mashed Potato with Mixed Greens & Carrots (GF) | Braised Cabbage, Roast Potatoes, Pumpkin & Peas |
| LUNCH 3rd CHOICE | ***PLATED SANDWICHES & SALADS:*** *A plated salad - 100gms of protein or 2 Eggs or 80gms fish, or assorted sandwiches - 50- 70gms meat or Egg are available as an alternative to the lunch meal. (RG7)(EC7)* | | | | | | |
| VEGETARIAN OPTION | *or Vegetable Parmigiana* | Vegetarian Chicken Burger | Vegetarian Sausages | Vegetarian Chicken Tenders | Chickpea & Vegetable Fritters with Tomato Relish | Vegetarian Caeser Salad | Mixed Vegetable Quiche |
| DESSERT | Apricot Danish with Ice Cream | Apple & Cherry Strudel | Condensed Milk Coffee Cake | Mixed Berry Cheesecake | Sultana Cake with Custard | Banana & Chocolate Cake | Passionfruit Pavlova (GF) |
| Texture Modified Option | Steamed Fish | Braised Lamb | Pork in Plum Sauce (GF) | Chicken Rissoles (GF) | Poached Fish | Grandma's Meatloaf (GF) | Roast Pork with Apple Sauce(GF) |
| Modified Vegetables | MODIFIED VEGETABLES WILL BE A MODIFIED VERSION OF THE MAIN MEAL VEGETABLE. IF THIS IS NOT POSSIBLE, THE ITEM WILL BE REPLACED BY SOMETHING SIMILAR. ALL MODIFED MEALS WILL RECEIVE A STARCH WITH A RED & GREEN VEGETABLE | | | | | | |
| Texture Modified Dessert | Apricots & Cream | Stewed Apples & Cherry | Condensed Milk Coffee Cake | Mixed Berry Cheesecake Mix | Cake with Custard | Banana & Chocolate Cake | Passionfruit Pavlova (GF) |
| AFTERNOON TEA | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit |
| DINNER SOUP | Cauliflower | Tomato | Pumpkin | Broccoli & Kale | Carrot, Lentil & Ginger | French Onion | Sweet Potato |
| DINNER MAIN CHOICE | Beef Lasagne with Mixed Vegetables | Salmon, Asparagus & Spring Vegetable Pasta Bake | Chicken & Spring Vegetable Casserole with Mash Potato (GF) | Homemade Margarita, Ham & Pineapple Pizza with Garlic Bread | Savoury Mince on Toast (GF) | Chicken, Bacon, Garlic & Cream Pasta with Garlic Bread | Toasted Sandwiches & Chips |
| DINNER 2nd CHOICE | ***PLATED SANDWICHES & SALADS:*** *A plated salad - 100gms of protein or 2 Eggs or 80gms fish, or assorted sandwiches - 50- 70gms meat or Egg are available as an alternative to the lunch meal. (RG7)(EC7)* | | | | | | |
| DESSERT | Fresh Fruit Salad with Yoghurt (GF) | Pineapple Jelly & Ice Cream (GF) | Mixed Fruit & Sorbet (GF) | Creamed Rice & Fruits (GF) | Tapioca Pudding with Strawberries (GF) | Baked Vanilla Custard | Passionfruit Pannacotta (GF) |
| Texture Modified Option | Beef Lasagne Mix | Steamed Fish | Chicken & Spring Vegetable Casserole | Steamed Pork | Savoury Mince | Chicken, Bacon & Cream | Scrambled Egg |
| Modified Vegetables | MODIFIED VEGETABLES WILL BE A MODIFIED VERSION OF THE MAIN MEAL VEGETABLE. IF THIS IS NOT POSSIBLE, THE ITEM WILL BE REPLACED BY SOMETHING SIMILAR. ALL MODIFED MEALS WILL RECEIVE A STARCH WITH A RED & GREEN VEGETABLE | | | | | | |
| Texture Modified Dessert | Fresh Fruit Salad with Yoghurt (GF) | Mango Mousse (GF) | Puree Fruit & Custard (GF) | Creamed Rice (GF) | Tapioca Pudding with Strawberry (GF) | Baked Vanilla Custard | Passionfruit Pannacotta (GF) |
| SUPPER | ***A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents*** | | | | | | |

