

CARE ROTATIONAL SEASONAL AUTUMN MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	8am Daily selection of cereals (creamy porridge, muesli, cornflakes, bran and weetbix), plain yoghurt, puree fruits, stewed fruit, milk, sugar, wholemeal/bran/Gluten Free bread/toasts, spreads, butter, jams, marmalade, honey, vegemite, and hot beverages and juice.						
Morning Tea 10am	Banana muffin with fresh cream	Carrot Cake with cream cheese icing	Sweet Scone with Fresh Cream	Gluten Free Chocolate Brownie	Glazed mini doughnuts	Sultana Cake slice with caramel topping	Chocolate Lamingtons filled with fresh cream
with juice, tea and coffee, milo, hot chocolate, puree fruits - All lunch and dinner menus are served with five different seasonal vegetables (including potatoes)							
Morning Tea for Care Protein Base	Mango	Bananas & Chia smoothie	Pineapple smoothie	Protein vanilla smoothie	Strawberry yoghurt smoothie	Blueberry	Vanilla & coconut smoothie
IDDI Soup. Pure Foods NZ Protein Base	Green peas	Vegetables	Glazed carrots	Potato and leek	Vegetable	Pumpkin	mushroom
Lunch All meats are cooked at Tender/Soft (Sous Vide Style) 12noon	Grilled meatballs with mash and gravy	Smoked chicken wrap with cream cheese and salad greens	Quiche Lorraine with fresh salad	Sesame Pork served on rice with carrots, celery and broccoli	Feta, pumpkin and spinach frittata with chutney	Tuna roll filled with lettuce and cheese	Roast chicken tenders salad with yoghurt dressing and brioche
<i>Daily Housemade deserts ,Fresh fruit salad, ice cream Puree Fruits, stewed fruits, coffee, milo, tea, hot chocolate</i>							
							
Pure Foods IDDSI Care Mince & Moist, Puree	Beef Bolognese with peas and potato mash	Roast Pork roast pumpkin, and potato mash	Fish Pie with cauliflower, peas and kumara	roast lamb with glazed carrots and chickpea	Devilleed beef with carrots and mash	Roast Lamb with mint peas and potato mash	Hickory Pork with braised cabbage and kumara
Afternoon Tea 2:30pm	Daily selection of cheese & crackers, chefs choice petit size sandwiches (ham, chicken, egg or roast beef), assorted fruit slices with tea and coffee, fresh whole fruits, puree fruits, coffee, tea, milo hot chocolate, juice						
- All lunch and dinner menus are served with five different seasonal vegetables (including potatoes)							
Afternoon Tea for Care Protein Base	Banana smoothie	Mix berries smoothie	Fruit smoothie	Lemon and blueberry smoothie	Berry coconut smoothie	Pineapple smoothie	Chia and Banana smoothie



BREAKFAST









Friday Week 1

Scramble eggs with house relish serve with your daily Breakie

Supper 6:30pm daily

- **Normal:** Cheese and crackers
- **Puree: Pure Foods NZ**
- **Mon,** Tiramisu
- **Tues.** Butterscotch
- **Wed.** Brownie
- **Thurs.** Yoghurt berry
- **Fri.** Passionfruit cheesecake
- **Sat.** Berry crumble
- **Sun.** Mango mousse



<p>Dinner All meats are cooked at Tender/Soft (Sous Vide Style) 5pm</p>	<p>Creamy Bacon Carbonara serve with garlic bread</p>	<p>Slow cooked beef served with potato and cauliflower mash, steamed cabbage and gravy</p>	<p>Roast Lamb served with red gourmet potatoes and baby spinach</p>	<p>Lemon roasted chicken with roasted vegetables and baby potatoes</p>	<p>Catch of the Day " Pan-Fried or Beer battered tempura Sealord hoki fillets with hot chips and a side of house coleslaw</p>	<p>Rosemary lamb with mint potatoes served sweet baby carrots</p>	<p>Hickory pork belly with creamy potato mash served with baby mint peas</p>
							
<p>Pure Food IDDSI Dinner for Care Mince & Moist Puree Protein Base</p>	<p>Roast Beef (Cream Base) with tomato bake and kumara</p>	<p>Salmon Fish Cake with mint peas and kumara</p>	<p>Butter chicken with lentils and cauli and kumara mash</p>	<p>Slow Cooked Lamb with peas and Potato mash</p>	<p>Chicken Velouté (Cream Base) with tomato bake and kumara and yam roastie</p>	<p>Salmon with roast pumpkin and potato, yam mash</p>	<p>Golden Chicken with roast carrots and potato mash</p>

All puree meals are serve with pea base vegetables, and either kumara or potato mash, yam, all dinners are provided with coffee, tea and juice, milo and hot chocolate

<p>Dessert Inhouse made fresh daily</p>	<p>Strawberry Cheese cake</p>	<p>Banana cake slice with fresh cream</p>	<p>Classic homemade rice pudding with cream</p>	<p>Rhubarb and gingernut cheese cake slice</p>	<p>In house fresh fruit jelly with ice-cream</p>	<p>Mud chocolate cake slice with fresh cream</p>	<p>Bread and butter pudding served with hot vanilla custard and fresh cream</p>
<p>Pure Foods NZ IDDSI Dessert Care Protein Base, Puree fruits</p>	<p>French Vanilla Mousse</p>	<p>Pineapple Custard</p>	<p>Raspberry Custard</p>	<p>Strawberry Custard</p>	<p>Lime Jelly and Fresh Cream</p>	<p>Tiramisu with whipped cream</p>	<p>Crème Brulee</p>

Seasonal Fresh Fruits & Vegetables Daily use

- Cabbage
- Fresh Pineapple
- Silverbeet
- Green Beans
- Broccoli
- Tomato
- Spinach
- mandarin
- Kiwifruit



Breakfast: 8am
Morning tea: 10am
Lunch: 12pm
Afternoon tea: 2:30pm
Dinner: 5pm
Supper: 6:30pm
Fluids served:
 Coffee, tea, milo, juice, hot chocolate