

This is our texture modified menu.



		Monday Sep 29	Tuesday Sep 30	Wednesday Oct 01	Thursday Oct 02	Friday Oct 03	Saturday Oct 04	Sunday Oct 05
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese souffle (Pure Food Co)	Banana and bran muffins	Butterfly cakes
Lunch	Main	Chef's fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon curd and cream	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Yoghurt and honey	Chocolate custard	Fruit and yoghurt	Jelly cake	Puree vanilla cake and cream	Fruit and custard	High-protein mousse
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main	Beef lasagne with Carrot and zucchini	Butter chicken with rice, carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Rissoto rice Carrots and broccoli	Chicken Mash Beans and carrot
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta with honey and fruit compote	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit						

This is our texture modified menu.



		Monday Oct 06	Tuesday Oct 07	Wednesday Oct 08	Thursday Oct 09	Friday Oct 10	Saturday Oct 11	Sunday Oct 12
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Chocolate muffins	Spinach quiche (Pure Food Co)	Sponge cake with jam and cream	Coconut cake	Carrot cake	Whipped ricotta and smooth chutney	Banana cake
Lunch	Main	Beef meatballs	Fish fillet	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Baked fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self- saucing pudding	Trifle	Baked custard with cinnamon	Impossible pie
Afternoon tea		Yoghurt and honey	Strawberry custard	Fruit and yoghurt	High protein mousse	Apple and custard cake	Jelly cake	Pureed fruit and yoghurt
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main	Marinated pork, mash, broccoli, carrot	Braised veal steak Mash Beans and carrots	Chicken curry Rissoto rice Carrot and cauliflower	Sausages and onion gravy Mash Sauteed spinach and tomato	Beef teriyaki Mash Cabbage, Bbroccoli	Lamb meatloaf with tzatziki, sweet potato zucchini and skinless capsicum	Chicken cacciatore Pasta Broccoli
	Dessert	Puree peach sponge and cream	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruitit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Oct 13	Tuesday Oct 14	Wednesday Oct 15	Thursday Oct 16	Friday Oct 17	Saturday Oct 18	Sunday Oct 19
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Cheese souffle (Pure Food Co)	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spices and cinnamon cake/ modified/custard
Lunch	Main	Braised lamb	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish with mash and vegetables	Marinated lamb	Lemon and thyme roasted chicken
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside- down cake	French toast and no melt ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	TM Trifle	Lemon self- saucing pudding
Afternoon tea		Chocolate custard	Vanilla pannacotta	Cake and cream	Fruit and yoghurt	Yoghurt and honey	High-protein mango pudding	Choc mousse
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main	Spinach and ricotta cannelloni Garlic mash Carrots	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Mash Carrots and peas	Lamb rissoles, tomato sauce, herbed mash, zucchini, and beetroot	Beef Stroganoff Risoni Beans and carrot	Pork in plum sauce Pureed rice or mash Carrots and broccoli	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Dessert	Berry fool	Chocolate brownie	Rice pudding	Sticky date self- saucing pudding	Hazelnut panna cotta	Golden syrup cake	No-melt ice cream sundae
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						

This is our texture modified menu.



		Monday Oct 20	Tuesday Oct 21	Wednesday Oct 22	Thursday Oct 23	Friday Oct 24	Saturday Oct 25	Sunday Oct 26
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Lemon yoghurt cake	Vanilla cake and custard	Cheese souffle (Pure Food Co)
Lunch	Main	Roast pork and mustard sauce	Tomato chicken thighs	Roast lamb with mint sauce	Pork steak	Fish and mash	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Trio of pureed fruit	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Chocolate custard	Yoghurt and honey	Modified cake and custard	Puree fruit and yoghurt	Banana custard	Fruit and custard	High-protein mousse
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main	Shepherd's pie	Beef satay Pureed rice or mash Broccoli and carrots	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Chicken and leek casserole, mash, sauteed silverbeet, roasted sweet potato
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Oct 27	Tuesday Oct 28	Wednesday Oct 29	Thursday Oct 30	Friday Oct 31	Saturday Nov 01	Sunday Nov 02
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese souffle (Pure Food Co)	Banana and bran muffins	Butterfly cakes
Lunch	Main	Chef's fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon curd and cream	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Yoghurt and honey	Chocolate custard	Fruit and yoghurt	Jelly cake	Puree vanilla cake and cream	Fruit and custard	High-protein mousse
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main	Beef lasagne with Carrot and zucchini	Butter chicken with rice, carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Rissoto rice Carrots and broccoli	Chicken Mash Beans and carrot
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta with honey and fruit compote	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit						

