

SAMPLE WEEKLY MENU Jimbelunga Nursing Centre

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Porridge Assorted Cereals Yoghurt / Fruit Juice / Toast	Porridge Assorted Cereals Yoghurt / Fruit Juice / Toast	Porridge Assorted Cereals Yoghurt / Fruit Juice / Toast	Porridge Assorted Cereals Yoghurt / Fruit Juice / Toast Hot Breakfast Cake	Porridge Assorted Cereals Yoghurt / Fruit Juice / Toast	Porridge Assorted Cereals Yoghurt / Fruit Juice / Toast	Porridge Assorted Cereals Yoghurt / Fruit Juice / Toast
Morning Tea	Cake	Biscuit	Slice	Sweet Chicken	Biscuit	Slice	
LUNCH	Marinated Pork Steak	Sweet and Sour Fish Fish	Corned Silverside with White Sauce	Curry	Grilled Fish with lemon and tartar sc	Sausages in Tomato and Onion Gravy	Cake Roast Beef with Pan Gravy
Main and Vitimised	Stir Fry Vegetables with Lentils	Vegetable Fried Rice	Vegetable Mornay	Chickpea and Vegetable Curry	Savoury Omelette	Potato and Leek Pie	Vegetable Pancakes
Vegetarian	Potato Sweet Potato Broccoli	Fried Rice Mixed Vegetables	Potato Cabbage Pumpkin	Rice Carrots Broccoli	Potato Chips Garden salad Beetroot	Potato Carrots Green Peas	Baked Potatoes Roast Pumpkin
Sandwich	Ham, Pickle & Salad Sandwiches	Chicken Mayo & Lettuce Sandwiches	Salmon & Lettuce Sandwiches	Assorted Sandwiches	Ham & Salad Sandwiches	Salmon Sandwiches	Green Beans Assorted Sandwiches
Salad	Roast Chicken Salad	Egg and Garden Salad	Ham Salad	Corned Beef Salad	Marinated Chicken Salad	Cold Meat & Salad	Tuna Salad Salad
Deserts	Apple Crumble	Pavlova with Cream and Fruit	Fresh Fruit Salad & Ice Cream	Lemon Meringue Slice	Ice Cream and Topping	Ice Cream & Peaches	Steamed Sponge with Custard
Afternoon Tea	Cake	Biscuit	Slice	Cake	Biscuit	Slice	Cake
Evening Meal	Tomato & Vegetable Soup	Pea & Ham Soup	Beef & Vegetable Soup	Pumpkin Soup	Broccoli and Bacon Soup	Chicken & Veg Soup	Cream Of Asparagus Soup
Soup	Savoury Frittata with Garden Salad	Italian Meatballs with Penne Pasta	Tuna and Vegetable Mornay	Homemade Sausage Rolls	Egg and Bacon Muffins	Chicken Spinach and Pasta Bake	Savoury Mince on Toast
Main	Savoury Frittata	Pasta in Tomato sc	Vegetable Mornay	Vege Sausage Roll	Egg, Tomato Muffin	Spinach & pasta bake	Savoury Vegetables
Vegetarian	Roast Beef & Salad Sandwiches	Assorted Sandwiches	Ham, Cheese & Tom Sandwiches	Egg and Lettuce Sandwiches	Corned Beef & Pickle Sandwiches	Salmon Sandwiches	Assorted Sandwiches
Sandwich	Roast Pork Salad	Ham & Garden Garden Salad	Egg and Garden Salad	Salmon Salad	Cold Meat & Salad	Tuna & Salad	Chefs Salad
Salad	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fruit	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits
Supper							