***NOTE: Fresh fruit will be available at all meals in a Fruit Bowl in the servery***

# Maroba Aged Care
## Spring-Summer 2026-2027

Catering Industries

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Continental Breakfast | **Daily:** Fresh Juice (Apple or Orange), Fresh or Tinned Fruit, Yoghurt, Assorted Cereals, Prunes, Porridge, Coffee, Tea, Assorted Breads & Spreads. | | | | | | |
| HELF HOT BREAKFAST | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs |
| | Baked Beans | Chipolata | French Toast | Grilled Bacon | Wilted Spinach | Chipolata | Grilled Bacon |
| | Spaghetti | Omelette | Potato Gems | Hash Browns | Roasted Tomato | Baked Beans | Mushrooms |
| MORNING TEA | ***TEXTURE MODIFIED MORNING TEA -*** *FRUIT, CUSTARD, YOGHURT or MOUSSE* | | | | | | |
| | Fruity Cornflake Biscuit | Scones with Jam & Cream | Banana & Biscoff Muffin | Custard Slice | Triple Chocolate Cookie | Cheese & Crackers | Jam Drop |
| 1st LUNCH MAIN CHOICE | **"VIP DAY"** *Crumbed Lamb Cutlets with Gravy served with Creamy Potato Bake, Broccoli & Cauliflower* | Sweet & Sour Pork (GF) | Beef, Mushroom & Red Wine Pie | Ploughmans Plate(Cold Cuts of Meat & Cheese) | Butter Poached Fish (GF) or Battered Fish | Roast Turkey Breast (GF) | Roast Beef with Horesradish Sauce (GF) |
| 2nd LUNCH MAIN CHOICE | | Mongolian Chicken (GF) | Pickled Pork Neck with White Sauce | Vegetarian Spring Rolls with Sweet Chilli Sauce | Vegetarian Lasagne | Beef Rissoles (GF) | Cheesy Vegetable Frittata (GF) |
| VEGETABLES | *or Chicken Rissole with Creamy Mustard Sauce* | Fried Rice & Mixed Green Vegetables (GF) | Mashed Potato, Carrots & Corn on the Cob (GF) | Relish & Pickles, Bread Roll, Butter | Hot Chips & Coleslaw | Mash Potato, Carrot Batons & Snow Peas | Roast Potato, Roast Carrots & Peas (GF) |
| LUNCH 3rd CHOICE | ***PLATED SANDWICHES & SALADS:*** *A plated salad - 100gms of protein or 2 Eggs or 80gms fish, or assorted sandwiches - 50- 70gms meat or Egg are available as an alternative to the lunch meal. (RG7)(EC7)* | | | | | | |
| VEGETARIAN OPTION | *Vegetable Patty with Creamy Mustard Sauce* | Vegetarian Chicken Tender | Vegetable Pie | Vegetarian Spring Rolls with Sweet Chilli Sauce | Vegetarian Lasagne | Yellow Curry with Fried Rice & Lentils | Cheesy Vegetable Frittata (GF) |
| DESSERT | Crepes with Chocolate Sauce & Berries | Orange & Almond Cake with Orange Syrup (GF) | Nanna Wright's Apple & Butterscoth Pie | "Eton Mess" Meringue, Whipped Cream & Berry Compote (GF) | Chocolate Tart with Double Cream | Carrot Cake with Cream Cheese Icing | Caramel Tart with Whipped Cream |