This is our texture modified menu.



		Monday Nov 03	Tuesday Nov 04	Wednesday Nov 05	Thursday Nov 06	Friday Nov 07	Saturday Nov 08	Sunday Nov 09
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Chocolate muffins	Spinach quiche (Pure Food Co)	Sponge cake with jam and cream	Coconut cake	Carrot cake	Whipped ricotta and smooth chutney	Banana cake
Lunch	Main	Beef meatballs	Fish fillet	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Baked fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self- saucing pudding	Trifle	Baked custard with cinnamon	Impossible pie
Afternoon tea		Yoghurt and honey	Strawberry custard	Fruit and yoghurt	High protein mousse	Apple and custard cake	Jelly cake	Pureed fruit and yoghurt
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main	Marinated pork, mash, broccoli, carrot	Braised veal steak Mash Beans and carrots	Chicken curry Rissoto rice Carrot and cauliflower	Sausages and onion gravy Mash Sauteed spinach and tomato	Beef teriyaki Mash Cabbage, Bbroccoli	Lamb meatloaf with tzatziki, sweet potato zucchini and skinless capsicum	Chicken cacciatore Pasta Broccoli
	Dessert	Puree peach sponge and cream	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruitit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Nov 10	Tuesday Nov 11	Wednesday Nov 12	Thursday Nov 13	Friday Nov 14	Saturday Nov 15	Sunday Nov 16
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Cheese souffle (Pure Food Co)	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spices and cinnamon cake/ modified/custard
Lunch	Main	Braised lamb	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish with mash and vegetables	Marinated lamb	Lemon and thyme roasted chicken
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside- down cake	French toast and no melt ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	TM Trifle	Lemon self- saucing pudding
Afternoon tea		Chocolate custard	Vanilla pannacotta	Cake and cream	Fruit and yoghurt	Yoghurt and honey	High-protein mango pudding	Choc mousse
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main	Spinach and ricotta cannelloni Garlic mash Carrots	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Mash Carrots and peas	Lamb rissoles, tomato sauce, herbed mash, zucchini, and beetroot	Beef Stroganoff Risoni Beans and carrot	Pork in plum sauce Pureed rice or mash Carrots and broccoli	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Dessert	Berry fool	Chocolate brownie	Rice pudding	Sticky date self- saucing pudding	Hazelnut panna cotta	Golden syrup cake	No-melt ice cream sundae
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						

This is our texture modified menu.



		Monday Nov 17	Tuesday Nov 18	Wednesday Nov 19	Thursday Nov 20	Friday Nov 21	Saturday Nov 22	Sunday Nov 23
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Lemon yoghurt cake	Vanilla cake and custard	Cheese souffle (Pure Food Co)
Lunch	Main	Roast pork and mustard sauce	Tomato chicken thighs	Roast lamb with mint sauce	Pork steak	Fish and mash	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Trio of pureed fruit	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Chocolate custard	Yoghurt and honey	Modified cake and custard	Puree fruit and yoghurt	Banana custard	Fruit and custard	High-protein mousse
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main	Shepherd's pie	Beef satay Pureed rice or mash Broccoli and carrots	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Chicken and leek casserole, mash, sauteed silverbeet, roasted sweet potato
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Nov 24	Tuesday Nov 25	Wednesday Nov 26	Thursday Nov 27	Friday Nov 28	Saturday Nov 29	Sunday Nov 30
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese souffle (Pure Food Co)	Banana and bran muffins	Butterfly cakes
Lunch	Main	Chef's fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon curd and cream	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Yoghurt and honey	Chocolate custard	Fruit and yoghurt	Jelly cake	Puree vanilla cake and cream	Fruit and custard	High-protein mousse
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main	Beef lasagne with Carrot and zucchini	Butter chicken with rice, carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Rissoto rice Carrots and broccoli	Chicken Mash Beans and carrot
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta with honey and fruit compote	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit						

