

Glenhaven Resthome

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Porridge, toast & spreads, muesli, wheat-bix, cornflakes, fresh fruit, prunes						
Morning Tea	Fruit Toast	Chef's choice biscuits	Blueberry bran muffins	Savoury Crackers	Muffins	Scones with Jam	Savoury Crackers
Lunch	Mustard Rosemary Chicken	Mince Savoury	Cold Meat Chicken	Beef Irish Stew	Fish and Chips	Pork and Apple Casserole	Bolar Roast
Gravy	Brown Gravy (Chicken)				Tomato/ Mayonnaise		Brown Gravy
Potato	Mashed Potato	Boiled potato (butter and mint)	Potato Salad	Creamed Potato	Potato chunks Fryer	Garlic pot-mash	Roast potato Oven
Vegetables	Carrots Peas	Green Beans Cauliflower	Salad Mixed Vegetables	Carrots in Stew Peas Cauliflower	Coleslaw or Mixed Vegetables Beetroot	Onions (& gravy) Green Beans Carrots	Kumara (roast) Pumpkin (roast) Broccoli
Dessert	Apple Crumble	Plums and Custard	Fruit Sponge	Chocolate Log	Berries in Raspberry Jelly	Meringue Surprise	Pear and blueberry slice
Side	Custard		Ice Cream	Cream	Ice Cream	Cream	Yoghurt
Afternoon Tea	Wholemeal apricot muffins	Victoria Sponge Cake	Chef's choice biscuits	Asparagus Rolls	Blueberry Friand Slice	Chef's choice biscuits	Savoury Crackers
Dinner & Fruit salad	Hot dog or grilled Rolls (tomato, cheese, onion)	Prawns or spread of your choice	Baked beans or spaghetti on toast	Sliced Corned Beef Sandwiches	Scrambled Eggs or Soup	Homemade Soup or Sandwiches	Ham quiche or Ham 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**