| Texture Modified Option | Braised Lamb | Sweet & Sour Pork (GF) | Beef, Mushroom & Red Wine Meat | Pickled Pork | Poached Fish | Roast Turkey Breast (GF) | Roast Beef with Horesradish Sauce |
| Modified Vegetables | MODIFIED VEGETABLES WILL BE A MODIFIED VERSION OF THE MAIN MEAL VEGETABLE. IF THIS IS NOT POSSIBLE, THE ITEM WILL BE REPLACED BY SOMETHING SIMILAR. ALL MODIFED MEALS WILL RECEIVE A STARCH WITH A RED & GREEN VEGETABLE | | | | | | |
| Texture Modified Dessert | Chocolate Custard | Orange & Almond Cake with Orange Syrup (GF) | Nanna Wright's Apple & Butterscoth Pie Mix | "Eton Mess" Meringue, Whipped Cream & Berry Compote (GF) | Chocolate Tart Mix with Double Cream | Carrot Cake with Cream Cheese Icing | Caramel Tart Mix with Whipped Cream |
| AFTERNOON TEA | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit |
| DINNER SOUP | Pea & Ham | Tomato | Sweet Potato | Cauliflower | Spiced Lentil | Chicken & Sweetcorn | Roast Pumpkin |
| DINNER MAIN CHOICE | Southern Fried Chicken with Coleslaw | Chicken, Bacon & Vegetable Pasta Bake | Crumbed Fish with Mash Potato & Vegetables | Massaman Chicken Curry with Rice & Vegetables | Cottage Pie with Mixed Vegetables | Beef Tortellini with Creamy Tomato Sauce & Garlic Bread | Toasted Sandwiches with Sweet Potato Chips |
| DINNER 2nd CHOICE | ***PLATED SANDWICHES & SALADS:*** *A plated salad - 100gms of protein or 2 Eggs or 80gms fish, or assorted sandwiches - 50- 70gms meat or Egg are available as an alternative to the lunch meal. (RG7)(EC7)* | | | | | | |
| DESSERT | Fruit Salad with Vanilla Yoghurt (GF) | Bread & Butter Pudding with Custard | Creamed Rice with Two Fruits(GF) | Ice Cream Cone | Strawberry Panna Cotta (GF) | Chocolate Mousse (GF) | Orange Jelly with Ice Cream (GF) |
| Texture Modified Option | Braised Chicken | Braised Chicken | Steamed Fish | Massaman Chicken Curry | Cottage Pie | Braised Beef | Scrambled Egg |
| Modified Vegetables | MODIFIED VEGETABLES WILL BE A MODIFIED VERSION OF THE MAIN MEAL VEGETABLE. IF THIS IS NOT POSSIBLE, THE ITEM WILL BE REPLACED BY SOMETHING SIMILAR. ALL MODIFED MEALS WILL RECEIVE A STARCH WITH A RED & GREEN VEGETABLE | | | | | | |
| Texture Modified Dessert | Fruit Salad with Vanilla Yoghurt (GF) | Bread & Butter Pudding with Custard | Creamed Rice with Two Fruits(GF) | Vanilla Mousse (GF) | Strawberry Panna Cotta (GF) | Chocolate Mousse (GF) | Vanilla Mousse (GF) |
| SUPPER | ***A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents*** | | | | | | |

