

Sample Care Menu



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---|--|--|--|--|---|---|
| Breakfast | Selection of cereals, porridge, fruit, bread, yoghurt, & spreads. Hot breakfast options available on request. | | | | | | |
| Morning Tea | Mini Spinach Quiche or Almond and Apricot Smoothie | Wholemeal Carrot Cake Muffin or Apple and Pear Smoothie | Date & Orange Scone or Kiwifruit Smoothie | Danish Pastries, fresh fruit or Spiced Apple and Oat smoothie | Blueberry Muffins or Spiced Apple smoothie | Croissant w Strawberry Jam or Pear, Chocolate & Ginger Smoothie | Ham & Cheese Pinwheels or Banana & Berry Smoothie |
| Lunch | Creamy Pumpkin Soup Followed by French Chicken Casserole with green Beans & Tomato or Margherita Pizza with Fries & Salad | Moroccan Vegetable Soup Followed by Chicken Kiev with Fries & Broccoli Florets or Spanakopita with Basil Cream and Green Salad | Creamed Leek and Potato Soup Followed by Glazed Meatloaf with Baby Potatoes and Buttered Cabbage or Spanish Omelette | Winter Vegetable Soup Followed by Steak & Cheese Pie with Oakhill Potatoes & Mushy Peas or Onion Fritters with Relish, Cucumber & Tomato Salad | Mushroom & Thyme Soup Followed by Homemade Lamb Sausage Rolls with Tomato & red onion, Coriander Salad & Relish or Bacon, Cheese & Basil Pesto Pinwheels | Italian Tomato Soup Followed by Mild Fish Curry with Rice, Broccoli & Carrots or Asparagus Frittata with Side Salad | Minestrone Soup Followed by Mediterranean Lamb Salad on a bed of Feta, Fig and lettuce leaves with Carrots, Honey & Thyme or Cheese & Onion Frittata with Salad |
| Afternoon Tea | Peanut Butter & Chocolate Chip Cookies | Apricot Fudge Slice | Ginger Crunch | Lemon Curd Muffins | Devonshire Scones with Jam & Cream | Carrot Cake with Cream Cheese Icing | Orange Loaf |
| Dinner | BBQ Pork Strips with Scalloped Potatoes, Glazed Pumpkin & Gravy or Smoked Salmon, Olive & Feta Quiche with Rainbow Coleslaw & Ranch Dressing | Lamb Meatballs with Potato & Parsnip Mash & Sauteed Green Beans or Vegetarian Pad Thai | Dark Sticky Lamb Stew with Spinach Mash & Roasted Kumara or Bacon & Egg Pie with Relish & Salad | Chicken A La King served over Rice with Wholemeal Penne Pasta or Falafel Bites with Carrot & Beetroot Salad | Fish and Chips with Coleslaw, Tartare Sauce & Tomato Sauce or Mushroom & Cheese, Burger both served with Beer Battered Steak Chips | Roast Pork with Orange & Crackling with Garlic Roasted Potatoes, Green Beans & Honey Roasted Parsnip & Apple Sauce or Kumara & Lentil Sage Tart with Green Salad | Beef Bourguignon with Creamy Mashed Potato & Chargrilled Broccoli or Asparagus, Feta & Red onion Quiche |
| Dessert | Mixed Berry & Apple Crumble or Fresh fruit | Cream Caramel or Fresh Fruit | Chocolate Cheesecake or Fresh fruit | Chocolate Self Saucing Pudding or Fresh fruit | Ice Cream Sundae or Fresh fruit | Rice Pudding w Peaches & Cream or Fresh fruit | Marmalade Bread & Butter Pudding or Fresh fruit |
| Supper | Selection of biscuits, crackers, or club sandwiches | | | | | | |

Note: This is a sample weekly menu only. Menus are subject to change.