This is our texture modified menu.



		Monday Dec 01	Tuesday Dec 02	Wednesday Dec 03	Thursday Dec 04	Friday Dec 05	Saturday Dec 06	Sunday Dec 07
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Chocolate muffins	Spinach quiche (Pure Food Co)	Sponge cake with jam and cream	Coconut cake	Carrot cake	Whipped ricotta and smooth chutney	Banana cake
Lunch	Main	Beef meatballs	Fish fillet	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Baked fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self-saucing pudding	Trifle	Baked custard with cinnamon	Impossible pie
Afternoon tea		Yoghurt and honey	Strawberry custard	Fruit and yoghurt	High protein mousse	Apple and custard cake	Jelly cake	Pureed fruit and yoghurt
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main	Marinated pork, mash, broccoli, carrot	Braised veal steak Mash Beans and carrots	Chicken curry Rissoto rice Carrot and cauliflower	Sausages and onion gravy Mash Sauteed spinach and tomato	Beef teriyaki Mash Cabbage, Bbroccoli	Lamb meatloaf with tzatziki, sweet potato zucchini and skinless capsicum	Chicken cacciatore Pasta Broccoli
	Dessert	Puree peach sponge and cream	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruitit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Dec 08	Tuesday Dec 09	Wednesday Dec 10	Thursday Dec 11	Friday Dec 12	Saturday Dec 13	Sunday Dec 14
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Cheese souffle (Pure Food Co)	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spices and cinnamon cake/ modified/custard
Lunch	Main	Braised lamb	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish with mash and vegetables	Marinated lamb	Lemon and thyme roasted chicken
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside- down cake	French toast and no melt ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	TM Trifle	Lemon self- saucing pudding
Afternoon tea		Chocolate custard	Vanilla pannacotta	Cake and cream	Fruit and yoghurt	Yoghurt and honey	High-protein mango pudding	Choc mousse
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main	Spinach and ricotta cannelloni Garlic mash Carrots	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Mash Carrots and peas	Lamb rissoles, tomato sauce, herbed mash, zucchini, and beetroot	Beef Stroganoff Risoni Beans and carrot	Pork in plum sauce Pureed rice or mash Carrots and broccoli	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Dessert	Berry fool	Chocolate brownie	Rice pudding	Sticky date self- saucing pudding	Hazelnut panna cotta	Golden syrup cake	No-melt ice cream sundae
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						

Hello This is our texture modified menu.  Royal Freemasons

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		Monday Dec 15	Tuesday Dec 16	Wednesday Dec 17	Thursday Dec 18	Friday Dec 19	Saturday Dec 20	Sunday Dec 21
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Lemon yoghurt cake	Vanilla cake and custard	Cheese souffle (Pure Food Co)
Lunch	Main	Roast pork and mustard sauce	Tomato chicken thighs	Roast lamb with mint sauce	Pork steak	Fish and mash	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Trio of pureed fruit	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Chocolate custard	Yoghurt and honey	Modified cake and custard	Puree fruit and yoghurt	Banana custard	Fruit and custard	High-protein mousse
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main	Shepherd's pie	Beef satay Pureed rice or mash Broccoli and carrots	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Chicken and leek casserole, mash, sauteed silverbeet, roasted sweet potato
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Dec 22	Tuesday Dec 23	Wednesday Dec 24	Thursday Dec 25	Friday Dec 26	Saturday Dec 27	Sunday Dec 28
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese souffle (Pure Food Co)	Banana and bran muffins	Butterfly cakes
Lunch	Main	Chef's fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon curd and cream	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Yoghurt and honey	Chocolate custard	Fruit and yoghurt	Jelly cake	Puree vanilla cake and cream	Fruit and custard	High-protein mousse
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main	Beef lasagne with Carrot and zucchini	Butter chicken with rice, carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Rissoto rice Carrots and broccoli	Chicken Mash Beans and carrot
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta with honey and fruit compote	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit						