***NOTE: Fresh fruit will be available at all meals in a Fruit Bowl in the servery***

# Maroba Aged Care
## Spring-Summer 2026-2027

Catering Industries

| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Continental Breakfast | **Daily:** Fresh Juice (Apple or Orange), Fresh or Tinned Fruit, Yoghurt, Assorted Cereals, Prunes, Porridge, Coffee, Tea, Assorted Breads & Spreads. | | | | | | |
| HELF HOT BREAKFAST | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs |
| | Fried Tomato | Hash Browns | Spaghetti | Grilled Bacon | French Omelette | Baked Beans | Grilled Bacon |
| | Chipolata | Buttered Mushrooms | Potato Gems | Roasted Tomato | Chipolata | Fried Tomato | Wilted Spinach |
| MORNING TEA | ***TEXTURE MODIFIED MORNING TEA -*** *FRUIT, CUSTARD, YOGHURT or MOUSSE* | | | | | | |
| | "Brown Betty" Fruit Slice | Vegemite & Cheese Scroll | Scones with Jam & Cream | Peanut Butter Cookie | Cheese & Crackers | Grandma's Chocolate Cake | Chocolate Lamington |
| 1st LUNCH MAIN CHOICE | ***"VIP DAY"*** *Grilled Barramundi with White Wine & Dill Sauce, served with Sweet Potato Chips, Asian Salad that has Capsicum, Bean Shoots (GF)* | Beef Rissole (GF) | Corned Beef with White Sauce | Grandma's Meatloaf (GF) | Butter Poached Fish (GF) or Battered Fish | Honey Baked Ham (GF) | Roast Pork with Apple Sauce & Crackling (GF) |
| 2nd LUNCH MAIN CHOICE | | Chicken Parmigiana | Irish Stew (GF) | Baked Mushroom with Garlic Butter (GF) | Chickpea & Vegetable Fritter with Tomato Relish | Lamb & Rosemary Sausages (GF) | Mixed Vegetable Quiche |
| VEGETABLES | *or Chicken Rissole (GF)* | Roast Potatoes, Green Beans & Carrots (GF) | Mashed Potato, Zucchini & Pumpkin (GF) | Creamy Sweet Potato Bake, Cauliflower & Broccoli (GF) | Hot Chips & Coleslaw | Mashed Potato, Braised Cabbage & Peas (GF) | Roast Potatoes & Mixed Root Vegetables |
| LUNCH 3rd CHOICE | ***PLATED SANDWICHES & SALADS:*** *A plated salad - 100gms of protein or 2 Eggs or 80gms fish, or assorted sandwiches - 50- 70gms meat or Egg are available as an alternative to the lunch meal. (RG7)(EC7)* | | | | | | |
| VEGETARIAN OPTION | Vegetable Rissole | Vegetable Parmigiana | Tomato & Lentil Pasta Bake | Baked Mushroom with Garlic Butter (GF) | Chickpea & Vegetable Fritter with Tomato Relish | Vegetarian Sausage | Mixed Vegetable Quiche |
| DESSERT | Three Milks Cake | Bread & Butter Pudding with Custard | Banana & Caramel Cheesecake | Traditional Tiramisu | Passionfruit Curd Tart | Passionfruit Pavlova (GF) | Warm Chocolate Brownie (GF) |
| Texture Modified Option | Grilled Barramundi | Beef Rissole (GF) | Corned Beef with White Sauce | Grandma's Meatloaf (GF) | Poached Fish | Honey Baked Ham (GF) | Roast Pork with Apple Sauce |
| Modified Vegetables | MODIFIED VEGETABLES WILL BE A MODIFIED VERSION OF THE MAIN MEAL VEGETABLE. IF THIS IS NOT POSSIBLE, THE ITEM WILL BE REPLACED BY SOMETHING SIMILAR. ALL MODIFED MEALS WILL RECEIVE A STARCH WITH A RED & GREEN VEGETABLE | | | | | | |
| Texture Modified Dessert | Three Milks Cake | Bread & Butter Pudding with Custard | Banana & Caramel Cheesecake Mix | Traditional Tiramisu | Passionfruit Curd | Passionfruit Pavlova (GF) | Warm Chocolate Brownie (GF) |
| AFTERNOON TEA | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit |
| DINNER SOUP | Potato & Leek | Sweetcorn Chowder | Tomato & Basil | Crème of Broccoli | Cauliflower | Creamy Pumpkin | Pea & Ham |
| DINNER MAIN CHOICE | Spring Rolls with Fried Rice & Dipping Sauce | Savoury Mince on Toast (GF) | Lorraine's Tuna & Vegetable Bake | Curried Sausages (GF) | Spinach & Cheese Ravioli with Tomato Sauce, Parmesan & Garlic Bread | Shepherds Pie with Mixed Vegetables (GF) | Assorted Toasted Sandwiches & Potato Gems |
| DINNER 2nd CHOICE | ***PLATED SANDWICHES & SALADS:*** *A plated salad - 100gms of protein or 2 Eggs or 80gms fish, or assorted sandwiches - 50- 70gms meat or Egg are available as an alternative to the lunch meal. (RG7)(EC7)* | | | | | | |
| DESSERT | Creamed Rice with Two Fruits (GF) | Honeycomb Panna Cotta (GF) | Stewed Apple & Rhubarb Compote (GF) | Fruit Salad & Yoghurt (GF) | Raspberry Jelly & Ice Cream (GF) | Baked Custard (GF) | Ice Cream Cone |
| Texture Modified Option | Chicken Rissole (GF) | Savoury Mince (GF) | Steamed Fish | Curried Sausages (GF) | Scrambled Egg | Shepherds Pie | Scrambled Egg |
| Modified Vegetables | MODIFIED VEGETABLES WILL BE A MODIFIED VERSION OF THE MAIN MEAL VEGETABLE. IF THIS IS NOT POSSIBLE, THE ITEM WILL BE REPLACED BY SOMETHING SIMILAR. ALL MODIFED MEALS WILL RECEIVE A STARCH WITH A RED & GREEN VEGETABLE | | | | | | |
| Texture Modified Dessert | Creamed Rice with Two Fruits (GF) | Honeycomb Panna Cotta (GF) | Stewed Apple & Rhubarb Compote (GF) | Fruit Salad & Yoghurt (GF) | Strawberry Mousse (GF) | Baked Custard (GF) | Vanilla Mousse (GF) |
| SUPPER | *A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents* | | | | | | |

