

## Monday Breakfast

FWD-A

Room no:  
Name:

Portion Size:  
☐ Small  
☐ Normal

### Chilled Juices

- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Tomato Juice
- ☐ Prune Juice

### Cereals

- ☐ Cornflakes
- ☐ Natural Muesli
- ☐ Rice Bubbles
- ☐ Sultana Bran
- ☐ Weetbix
- ☐ All Bran
- ☐ Porridge

### Hot Breakfast

- ☐ Scrambled Eggs
- ☐ Bacon
- ☐ Grilled Tomato
- ☐ Pancake

### Hot Beverages

- ☐ Tea
- ☐ English Breakfast Tea
- ☐ Peppermint Tea
- ☐ Coffee
- ☐ Milk
- ☐ Sugar
- ☐ Equal

### Fruits

- ☐ Fresh Fruit
- ☐ Prunes
- ☐ Diced Peaches

### Dairy

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Fruit Yoghurt

### Bakery

- ☐ Toast Multigrain
- ☐ Toast White
- ☐ Toast Wholemeal
- ☐ Toast Raisin
- ☐ Bread Multigrain
- ☐ Bread White
- ☐ Bread Wholemeal

### Condiments

- ☐ Butter
- ☐ Margarine
- ☐ Jam
- ☐ Marmalade
- ☐ Honey
- ☐ Vegemite

## Monday Lunch

FWD-A

Room no:  
Name:

Portion Size:  
☐ Small  
☐ Normal

### Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Margarine

### Soup

- ☐ Chicken Consommé
- ☐ Minestrone Soup

### Main Course (Select One Only)

- ☐ Grilled Fish Fillet
  - ☐ Serve with butter lemon ginger sauce
- ☐ Moroccan Lamb Tagine
  - Moroccan inspired lamb stew slow cooked with fresh diced vegetables
- ☐ Tuscan Vegetable Frittata
  - served with Napolitana sauce
- ☐ Chicken & Asparagus Salad Plate
- ☐ Smoked Turkey Wrap
  - Spinach tortilla wrap, slice smoked turkey, cheddar cheese, cranberry sauce, fresh sliced tomato and lettuce
- ☐ Cheese & Steak Panini
  - Panini bread, grilled steak, cheddar cheese, pickled relish, fresh sliced tomato and lettuce

### Accompaniments

- ☐ Mashed Potato
- ☐ Steamed Rice
- ☐ Seasonal Vegetables
- ☐ Side Salad

### Desserts

- ☐ Apple Crumble
- ☐ Fresh Fruit Plate
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Lemon Sorbet

### Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Pineapple Juice

## Monday Dinner

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### Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Margarine

### Soup

- ☐ Beef Consommé
- ☐ Pumpkin Soup

### Main Course (Select One Only)

- ☐ Spaghetti Bolognese
  - Traditional spaghetti bolognese with grated parmesan cheese
- ☐ Herb & Garlic Grilled Chicken Breast
  - Served with ☐ cacciatore sauce or ☐ gravy
- ☐ Pan-Seared Sirloin Steak
  - Served with mushroom & pepper sauce
- ☐ Grilled Atlantic Salmon Fillet
  - with lemon herb dill butter sauce and served with roasted vegetable couscous
- ☐ Pumpkin & Ricotta Quiche
- ☐ Hawaiian Pineapple and Ham Salad Plate

### Accompaniments

- ☐ Mashed Sweet Potato
- ☐ Seasonal Vegetables
- ☐ Side Salad

### Desserts

- ☐ Black Forest Gateaux
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Fruit Yoghurt

### Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ White Wine
- ☐ Red Wine
- ☐ Light Beer

## Tuesday Breakfast

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### Chilled Juices

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apple Juice  | <input type="checkbox"/> Tomato Juice |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Prune Juice  |