This is our texture modified menu.



		Monday Dec 29	Tuesday Dec 30	Wednesday Dec 31	Thursday Jan 01	Friday Jan 02	Saturday Jan 03	Sunday Jan 04
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Chocolate muffins	Spinach quiche (Pure Food Co)	Sponge cake with jam and cream	Coconut cake	Carrot cake	Whipped ricotta and smooth chutney	Banana cake
Lunch	Main	Beef meatballs	Fish fillet	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Baked fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self- saucing pudding	Trifle	Baked custard with cinnamon	Impossible pie
Afternoon tea		Yoghurt and honey	Strawberry custard	Fruit and yoghurt	High protein mousse	Apple and custard cake	Jelly cake	Pureed fruit and yoghurt
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main	Marinated pork, mash, broccoli, carrot	Braised veal steak Mash Beans and carrots	Chicken curry Rissoto rice Carrot and cauliflower	Sausages and onion gravy Mash Sauteed spinach and tomato	Beef teriyaki Mash Cabbage, Bbroccoli	Lamb meatloaf with tzatziki, sweet potato zucchini and skinless capsicum	Chicken cacciatore Pasta Broccoli
	Dessert	Puree peach sponge and cream	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruitit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Jan 05	Tuesday Jan 06	Wednesday Jan 07	Thursday Jan 08	Friday Jan 09	Saturday Jan 10	Sunday Jan 11
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Cheese souffle (Pure Food Co)	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spices and cinnamon cake/ modified/custard
Lunch	Main	Braised lamb	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish with mash and vegetables	Marinated lamb	Lemon and thyme roasted chicken
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside- down cake	French toast and no melt ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	TM Trifle	Lemon self- saucing pudding
Afternoon tea		Chocolate custard	Vanilla pannacotta	Cake and cream	Fruit and yoghurt	Yoghurt and honey	High-protein mango pudding	Choc mousse
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main	Spinach and ricotta cannelloni Garlic mash Carrots	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Mash Carrots and peas	Lamb rissoles, tomato sauce, herbed mash, zucchini, and beetroot	Beef Stroganoff Risoni Beans and carrot	Pork in plum sauce Pureed rice or mash Carrots and broccoli	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Dessert	Berry fool	Chocolate brownie	Rice pudding	Sticky date self- saucing pudding	Hazelnut panna cotta	Golden syrup cake	No-melt ice cream sundae
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						

Hello

This is our texture modified menu.



		Monday Jan 12	Tuesday Jan 13	Wednesday Jan 14	Thursday Jan 15	Friday Jan 16	Saturday Jan 17	Sunday Jan 18
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Lemon yoghurt cake	Vanilla cake and custard	Cheese souffle (Pure Food Co)
Lunch	Main	Roast pork and mustard sauce	Tomato chicken thighs	Roast lamb with mint sauce	Pork steak	Fish and mash	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Trio of pureed fruit	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Chocolate custard	Yoghurt and honey	Modified cake and custard	Puree fruit and yoghurt	Banana custard	Fruit and custard	High-protein mousse
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main	Shepherd's pie	Beef satay Pureed rice or mash Broccoli and carrots	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Chicken and leek casserole, mash, sauteed silverbeet, roasted sweet potato
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Jan 19	Tuesday Jan 20	Wednesday Jan 21	Thursday Jan 22	Friday Jan 23	Saturday Jan 24	Sunday Jan 25
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese souffle (Pure Food Co)	Banana and bran muffins	Butterfly cakes
Lunch	Main	Chef's fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon curd and cream	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Yoghurt and honey	Chocolate custard	Fruit and yoghurt	Jelly cake	Puree vanilla cake and cream	Fruit and custard	High-protein mousse
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main	Beef lasagne with Carrot and zucchini	Butter chicken with rice, carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Rissoto rice Carrots and broccoli	Chicken Mash Beans and carrot
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta with honey and fruit compote	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit						

This is our texture modified menu.