*NOTE: Fresh fruit will be available at all meals in a Fruit Bowl in the servery*

# Maroba Aged Care
## Spring-Summer 2026-2027

Catering Industries

| WEEK 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Continental Breakfast | **Daily:** Fresh Juice (Apple or Orange), Fresh or Tinned Fruit, Yoghurt, Assorted Cereals, Prunes, Porridge, Coffee, Tea, Assorted Breads & Spreads. | | | | | | |
| HELF HOT BREAKFAST | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs | Poached or Scrambled Eggs |
| | Baked Beans | Chipolata | French Toast | Grilled Bacon | Wilted Spinach | Chipolata | Grilled Bacon |
| | Spaghetti | Omelette | Potato Gems | Hash Browns | Roasted Tomato | Baked Beans | Mushrooms |
| MORNING TEA | ***TEXTURE MODIFIED MORNING TEA -*** *FRUIT, CUSTARD, YOGHURT or MOUSSE* | | | | | | |
| | Scones with Jam & Cream | Banana Muffin | Caramel Tart with Cream | Pasionfruit Slice | Mars Bar Slice | Cornbread Muffin | Jam Drop |
| 1st LUNCH MAIN CHOICE | ***"VIP DAY"*** *Pork Loin Chop served with Mashed Potato, Roasted Sweet Potato & Green Beans (GF)* | Chicken Schnitzel Burger | Beef Bourguignon (GF) | Sweet & Sour Pork (GF) | Butter Poached Fish (GF) or Battered Fish | Portuguese Chicken Breast (GF) | Roast Lamb with Mint Sauce (GF) |
| 2nd LUNCH MAIN CHOICE | | Lamb Rissole (GF) | Chicken Skewers (GF) | Butter Chicken (GF) | Vegetarian Lasagne | Beef & Thyne Sausages (GF) | Spring Vegetable Quiche |
| VEGETABLES | *or Chicken Rissole with Herbed Tomato Sauce (GF)* | Rocket, Beetroot, Tomato & Pear Salad with Hot Chips (GF) | Mashed Potato, Broccoli & Carrots (GF) | Stir-Fried Hokkein Noodles & Mixed Green Vegetables | Hot Chips & Coleslaw (GF) | Mashed Potato, Silverbeet & Spinach (GF) | Roast Potato, Roast Pumpkin & Peas (GF) |
| LUNCH 3rd CHOICE | ***PLATED SANDWICHES & SALADS:*** *A plated salad - 100gms of protein or 2 Eggs or 80gms fish, or assorted sandwiches - 50- 70gms meat or Egg are available as an alternative to the lunch meal. (RG7)(EC7)* | | | | | | |
| VEGETARIAN OPTION | Vegetable Rissole | Vegetarian Burger | Vegetable Skewer | Baked Mushroom with Garlic Butter | Vegetarian Lasagne | Vegetarian Sausage | Spring Vegetable Quiche |
| DESSERT | Seasonal Fruit Crumble with Ice Cream | Crepes with Chocolate Sauce & Berries (GF) | Mum's Hasty Chocolate Cake | Caramel Tarts with Cream | "Red Velvet" Cake with Cream Cheese Icing | Sticky Date Pudding | Vanilla Baked Custard (GF) |