### Cereals

- |   |                                   |
|---|-----------------------------------|
| <input type="checkbox"/> Cornflakes     | <input type="checkbox"/> Weetbix  |
| <input type="checkbox"/> Natural Muesli | <input type="checkbox"/> All Bran |
| <input type="checkbox"/> Rice Bubbles   | <input type="checkbox"/> Porridge |
| <input type="checkbox"/> Sultana Bran   |                                   |

### Hot Breakfast

- |   |   |
|---|---|
| <input type="checkbox"/> Scrambled Eggs | <input type="checkbox"/> Grilled Tomato |
| <input type="checkbox"/> Beef Sausages  | <input type="checkbox"/> Baked Beans    |

### Hot Beverages

- |  |                                |
|--|--------------------------------|
| <input type="checkbox"/> Tea                   | <input type="checkbox"/> Milk  |
| <input type="checkbox"/> English Breakfast Tea | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Peppermint Tea        | <input type="checkbox"/> Equal |
| <input type="checkbox"/> Coffee                |                                |

### Fruits

- |                                      |
|--------------------------------------|
| <input type="checkbox"/> Fresh Fruit |
| <input type="checkbox"/> Prunes      |
| <input type="checkbox"/> Diced Pears |

### Dairy

- |  |
|--|
| <input type="checkbox"/> Full Cream Milk |
| <input type="checkbox"/> Skim Milk       |
| <input type="checkbox"/> Soy Milk        |
| <input type="checkbox"/> Fruit Yoghurt   |

### Bakery

- |   |   |
|---|---|
| <input type="checkbox"/> Toast Multigrain | <input type="checkbox"/> Bread Multigrain |
| <input type="checkbox"/> Toast White      | <input type="checkbox"/> Bread White      |
| <input type="checkbox"/> Toast Wholemeal  | <input type="checkbox"/> Bread Wholemeal  |
| <input type="checkbox"/> Toast Raisin     | <input type="checkbox"/> Croissant        |

### Condiments

- |                                    |                                    |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> Butter    | <input type="checkbox"/> Jam       |
| <input type="checkbox"/> Margarine | <input type="checkbox"/> Marmalade |
|                                    | <input type="checkbox"/> Honey     |
|                                    | <input type="checkbox"/> Vegemite  |

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### Bakery

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> Bread Roll White     | <input type="checkbox"/> Butter    |
| <input type="checkbox"/> Bread Roll Wholemeal | <input type="checkbox"/> Margarine |

### Soup

- |   |  |
|---|--|
| <input type="checkbox"/> Vegetable Consommé | <input type="checkbox"/> Cream of Chicken Soup |
|---|--|

### Main Course (Select One Only)

- |   |
|---|
| <input type="checkbox"/> Stir Fry Chicken with Vegetables<br><i>Diced chicken sautéed with Asian vegetables</i>   |
| <input type="checkbox"/> Grilled Sirloin Steak<br><i>Serve with <input type="checkbox"/>pepper &amp; mushroom sauce or <input type="checkbox"/>gravy</i>        |
| <input type="checkbox"/> Pasta Macaroni and Cheese<br><i>Cheesy macaroni pasta bake served with Mornay sauce</i>  |
| <input type="checkbox"/> Roast Beef & Dill Pickles Salad Plate<br><i>Slice of roast beef and dill pickles served with garden salad</i>                          |
| <input type="checkbox"/> Ham & Salami Ciabatta<br><i>Stonebaked Ciabatta bread, salami, ham, cheddar cheese, tomato relish, fresh sliced tomato and spinach</i> |
| <input type="checkbox"/> Egg Cheese Salad Wrap<br><i>Tomato tortilla wrap, cheddar cheese, egg, mayonnaise, with fresh shredded lettuce and carrots</i>         |

### Accompaniments

- |  |  |
|--|--|
| <input type="checkbox"/> Mashed Sweet Potato | <input type="checkbox"/> Seasonal Vegetables |
| <input type="checkbox"/> Steamed Rice        | <input type="checkbox"/> Side Salad          |