		Monday Jan 26	Tuesday Jan 27	Wednesday Jan 28	Thursday Jan 29	Friday Jan 30	Saturday Jan 31	Sunday Feb 01
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Chocolate muffins	Spinach quiche (Pure Food Co)	Sponge cake with jam and cream	Coconut cake	Carrot cake	Whipped ricotta and smooth chutney	Banana cake
Lunch	Main	Beef meatballs	Fish fillet	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Baked fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self-saucing pudding	Trifle	Baked custard with cinnamon	Impossible pie
Afternoon tea		Yoghurt and honey	Strawberry custard	Fruit and yoghurt	High protein mousse	Apple and custard cake	Jelly cake	Pureed fruit and yoghurt
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main	Marinated pork, mash, broccoli, carrot	Braised veal steak Mash Beans and carrots	Chicken curry Rissoto rice Carrot and cauliflower	Sausages and onion gravy Mash Sauteed spinach and tomato	Beef teriyaki Mash Cabbage, Bbroccoli	Lamb meatloaf with tzatziki, sweet potato zucchini and skinless capsicum	Chicken cacciatore Pasta Broccoli
	Dessert	Puree peach sponge and cream	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruitit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Feb 02	Tuesday Feb 03	Wednesday Feb 04	Thursday Feb 05	Friday Feb 06	Saturday Feb 07	Sunday Feb 08
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Cheese souffle (Pure Food Co)	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spices and cinnamon cake/ modified/custard
Lunch	Main	Braised lamb	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish with mash and vegetables	Marinated lamb	Lemon and thyme roasted chicken
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside- down cake	French toast and no melt ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	TM Trifle	Lemon self- saucing pudding
Afternoon tea		Chocolate custard	Vanilla pannacotta	Cake and cream	Fruit and yoghurt	Yoghurt and honey	High-protein mango pudding	Choc mousse
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main	Spinach and ricotta cannelloni Garlic mash Carrots	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Mash Carrots and peas	Lamb rissoles, tomato sauce, herbed mash, zucchini, and beetroot	Beef Stroganoff Risoni Beans and carrot	Pork in plum sauce Pureed rice or mash Carrots and broccoli	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Dessert	Berry fool	Chocolate brownie	Rice pudding	Sticky date self- saucing pudding	Hazelnut panna cotta	Golden syrup cake	No-melt ice cream sundae
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						

This is our texture modified menu.



		Monday Feb 09	Tuesday Feb 10	Wednesday Feb 11	Thursday Feb 12	Friday Feb 13	Saturday Feb 14	Sunday Feb 15
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Lemon yoghurt cake	Vanilla cake and custard	Cheese souffle (Pure Food Co)
Lunch	Main	Roast pork and mustard sauce	Tomato chicken thighs	Roast lamb with mint sauce	Pork steak	Fish and mash	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Trio of pureed fruit	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Chocolate custard	Yoghurt and honey	Modified cake and custard	Puree fruit and yoghurt	Banana custard	Fruit and custard	High-protein mousse
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main	Shepherd's pie	Beef satay Pureed rice or mash Broccoli and carrots	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Chicken and leek casserole, mash, sauteed silverbeet, roasted sweet potato
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Feb 16	Tuesday Feb 17	Wednesday Feb 18	Thursday Feb 19	Friday Feb 20	Saturday Feb 21	Sunday Feb 22
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese souffle (Pure Food Co)	Banana and bran muffins	Butterfly cakes
Lunch	Main	Chef's fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon curd and cream	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Yoghurt and honey	Chocolate custard	Fruit and yoghurt	Jelly cake	Puree vanilla cake and cream	Fruit and custard	High-protein mousse
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main	Beef lasagne with Carrot and zucchini	Butter chicken with rice, carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Rissoto rice Carrots and broccoli	Chicken Mash Beans and carrot
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta with honey and fruit compote	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit						

This is our texture modified menu.



