

Glenhaven Resthome

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Porridge, toast & spreads, muesli, wheat-bix, cornflakes, fresh fruit, prunes						
Morning Tea	Crumpets	Savoury Muffins	Chef's Choice Biscuits	Savoury Crackers	Fruit Toast	Pikelets	Chef's Choice Biscuits
Lunch	Meatballs	Fish Fingers	Crumbed Chicken Drumsticks	Lamb Casserole	Crumbed fish	Beef Hotpot	Roast pork
Gravy	Tomato	Tartar Sauce	Brown Gravy		Tomato/ Mayonnaise		Apple Sauce
Potato	Hash browns	Mashed Potato	Boiled Potato	Mashed Potato	Oven Chips	Potato in hot pot	Roast potato oven
Vegetables	Beetroot Tomato Coleslaw	Carrots Beans	Salad Mixed Vegetables Peas	Silverbeet Carrots	Coleslaw Mixed Vegetables	Green beans Carrots in hotpot	Kumara (roast) Pumpkin (roast) Broccoli
Dessert	Strawberry Mousse	Raisin Pudding	Banana Fritter	Ambrosia	Cheesecake	Moist apple cake	Greek creamed rice
Side	Chocolate Chips	Cream	Ice Cream			Custard	Fruit
Afternoon Tea	Wholemeal date scones	Scones with Jam and cream	Yoghurt date muffins	Chocolate brownie	Lamingtons	Savoury Crackers	Banana cake
Dinner & Fruit salad	Homemade Soup of the day	Mashed Egg Sandwiches or Cheese Tomato Sandwiches	Sausage Rolls	Baked Potato Bacon Capsicum or Soup	Beef Savouries or Salmon Rolls	Baked beans or spaghetti on toast	Pizza
Supper	Sandwiches, Biscuits, Home baking, Savoury Crackers						

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