### Desserts

- |  |  |
|--|--|
| <input type="checkbox"/> Profiteroles      | <input type="checkbox"/> Ice Cream         |
| <input type="checkbox"/> Fresh Fruit Plate | <input type="checkbox"/> Low Fat Ice Cream |
| <input type="checkbox"/> Jelly             | <input type="checkbox"/> Lemon Sorbet      |
| <input type="checkbox"/> Custard           |  |

### Dairy/Cold Beverages

- |  |  |
|--|--|
| <input type="checkbox"/> Full Cream Milk | <input type="checkbox"/> Apple Juice     |
| <input type="checkbox"/> Skim Milk       | <input type="checkbox"/> Orange Juice    |
| <input type="checkbox"/> Soy Milk        | <input type="checkbox"/> Pineapple Juice |

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### Bakery

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> Bread Roll White     | <input type="checkbox"/> Butter    |
| <input type="checkbox"/> Bread Roll Wholemeal | <input type="checkbox"/> Margarine |

### Soup

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Chicken Consommé | <input type="checkbox"/> Lentil Soup |
|---|--------------------------------------|

### Main Course (Select One Only)

- |   |
|---|
| <input type="checkbox"/> Hungarian Beef Goulash<br><i>Hungarian classic stew of slow cooked beef in a rich smoky tomato and paprika sauce</i> |
| <input type="checkbox"/> Poached Barramundi Fillet<br><i><input type="checkbox"/> Serve with lemon caper sauce</i>                            |
| <input type="checkbox"/> Vegetable Lasagna<br><i>served with mixed Italian herb infused Napolitana sauce</i>                                  |
| <input type="checkbox"/> Aromatic Grilled Lamb Chops<br><i>served with mushroom &amp; pepper sauce</i>  |
| <input type="checkbox"/> Chicken and Tomato Pesto Pappardelle<br><i>Grilled chicken pappardelle pasta in creamy sundried tomato pesto</i>     |
| <input type="checkbox"/> Chicken Caesar Salad Plate<br><i>Cos lettuce, grilled chicken, crispy bacon, croutons and parmesan cheese</i>        |

### Accompaniments

- |  |  |
|--|--|
| <input type="checkbox"/> Mashed Potato | <input type="checkbox"/> Seasonal Vegetables |
| <input type="checkbox"/> Steamed Rice  | <input type="checkbox"/> Side Salad          |

### Desserts

- |   |  |
|---|--|
| <input type="checkbox"/> Chocolate Mousse | <input type="checkbox"/> Ice Cream         |
| <input type="checkbox"/> Jelly            | <input type="checkbox"/> Low Fat Ice Cream |
| <input type="checkbox"/> Custard          | <input type="checkbox"/> Fruit Yoghurt     |

### Dairy/Cold Beverages

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Full Cream Milk | <input type="checkbox"/> Apple Juice  |
| <input type="checkbox"/> Skim Milk       | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Soy Milk        | <input type="checkbox"/> White Wine   |
|  | <input type="checkbox"/> Red Wine     |
|  | <input type="checkbox"/> Light Beer   |

## Wednesday Breakfast

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### Chilled Juices

- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Tomato Juice
- ☐ Prune Juice

### Cereals

- ☐ Cornflakes
- ☐ Natural Muesli
- ☐ Rice Bubbles
- ☐ Sultana Bran
- ☐ Weetbix
- ☐ All Bran
- ☐ Porridge

### Hot Breakfast

- ☐ Scrambled Eggs
- ☐ Bacon
- ☐ Grilled Tomato
- ☐ Pancake

### Hot Beverages

- ☐ Tea
- ☐ English Breakfast Tea
- ☐ Peppermint Tea
- ☐ Coffee

- ☐ Milk
- ☐ Sugar
- ☐ Equal

### Fruits

- ☐ Fresh Fruit
- ☐ Prunes
- ☐ Diced Two Fruits

### Dairy

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Fruit Yoghurt

### Bakery

- ☐ Toast Multigrain
- ☐ Toast White
- ☐ Toast Wholemeal
- ☐ Toast Raisin
- ☐ Bread Multigrain
- ☐ Bread White
- ☐ Bread Wholemeal