		Monday Feb 23	Tuesday Feb 24	Wednesday Feb 25	Thursday Feb 26	Friday Feb 27	Saturday Feb 28	Sunday Mar 01
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Chocolate muffins	Spinach quiche (Pure Food Co)	Sponge cake with jam and cream	Coconut cake	Carrot cake	Whipped ricotta and smooth chutney	Banana cake
Lunch	Main	Beef meatballs	Fish fillet	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Baked fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self- saucing pudding	Trifle	Baked custard with cinnamon	Impossible pie
Afternoon tea		Yoghurt and honey	Strawberry custard	Fruit and yoghurt	High protein mousse	Apple and custard cake	Jelly cake	Pureed fruit and yoghurt
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main	Marinated pork, mash, broccoli, carrot	Braised veal steak Mash Beans and carrots	Chicken curry Rissoto rice Carrot and cauliflower	Sausages and onion gravy Mash Sauteed spinach and tomato	Beef teriyaki Mash Cabbage, Bbroccoli	Lamb meatloaf with tzatziki, sweet potato zucchini and skinless capsicum	Chicken cacciatore Pasta Broccoli
	Dessert	Puree peach sponge and cream	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruitit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Mar 02	Tuesday Mar 03	Wednesday Mar 04	Thursday Mar 05	Friday Mar 06	Saturday Mar 07	Sunday Mar 08
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Cheese souffle (Pure Food Co)	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spices and cinnamon cake/ modified/custard
Lunch	Main	Braised lamb	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish with mash and vegetables	Marinated lamb	Lemon and thyme roasted chicken
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside- down cake	French toast and no melt ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	TM Trifle	Lemon self- saucing pudding
Afternoon tea		Chocolate custard	Vanilla pannacotta	Cake and cream	Fruit and yoghurt	Yoghurt and honey	High-protein mango pudding	Choc mousse
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main	Spinach and ricotta cannelloni Garlic mash Carrots	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Mash Carrots and peas	Lamb rissoles, tomato sauce, herbed mash, zucchini, and beetroot	Beef Stroganoff Risoni Beans and carrot	Pork in plum sauce Pureed rice or mash Carrots and broccoli	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Dessert	Berry fool	Chocolate brownie	Rice pudding	Sticky date self- saucing pudding	Hazelnut panna cotta	Golden syrup cake	No-melt ice cream sundae
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						

This is our texture modified menu.



		Monday Mar 09	Tuesday Mar 10	Wednesday Mar 11	Thursday Mar 12	Friday Mar 13	Saturday Mar 14	Sunday Mar 15
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Lemon yoghurt cake	Vanilla cake and custard	Cheese souffle (Pure Food Co)
Lunch	Main	Roast pork and mustard sauce	Tomato chicken thighs	Roast lamb with mint sauce	Pork steak	Fish and mash	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Trio of pureed fruit	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Chocolate custard	Yoghurt and honey	Modified cake and custard	Puree fruit and yoghurt	Banana custard	Fruit and custard	High-protein mousse
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main	Shepherd's pie	Beef satay Pureed rice or mash Broccoli and carrots	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Chicken and leek casserole, mash, sauteed silverbeet, roasted sweet potato
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Mar 16	Tuesday Mar 17	Wednesday Mar 18	Thursday Mar 19	Friday Mar 20	Saturday Mar 21	Sunday Mar 22
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese souffle (Pure Food Co)	Banana and bran muffins	Butterfly cakes
Lunch	Main	Chef's fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon curd and cream	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Yoghurt and honey	Chocolate custard	Fruit and yoghurt	Jelly cake	Puree vanilla cake and cream	Fruit and custard	High-protein mousse
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main	Beef lasagne with Carrot and zucchini	Butter chicken with rice, carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Rissoto rice Carrots and broccoli	Chicken Mash Beans and carrot
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta with honey and fruit compote	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit						

This is our texture modified menu.



