

HUNTINGDON GARDENS SAMPLE MEAL PLAN

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST							
Cont. B'fast	<i>Continental Breakfast: A selection of Fresh Juice, Fresh or Tinned Fruit, Yoghurt, Assorted Cereals, Prunes, Porridge, Coffee, Tea, Assorted Bread, Crumpets and Spreads</i>						
Hot B'fast #1	Fried Egg and Bacon	Spaghetti in Cheese and Tomato Sauce	Croissants with Cheese	Poached Eggs	Ham and Egg Pie	Spaghetti	Pancakes w Maple Syrup
Hot B'fast #2	Baked Beans	Poached Eggs	Ham and Egg Pie	Tomato & Onion Pie	Creamy Mushroom	Scrambled Eggs	Poached Eggs
MORNING TEA							
M/Tea	<i>Assorted Cakes</i>						
LUNCH							
Main Meal #1	Baked Fish Provincial	Lamb Casserole	Corned Beef	BBQ Sausage, Hamburgers	Battered Fish, Chips and Coleslaw	Sausage in Onion Gravy	Roast Lamb
Main Meal #2	Spaghetti Bolognese	Homestead Chicken		BBQ Chicken		Braised Lamb Chops	
Main Puree	<i>The Puree Meals will be a same or variation to the above Main Meal Choices</i>						
Dessert #1	Crispy Apple Crumble	Pineapple Meringue	Danish Custard	Pavlova	Chocolate Bavarian	Strawberry Instant Pudding	Date Pudding w Cream Sauce
Dessert #2	Self Saucing Butterscotch pudding w Cream	Fresh Fruit Salad	Ice Cream w Topping	Cinnamon Creamy Rice	Fruit Jelly	French Cheese Cake	Fresh Fruit Salad
Alternative	<i>Assorted Salads or Sandwiches are available as an alternative to the lunch time meal</i>				<i>Fresh fruit is available to residents at all meal times</i>		
AFTERNOON TEA							
A/Tea	<i>Assorted Cakes</i>						
DINNER							
Soup	Tomato	French Onion	Beef and Vegetable	Potato and Leek	Barley	Pumpkin	Lentil
Light Meal #1	Macaroni with Cheese	Cheese & Spinach Triangles	Vegetarian Spring rolls	Thai Fried Rice	Meat Pie	Seafood Spring Rolls	Tomato & Basil Quiche
Sandwich	Assorted Sandwiches						
Salad Option	Assorted Salads						
Fruit	<i>Whole Fruit, Tinned Fruit and Sliced fruit will be available at dinner time every day</i>						
Dessert	Instant Strawberry Pudding	Caramel Baked Custard	Coffee Cream	Fruit with Custard	Fruit Salad w Ice Cream	Peaches Crumble	Caramel Baked Custard
SUPPER							
<i>A selection of plain biscuits, fruit cake or sandwiches. Milo will also be offered in addition to the normal beverages</i>							
<i>Special diets will be catered for on an individual basis. Egg, Vegetarian, Diabetic, Vitamised, Gluten free, low Salt, High Protein etc.</i>							
<i>A sandwich selection will be available in the dining room fridges and biscuits for the diabetic residents</i>							
<i>Please note: this is a sample of our seasonal menu, and menu items are subject to change.</i>							