### Condiments

- ☐ Butter
- ☐ Margarine
- ☐ Jam
- ☐ Marmalade
- ☐ Honey
- ☐ Vegemite

## Wednesday Lunch

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### Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Margarine

### Soup

- ☐ Beef Consommé
- ☐ Tomato Soup

### Main Course (Select One Only)

- ☐ Stir Fry Prawns and Vegetables  
*Healthy and colourful Asian inspired stir fry prawns and fresh mixed vegetables*
- ☐ Roast Leg of Lamb  
*Served with ☐ gravy or ☐ mint jelly*
- ☐ Garden Vegetable Quiche
- ☐ Thai Chicken Salad Plate  
*Marinated grilled chicken on Asian style salad tossed with sweet chili dressing and chopped coriander*
- ☐ Smoked Salmon Charcoal Seeded Bun  
*Charcoal seeded bun, smoked salmon, cream cheese, spanish onion, guacamole, capers, cucumber & wild rocket*
- ☐ Mediterranean Vegetable Wrap  
*Spinach tortilla wrap, chargrilled eggplant, capsicum, Semi-dried tomato mixed lettuce, feta cheese and tomato relish*

### Accompaniments

- ☐ Mashed Potato
- ☐ Steamed Rice
- ☐ Seasonal Vegetables
- ☐ Side Salad

### Desserts

- ☐ Tiramisu
- ☐ Fresh Fruit Plate
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Lemon Sorbet

### Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Pineapple Juice

## Wednesday Dinner

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### Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Margarine

### Soup

- ☐ Vegetable Consommé
- ☐ Kumara Soup

### Main Course (Select One Only)

- ☐ Veal & Mushroom Ragù  
*Veal deglazed in white wine and slowly cooked with diced vegetable and mushrooms*
- ☐ Cajun Lime Grilled Chicken Breast  
*Served with ☐ gravy or ☐ peri peri sauce*
- ☐ Spinach and Fetta Filo Pastry
- ☐ Lemon and Pepper Roast Pork  
*Lemon and black pepper marinated pork slice with traditional gravy and apple sauce*
- ☐ Poached Wild Barramundi Fillet  
*served with coconut saffron ginger sauce*
- ☐ Greek Salad Plate  
*Celery, cherry tomato, kalamata olives, capsicum and red onion garnished with feta cheese and herbs*

### Accompaniments

- ☐ Mashed Potato
- ☐ Rice Pilaf
- ☐ Seasonal Vegetables
- ☐ Side Salad

### Desserts

- ☐ Lemon Citrus Slice
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Fruit Yoghurt

### Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ White Wine
- ☐ Red Wine
- ☐ Light Beer

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### Chilled Juices

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apple Juice  | <input type="checkbox"/> Tomato Juice |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Prune Juice  |

### Cereals

- |   |                                   |
|---|-----------------------------------|
| <input type="checkbox"/> Cornflakes     | <input type="checkbox"/> Weetbix  |
| <input type="checkbox"/> Natural Muesli | <input type="checkbox"/> All Bran |
| <input type="checkbox"/> Rice Bubbles   | <input type="checkbox"/> Porridge |
| <input type="checkbox"/> Sultana Bran   |                                   |

### Hot Breakfast

- |   |   |
|---|---|
| <input type="checkbox"/> Scrambled Eggs | <input type="checkbox"/> Grilled Tomato |
| <input type="checkbox"/> Beef Sausages  | <input type="checkbox"/> Spaghetti      |

### Hot Beverages

- |  |                                |
|--|--------------------------------|
| <input type="checkbox"/> Tea                   | <input type="checkbox"/> Milk  |
| <input type="checkbox"/> English Breakfast Tea | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Peppermint Tea        | <input type="checkbox"/> Equal |
| <input type="checkbox"/> Coffee                |                                |