		Monday Mar 23	Tuesday Mar 24	Wednesday Mar 25	Thursday Mar 26	Friday Mar 27	Saturday Mar 28	Sunday Mar 29
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Chocolate muffins	Spinach quiche (Pure Food Co)	Sponge cake with jam and cream	Coconut cake	Carrot cake	Whipped ricotta and smooth chutney	Banana cake
Lunch	Main	Beef meatballs	Fish fillet	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Baked fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self-saucing pudding	Trifle	Baked custard with cinnamon	Impossible pie
Afternoon tea		Yoghurt and honey	Strawberry custard	Fruit and yoghurt	High protein mousse	Apple and custard cake	Jelly cake	Pureed fruit and yoghurt
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main	Marinated pork, mash, broccoli, carrot	Braised veal steak Mash Beans and carrots	Chicken curry Rissoto rice Carrot and cauliflower	Sausages and onion gravy Mash Sauteed spinach and tomato	Beef teriyaki Mash Cabbage, Bbroccoli	Lamb meatloaf with tzatziki, sweet potato zucchini and skinless capsicum	Chicken cacciatore Pasta Broccoli
	Dessert	Puree peach sponge and cream	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruitit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		Selection of yoghurts, custard, high-protein mousses, pureed baked products, pureed fruit.						

This is our texture modified menu.



		Monday Mar 30	Tuesday Mar 31	Wednesday Apr 01	Thursday Apr 02	Friday Apr 03	Saturday Apr 04	Sunday Apr 05
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Cheese souffle (Pure Food Co)	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spices and cinnamon cake/ modified/custard
Lunch	Main	Braised lamb	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish with mash and vegetables	Marinated lamb	Lemon and thyme roasted chicken
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside- down cake	French toast and no melt ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	TM Trifle	Lemon self- saucing pudding
Afternoon tea		Chocolate custard	Vanilla pannacotta	Cake and cream	Fruit and yoghurt	Yoghurt and honey	High-protein mango pudding	Choc mousse
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main	Spinach and ricotta cannelloni Garlic mash Carrots	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Mash Carrots and peas	Lamb rissoles, tomato sauce, herbed mash, zucchini, and beetroot	Beef Stroganoff Risoni Beans and carrot	Pork in plum sauce Pureed rice or mash Carrots and broccoli	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Dessert	Berry fool	Chocolate brownie	Rice pudding	Sticky date self- saucing pudding	Hazelnut panna cotta	Golden syrup cake	No-melt ice cream sundae
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						

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		Monday Apr 06	Tuesday Apr 07	Wednesday Apr 08	Thursday Apr 09	Friday Apr 10	Saturday Apr 11	Sunday Apr 12
Breakfast		Porridge, Weet-bix, modified fruits, yoghurt. beverages as per regular menu. Scrambled eggs on Tuesdays and Sundays.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Lemon yoghurt cake	Vanilla cake and custard	Cheese souffle (Pure Food Co)
Lunch	Main	Roast pork and mustard sauce	Tomato chicken thighs	Roast lamb with mint sauce	Pork steak	Fish and mash	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Trio of pureed fruit	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Chocolate custard	Yoghurt and honey	Modified cake and custard	Puree fruit and yoghurt	Banana custard	Fruit and custard	High-protein mousse
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main	Shepherd's pie	Beef satay Pureed rice or mash Broccoli and carrots	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Chicken and leek casserole, mash, sauteed silverbeet, roasted sweet potato
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit.						