



## WEEK 3 – 15<sup>th</sup> December – 21<sup>st</sup> December

### LUNCH

### DINNER

|                  |  |   |
|------------------|--|---|
| <b>MONDAY</b>    | <p>Grilled chicken breast with mushroom sauce<br/>OR<br/>Spinach and ricotta tortellini with creamy tomato sauce</p> <p><b>Served With</b><br/>Herb and butter new potato, cos lettuce and tomato salad</p> <p><b>Dessert</b><br/>Tiramisu</p>               | <p><b>Soup:</b> Cream of vegetables (white beans) with croutons and cream</p> <p>Baked fish with hollandaise sauce<br/>OR<br/>Lamb stuffed capsicum</p> <p><b>Served With</b><br/>Potato mash, Greek salad</p> <p><b>Dessert</b><br/>Fresh fruit platter with ice cream</p>           |
| <b>TUESDAY</b>   | <p>Beef lasagne<br/>OR<br/>Pork schnitzel with pepper sauce</p> <p><b>Served With</b><br/>Potato mash with buttered peas and carrot</p> <p><b>Dessert</b><br/>Apple crumble with custard</p>   | <p><b>Soup:</b> Borlotti beans, spinach risoni and olive oil</p> <p>Chicken and vegetable casserole<br/>OR<br/>Quiche Lorraine</p> <p><b>Served With</b><br/>Sweet potato mash, Brussel sprouts</p> <p><b>Dessert</b><br/>Chocolate mousse with berries</p>                           |
| <b>WEDNESDAY</b> | <p>Corned beef with silverside and mustard sauce<br/>OR<br/>Macaroni with seafood and spinach</p> <p><b>Served With</b><br/>Roast potatoes, roasted pumpkin and peas</p> <p><b>Dessert</b><br/>Sticky date pudding with butterscotch sauce and ice cream</p> | <p><b>Soup:</b> Broccoli and potato (split pea) with fried shallots and cream</p> <p>Sweet and sour pork with rice and ginger garlic cabbage<br/>OR<br/>Chicken Caesar salad</p> <p><b>Served With</b><br/>Rice and ginger garlic cabbage</p> <p><b>Dessert</b><br/>Crème Caramel</p> |
| <b>THURSDAY</b>  | <b>Resident's Choice Menu</b>  | <b>Resident's Choice Menu</b>   |
| <b>FRIDAY</b>    | <p>Battered or grilled fish<br/>OR<br/>Mushroom, cheddar and egg slice</p> <p><b>Served With</b><br/>Chips and Greek salad</p> <p><b>Dessert</b><br/>Vanilla rice pudding</p>  | <p><b>Soup:</b> Chicken, vegetable and potato</p> <p>Slow cooked lamb shoulder<br/>OR<br/>Ham and cheese toasties with salad</p> <p><b>Served With</b><br/>Potato and bacon salad, roasted beetroot</p> <p><b>Dessert</b><br/>Pavlova with fruit and cream</p>                        |
| <b>SATURDAY</b>  | <p>Homemade beef and Guinness Pie<br/>OR<br/>Lentils and vegetable patties</p> <p><b>Served With</b><br/>Mashed potato, beans and carrots</p> <p><b>Dessert</b><br/>Ice cream with toppings</p>  | <p><b>Soup:</b> Minestrone</p> <p>Braised pork steak with creamy sauce<br/>OR<br/>Salmon pasta bake</p> <p><b>Served With</b><br/>Potato bake, grilled tomatoes and savoy cabbage</p> <p><b>Dessert</b><br/>Vanilla sponge with ice cream</p>   |
| <b>SUNDAY</b>    | <p>Roast chicken with stuffing<br/>OR<br/>Ham and ricotta cheese crepes with tomato and bechamel sauce</p> <p><b>Served With</b><br/>Roast vegetable salad</p> <p><b>Dessert</b><br/>Trifle</p>  | <p><b>Soup:</b> Roasted cauliflower with croutons and fresh parsley</p> <p>Cottage pie with garden salad<br/>OR<br/>Nicoise salad</p> <p><b>Served With</b><br/>Garden salad</p> <p><b>Dessert</b><br/>Frozen yogurt</p>  |