### Fruits

- ☐ Fresh Fruit  
☐ Prunes  
☐ Diced Fruit Salad

### Dairy

- ☐ Full Cream Milk  
☐ Skim Milk  
☐ Soy Milk  
☐ Fruit Yoghurt

### Bakery

- |   |   |
|---|---|
| <input type="checkbox"/> Toast Multigrain | <input type="checkbox"/> Bread Multigrain |
| <input type="checkbox"/> Toast White      | <input type="checkbox"/> Bread White      |
| <input type="checkbox"/> Toast Wholemeal  | <input type="checkbox"/> Bread Wholemeal  |
| <input type="checkbox"/> Toast Raisin     | <input type="checkbox"/> Croissant        |

### Condiments

- |                                    |                                    |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> Butter    | <input type="checkbox"/> Jam       |
| <input type="checkbox"/> Margarine | <input type="checkbox"/> Marmalade |
|                                    | <input type="checkbox"/> Honey     |
|                                    | <input type="checkbox"/> Vegemite  |

## Thursday Lunch

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☐ Small

☐ Normal

### Bakery

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> Bread Roll White     | <input type="checkbox"/> Butter    |
| <input type="checkbox"/> Bread Roll Wholemeal | <input type="checkbox"/> Margarine |

### Soup

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Chicken Consommé | <input type="checkbox"/> Pumpkin Soup |
|---|---------------------------------------|

### Main Course (Select One Only)

- ☐ **Lamb & Tomato Casserole**  
*Slow cooked diced lamb with thyme and diced vegetables*
- ☐ **Roast Loin of Pork**  
*Marinated pork with spiced pear. Served with*  
☐ apple sauce or ☐ gravy
- ☐ **Spinach & Ricotta Cannelloni**  
*served with Napolitana sauce*
- ☐ **Smoked Salmon and Avocado Salad Plate**
- ☐ **Peri-Peri Chicken Sandwich**  
*Stonebaked Turkish bread, marinated grilled chicken, aioli, coleslaw and baby spinach*
- ☐ **Pulled Barbeque Pork Wrap**  
*Spinach tortilla wrap, pulled pork, smoke barbeque sauce, fresh slice tomato and mixed lettuce*

### Accompaniments

- |  |  |
|--|--|
| <input type="checkbox"/> Mashed Potato | <input type="checkbox"/> Seasonal Vegetables |
| <input type="checkbox"/> Steamed Rice  | <input type="checkbox"/> Side Salad          |

### Desserts

- |  |  |
|--|--|
| <input type="checkbox"/> Sticky Date Pudding | <input type="checkbox"/> Ice Cream         |
| <input type="checkbox"/> Fresh Fruit Plate   | <input type="checkbox"/> Low Fat Ice Cream |
| <input type="checkbox"/> Jelly               | <input type="checkbox"/> Lemon Sorbet      |
| <input type="checkbox"/> Custard             |  |

### Dairy/Cold Beverages

- |  |  |
|--|--|
| <input type="checkbox"/> Full Cream Milk | <input type="checkbox"/> Apple Juice     |
| <input type="checkbox"/> Skim Milk       | <input type="checkbox"/> Orange Juice    |
| <input type="checkbox"/> Soy Milk        | <input type="checkbox"/> Pineapple Juice |

## Thursday Dinner

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☐ Small

☐ Normal

### Bakery

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> Bread Roll White     | <input type="checkbox"/> Butter    |
| <input type="checkbox"/> Bread Roll Wholemeal | <input type="checkbox"/> Margarine |

### Soup

- |  |  |
|--|--|
| <input type="checkbox"/> Beef Consommé | <input type="checkbox"/> Chunky Vegetable Soup |
|--|--|

