

Glenhaven Resthome

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Porridge, toast & spreads, muesli, wheat-bix, cornflakes, fresh fruit, prunes						
Morning Tea	Wholemeal date scones	Pikelet	Savoury crackers	Sausage Rolls	Crumpets	Sultana Bran Muffins	Biscuit Chef's Choice
Lunch	<i>Golden Sausages</i> Or Sliced Meat	<i>Steak and Kidney Pie</i>	<i>Crispy Chicken Tenderloin</i>	<i>Cottage Pie</i>	<i>Fish and Chips</i>	<i>Smoked Barbeque Chicken Drumsticks</i>	<i>Roast lamb</i>
Gravy			Honey Mustard			BBQ Sauce	Mint Sauce
Potato	Creamed potato	Boiled Potato	Potato Wedges	Potato mash (pie topping)		Mashed potato	Roast potato oven (diced & herb salt)
Vegetables	Silverbeet Mixed Veg	Peas Mashed Carrots	Pumpkin Green Bean	Mixed Vegetables Silverbeet	Coleslaw or Mixed Vegetable Beetroot	Peas Carrots	Kumara (roast) Pumpkin (roast) Beans
Dessert	Lemon Impossible Pie	Bread and butter Pudding	Banana Split	Apple and Date Pudding	Orange Flummery	Rhubarb	Rice Pudding
Side	Ice Cream	Cream	Ice cream	Custard	Ice cream	Custard	Peaches
Afternoon Tea	Savoury crackers	Apple Sauce Raisin Loaf	Muffins	Pumpkin Spice Bread	Banana Loaf	Cinnamon Pinwheels	Date Loaf
Dinner & Fruit salad	Salmon Sandwiches	Ham and Cheese Bundles	Homemade Soup of the Day or Sandwiches	Mushrooms on Toast	Cornish Pasties	Tomato and cheese toasty or Sardine toasty	Poached Eggs on toast or Sandwiches
Supper	Sandwiches, Biscuits, Home baking, Savoury Crackers						

***Choices of fresh fruits available at all times from the large fruit bowl in the dining room**