

# Sample Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Buffet Breakfast	<b>Our Buffet Breakfast is available Tuesdays &amp; Fridays.</b> Includes: Cereals & Porridge, Toast w Condiments, Yoghurt w Seasonal Fruit, Eggs (Poached or Scrambled), Spaghetti, Baked Beans, & Grilled Tomatoes						
Continental Breakfast	<b>Available Daily</b> Continental Breakfast Including Eggs, Alternating Scrambled Or Poached						
Hot Breakfast	Hash Browns Poached Eggs	Croissant Served w Jam & Cream	Grilled Bacon w Eggs Benedict	Chipotle Sausages Scrambled Eggs	Sauteed Mushrooms Poached Eggs	Ham & Cheese Omelette	Grilled Bacon Poached Eggs
Morning tea	<b>Tea &amp; Coffee Available at Morning Tea</b>						
	Date Scones	Apple & Blueberry Tea Cake	Chocolate Chip Cookies	Carrot Cake	Banana Muffin	Anzac Biscuits	Butterfly Cup Cakes
Lunch (Option 1)	Baked Fish w Lemon & Dill Sauce	Chicken Parmagana	Roast Pork w Apple Sauce & Gravy	Beef Lasagne w Garlic Bread	Crumbed Fish	Sweet 'n Sour Pork	Roast Chicken w Gravy
Lunch (Option 2)	Beef & Mushroom Pie	Tomato, Chickpea & Pea Curry w Rice	Moroccan Lamb Stew	Chicken Scallopini	Sweet Potato Pasta Bake w Spinach	Prawn Cutlets	Vegetarian Frittata
Vegetables	<i>Creamy Mash Potato Buttered Carrots Brussel Sprouts</i>	<i>Potato Bake Greek Salad</i>	<i>Roast Potato Roast Pumpkin Green Beans</i>	<i>Garden Salad Herbed Potatoes</i>	<i>Chips Coleslaw</i>	<i>Fried Rice Stir Fry Vegetables</i>	<i>Roast Potato Roast Pumpkin Green Peas</i>
Dessert*	Crème Caramel	Bread & Butter Pudding w Custard	Pavlova w Cream & Fruit	Ice Cream & Flavouring	Baked Custard w Berries	Passionfruit Cheesecake w Cream	Peaches & Cream
Afternoon Tea	Savoury Crackers w Assorted Dips Or Savoury Baked Goods						
Soup <i>Served with warm bread roll</i>	Chicken & Corn	Roasted Sweet Potato	Pumpkin	Creamy Cauliflwer	Tomato & Vegetable	Hearty Bean	Minestrone
Dinner (Option 1)	Pasta Bolognese	Curried Sausages & Mash	Chicken & Asparagus Vol-Au-Vent W Salad	Salmon Patties w Mash & Peas	Meat Lovers Pizza w Pasta Salad	Italian Meatballs w Pasta & Nap Sauce	Satay Beef w Rice
Dinner (Option 2)	Chicken, Avocado & Cheese on Toasted Turkish Flat Bread	Quiche Lorraine W Rice Salad	Baked Macaroni and Cheese W Side Salad	Chicken Caesar	Butter Chicken And Rice	Chilli Con Carne Nachos w Sour Cream, Guacamole & Cheese	Choice Of Toasties
Salads	Ham Salad	Egg Salad	Chicken Salad	Pork Salad	Salmon Salad	Mixed Bean Salad	Pesto Pasta
Desserts*	Jelly & Custard	Fruit Salad & Cream	Strawberry Mousse	Apple Rhubarb Crumble with Custard	Impossible Pie W Custard	Chocolate Mousse	Ice Cream
Modified Diet (Lunch/Dinner)	Pureed, Mince & Moist, or Bite-Sized Protein on Menu, served w Mashed Potatoes, Carrot, Green Beans or Peas						

### Cook to Order Options Available Daily with Lunch Only (\$16.50)

**Option A:** Pan Fried Barramundi Fillet in White Wine Capers and Dill Sauce      **Option B:** Lamb Shank in a Red Wine Sauce

**All Dinner Options can be swapped for Mixed Sandwiches as an alternative.**



\* Fruit Puree, Ice Cream, Custard are available for both mealtimes as a modified dessert option.