### Main Course (Select One Only)

- ☐ **Beef Stroganoff**  
*Thin strips of beef sautéed with onions and mushrooms and cooked in a light sour cream sauce*
- ☐ **Herb Crust Fish Fillet**  
*Herb crusted fish fillet baked with a slice of fresh lemon.*  
☐ Serve with White Wine Sauce
- ☐ **Zucchini & Fetta Royal Baked**  
*served with tomato and herb sauce*
- ☐ **Prawn Linguine**  
*Pasta linguine, prawns, chorizo, chili, cream and shaved parmesan cheese*
- ☐ **Tandoori Chicken**  
*Marinated Indian spice thigh chicken fillets with butter sauce and natural yoghurt*
- ☐ **Prosciutto, Melon, Lettuce & Tomato Salad Plate**

### Accompaniments

- |  |  |
|--|--|
| <input type="checkbox"/> Mashed Sweet Potato | <input type="checkbox"/> Seasonal Vegetables |
| <input type="checkbox"/> Steamed Rice        | <input type="checkbox"/> Side Salad          |

### Desserts

- |   |  |
|---|--|
| <input type="checkbox"/> Passionfruit Cheese Cake | <input type="checkbox"/> Ice Cream         |
| <input type="checkbox"/> Jelly                    | <input type="checkbox"/> Low Fat Ice Cream |
| <input type="checkbox"/> Custard                  | <input type="checkbox"/> Fruit Yoghurt     |

### Dairy/Cold Beverages

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Full Cream Milk | <input type="checkbox"/> Apple Juice  |
| <input type="checkbox"/> Skim Milk       | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Soy Milk        | <input type="checkbox"/> White Wine   |
|  | <input type="checkbox"/> Red Wine     |
|  | <input type="checkbox"/> Light Beer   |



Friday

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## Chilled Juices

- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Tomato Juice
- ☐ Prune Juice

## Cereals

- ☐ Cornflakes
- ☐ Natural Muesli
- ☐ Rice Bubbles
- ☐ Sultana Bran
- ☐ Weetbix
- ☐ All Bran
- ☐ Porridge

## Hot Breakfast

- ☐ Scrambled Eggs
- ☐ Bacon
- ☐ Grilled Tomato
- ☐ Pancake

## Hot Beverages

- ☐ Tea
- ☐ English Breakfast Tea
- ☐ Peppermint Tea
- ☐ Coffee

## Fruits

- ☐ Fresh Fruit
- ☐ Prunes
- ☐ Diced Peaches

## Dairy

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Fruit Yoghurt

## Bakery

- ☐ Toast Multigrain
- ☐ Toast White
- ☐ Toast Wholemeal
- ☐ Toast Raisin
- ☐ Bread Multigrain
- ☐ Bread White
- ☐ Bread Wholemeal

## Condiments

- ☐ Butter
- ☐ Margarine
- ☐ Jam
- ☐ Marmalade
- ☐ Honey
- ☐ Vegemite

Friday

# Lunch

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☐ Small  
☐ Normal

## Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Margarine

## Soup

- ☐ Vegetable Consommé
- ☐ Mushroom Soup

## Main Course (Select One Only)

- ☐ Roast Peppered Beef  
*Serve with ☐ gravy or ☐ red wine sauce*
- ☐ Grilled Atlantic Salmon Fillet  
☐ *Serve with salsa verde*
- ☐ Stir Fry Noodles with Tofu and Vegetables  
*Sautéed Asian mixed vegetables in hokkien noodles with oyster sauce*
- ☐ Cheddar Cheese & Tomato Salad Plate  
*Mature cheddar cheese with fresh iceberg lettuce and cherry tomato*
- ☐ Corned Beef Sandwich  
*Turkey bread, slow-cooked corned beef, cheddar cheese, sauerkraut, mustard aioli and baby spinach*
- ☐ Tandoori Chicken Wrap  
*Tomato tortilla wrap, cucumber, fruit chutney, fresh sliced tomato and lettuce*

## Accompaniments

- ☐ Mashed Potato
- ☐ Roast Sweet Potatoes
- ☐ Seasonal Vegetables
- ☐ Side Salad

