

# Glenhaven Resthome

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Porridge, toast & spreads, muesli, wheat-bix, cornflakes, fresh fruit, prunes						
<b>Morning Tea</b>	Cheese scones	Marmalade Pinwheels	Fruit Bread	Savoury Cracker	Biscuits Chef's Choice	Salmon Rolls	Savoury Crackers
<b>Lunch</b>	Corned beef	Cold Sliced Beef	Chicken Pie with Pie top	Beef Stroganoff with Mushrooms	Fish and Chips	Ham Steak	Roast Chicken and Stuffing
<b>Gravy</b>	Mustard Sauce	Chutney			Tomato Sauce/ Mayonnaise		Brown Gravy
<b>Potato</b>	Potato Mash	Potato	Boiled potato	Mashed potato	Chips in Fryer	Butter Potato	Roast Potato Oven
<b>Vegetables</b>	Carrots Cabbage	Salad or Mixed Vegetable	Pumpkin Silverbeet Beans	Carrots Peas	Mixed Vegetables Coleslaw	Asparagus Tomato Mushroom sauce	Kumara (roast) Pumpkin (roast) Broccoli
<b>Dessert</b>	Trifle	Chocolate Self-saucing Pudding	Plums and Ice Cream	Fruit Flan	Lime Jelly and Pears	Lemon Yoghurt Cake	Trifle & Fruit
<b>Side</b>	Ice Cream	Cream		Cream	Ice Cream	Yoghurt	
<b>Afternoon Tea</b>	Biscuits Chef's Choice	Vanilla cupcakes	Ginger Crunch	Asparagus rolls	Pikelets Blueberry	Fruit Muffins	Cheddar and chutney pinwheels
<b>Dinner &amp; Fruit salad</b>	Fish Cake or Fish Fingers	Savoury buns with spaghetti, onion, cheese	Scrambled eggs on toast	Homemade Soup of the day or Sandwiches	Macaroni Cheese or Cheese Onion on toast	Corned beef toastie with chow chow or Sandwiches	Zucchini quiche or Ham sandwiches
<b>Supper</b>	Sandwiches, Biscuits, Home baking, Savoury Crackers						

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