| Texture Modified Option | Pork Loin Chop | Lamb Rissole (GF) | Beef Bourguignon (GF) | Sweet & Sour Pork (GF) | Poached Fish | Portuguese Chicken Breast (GF) | Roast Lamb with Mint Sauce |
| Modified Vegetables | MODIFIED VEGETABLES WILL BE A MODIFIED VERSION OF THE MAIN MEAL VEGETABLE. IF THIS IS NOT POSSIBLE, THE ITEM WILL BE REPLACED BY SOMETHING SIMILAR. ALL MODIFED MEALS WILL RECEIVE A STARCH WITH A RED & GREEN VEGETABLE | | | | | | |
| Texture Modified Dessert | Seasonal Fruit Crumble Mix with Cream | Chocolate Custard | Mum's Hasty Chocolate Cake | Caramel Tart Mix with Cream | Red Velvet Cake with Cream | Sticky Date Pudding | Vanilla Baked Custard (GF) |
| AFTERNOON TEA | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit | Sweet Biscuit |
| DINNER SOUP | Creamy Pumpkin & Coconut | Potato & Leek | Crème of Chicken | Sweet Potato | Tomato | Split Pea & Ham | Chicken & Sweetcorn |
| DINNER MAIN CHOICE | Southern Fried Chicken with Coleslaw | Crumbed Fish with Mashed Potato & Mixed Vegetables | Garlic Chicken Balls with Hot Chips & Salad | Creamy Carbonara Pasta with Garlic Bread | Chicken & Vegetable Quiche with Salad | Shepherds Pie with Chunky Mixed Vegetables (GF) | Toasted Sandwiches & Potato Wedges |
| DINNER 2nd CHOICE | ***PLATED SANDWICHES & SALADS:*** *A plated salad - 100gms of protein or 2 Eggs or 80gms fish, or assorted sandwiches - 50- 70gms meat or Egg are available as an alternative to the lunch meal. (RG7)(EC7)* | | | | | | |
| DESSERT | Fruit Salad with Yoghurt (GF) | Banana Split (GF) | Hazelnut Mousse (GF) | Creamed Rice & Peaches (GF) | Vanilla Panna Cotta with Strawberry Coulis (GF) | Ice Cream Cone | Port Wine Jelly (GF) |
| Texture Modified Option | Braised Chicken | Steamed Fish | Garlic Chicken Balls | Scrambled Egg | Braised Chicken | Shepherds Pie | Scrambled Egg |
| Modified Vegetables | MODIFIED VEGETABLES WILL BE A MODIFIED VERSION OF THE MAIN MEAL VEGETABLE. IF THIS IS NOT POSSIBLE, THE ITEM WILL BE REPLACED BY SOMETHING SIMILAR. ALL MODIFED MEALS WILL RECEIVE A STARCH WITH A RED & GREEN VEGETABLE | | | | | | |
| Texture Modified Dessert | Fruit Salad with Yoghurt (GF) | Banana Split (GF) | Hazelnut Mousse (GF) | Creamed Rice & Peaches (GF) | Vanilla Panna Cotta with Strawberry Coulis (GF) | Vanilla Mousse (GF) | Strawberry Mousse (GF) |
| SUPPER | ***A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents*** | | | | | | |

***NOTE: Fresh fruit will be available at all meals in a Fruit Bowl in the servery***