## Desserts

- ☐ Creme Caramel
- ☐ Fresh Fruit Plate
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Lemon Sorbet

## Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Pineapple Juice

Friday

# Dinner

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Room no:  
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☐ Small  
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## Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Margarine

## Soup

- ☐ Chicken Consommé
- ☐ Potato and Leek Soup

## Main Course (Select One Only)

- ☐ Chicken A la King  
*Diced chicken in a creamy sauce with mushroom and vegetables*
- ☐ Cottage Pie  
*A classic English pie filled with savoury minced beef topped with baked potato*
- ☐ Pumpkin and Spinach Lasagna  
*Layers of sauteed pumpkin and spinach with pasta and bechamel sauce. Baked with mozzarella cheese*
- ☐ Honey Garlic Pork Loin Chops  
*Pork loin chops marinated in honey and garlic then grilled and topped with special homemade herb sauce*
- ☐ Sweet and Sour Beef Meatballs  
*Beef meatballs with homemade style sweet and sour sauce*
- ☐ Tuna and Cucumber Salad Plate

## Accompaniments

- ☐ Mashed Potato
- ☐ Saffron Rice
- ☐ Seasonal Vegetables
- ☐ Side Salad

## Desserts

- ☐ Red Velvet Slice
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Fruit Yoghurt

## Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ White Wine
- ☐ Red Wine
- ☐ Light Beer

## Saturday Breakfast

FWD

Room no:  
Name:

Portion Size:  
☐ Small  
☐ Normal

### Chilled Juices

- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Tomato Juice
- ☐ Prune Juice

### Cereals

- ☐ Cornflakes
- ☐ Natural Muesli
- ☐ Rice Bubbles
- ☐ Sultana Bran
- ☐ Weetbix
- ☐ All Bran
- ☐ Porridge

### Hot Breakfast

- ☐ Scrambled Eggs
- ☐ Beef Sausages
- ☐ Grilled Tomato
- ☐ Baked Beans

### Hot Beverages

- ☐ Tea
- ☐ English Breakfast Tea
- ☐ Peppermint Tea
- ☐ Coffee

### Fruits

- ☐ Fresh Fruit
- ☐ Prunes
- ☐ Diced Pears

### Dairy

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Fruit Yoghurt
- ☐ Bread Multigrain
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Croissant

### Condiments

- ☐ Butter
- ☐ Margarine
- ☐ Jam
- ☐ Marmalade
- ☐ Honey
- ☐ Vegemite

## Saturday Lunch

FWD

Room no:  
Name:

Portion Size:  
☐ Small  
☐ Normal

### Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Margarine

### Soup

- ☐ Beef Consommé
- ☐ Asparagus Soup

### Main Course (Select One Only)

- ☐ Chicken Coq Au Vin  
*Chicken & bacon braised slowly in red wine*
- ☐ Grilled Fish Fillet  
☐ *Serve with coconut saffron sauce*
- ☐ Roast Vegetable Frittata  
*served with tomato concasse*
- ☐ Turkey & Roasted Vegetable Salad  
*A selection of colourful roasted vegetables with slice of smoked turkey*
- ☐ Light Assorted Sandwiches

### Accompaniments

- ☐ Mashed Potato
- ☐ Rice Pilaf
- ☐ Seasonal Vegetables
- ☐ Side Salad

### Desserts

- ☐ Strawberry Mousse
- ☐ Fresh Fruit Plate
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Lemon Sorbet

### Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Diet Lemon Cordial
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Pineapple Juice

## Saturday Dinner

FWD

Room no:  
Name:

Portion Size:  
☐ Small  
☐ Normal

### Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Margarine

### Soup

- ☐ Vegetable Consommé
- ☐ Tomato and Basil Soup

### Main Course (Select One Only)

- ☐ Beef Burgundy  
*Diced beef, carrots, onion and mushrooms slow cooked in red wine sauce*
- ☐ Lemon & Herb Chicken Breast  
*Served with ☐ gravy or ☐ red pesto sauce*
- ☐ Fetta, Mushroom & Sundried Tomato Quiche
- ☐ Sweet Potato with Haloumi Cheese Salad
- ☐ Light Assorted Sandwiches

### Accompaniments

- ☐ Mashed Potato
- ☐ Roast Potatoes
- ☐ Seasonal Vegetables
- ☐ Side Salad

### Desserts

- ☐ Bread & Butter Pudding
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Fruit Yoghurt

### Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Diet Lemon Cordial
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ White Wine
- ☐ Red Wine
- ☐ Light Beer

## Sunday Breakfast

FWD

Room no:  
Name:

Portion Size:  
☐ Small  
☐ Normal

### Chilled Juices

- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Tomato Juice
- ☐ Prune Juice

### Cereals

- ☐ Cornflakes
- ☐ Natural Muesli
- ☐ Rice Bubbles
- ☐ Sultana Bran
- ☐ Weetbix
- ☐ All Bran
- ☐ Porridge

### Hot Breakfast

- ☐ Scrambled Eggs
- ☐ Bacon
- ☐ Grilled Tomato
- ☐ Spaghetti

### Hot Beverages

- ☐ Tea
- ☐ English Breakfast Tea
- ☐ Peppermint Tea
- ☐ Coffee
- ☐ Milk
- ☐ Sugar
- ☐ Equal

### Fruits

- ☐ Fresh Fruit
- ☐ Prunes
- ☐ Diced Two Fruits

### Dairy

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Fruit Yoghurt

### Bakery

- ☐ Toast Multigrain
- ☐ Toast White
- ☐ Toast Wholemeal
- ☐ Toast Raisin
- ☐ Bread Multigrain
- ☐ Bread White
- ☐ Bread Wholemeal

### Condiments

- ☐ Butter
- ☐ Margarine
- ☐ Jam
- ☐ Marmalade
- ☐ Honey
- ☐ Vegemite

## Sunday Lunch

FWD

Room no:  
Name:

Portion Size:  
☐ Small  
☐ Normal

### Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Margarine

### Soup

- ☐ Chicken Consommé
- ☐ Carrot Soup

### Main Course (Select One Only)

- ☐ Roast Beef  
*served with red wine sauce*
- ☐ Steamed Barramundi Fillet  
☐ *Serve with mornay sauce*
- ☐ Pumpkin and Lentil Puff
- ☐ Roast Chicken Salad Plate  
*Marinated roast sliced chicken with fresh garden salad*
- ☐ Light Assorted Sandwiches

### Accompaniments

- ☐ Mashed Potato
- ☐ Roast Potatoes
- ☐ Seasonal Vegetables
- ☐ Side Salad

### Desserts

- ☐ Peach Crumble
- ☐ Fresh Fruit Plate
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Lemon Sorbet

### Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Diet Lemon Cordial
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Pineapple Juice

## Sunday Dinner

FWD

Room no:  
Name:

Portion Size:  
☐ Small  
☐ Normal

### Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Margarine

### Soup

- ☐ Beef Consommé
- ☐ Chicken & Vegetable Soup

### Main Course (Select One Only)

- ☐ Braised Veal Osso Bucco  
*Pan seared veal Osso Bucco braised in mixed vegetable & beef stock. Flavoured with onion and tomato*
- ☐ Roast Turkey  
*Serve with ☐ gravy or ☐ cranberry sauce*
- ☐ Sweet Potato, Leek and Capsicum Frittata  
*served with Napolitana sauce*
- ☐ Red Salmon Salad Plate
- ☐ Light Assorted Sandwiches

### Accompaniments

- ☐ Mashed Potato
- ☐ Roast Sweet Potatoes
- ☐ Seasonal Vegetables
- ☐ Side Salad

### Desserts

- ☐ Chocolate Cake
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Fruit Yoghurt

### Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Diet Lemon Cordial
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ White Wine
- ☐ Red Wine
- ☐ Light Beer