

**MENU – WEEK ONE – WINTER**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST</b>	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast (Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast (Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast (Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast (Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast, (Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast (Wheatmeal)  Tea/Coffee/Milo
<b>MORNING TEA</b>	Blueberry Muffins	Cheese Scones	Date & Custard Scones	Ham & Cheese Scrolls	Eccles Cakes	Corn/Chive/Cheese Muffins	Pikelets-Jam/Cream
<b>DINNER</b>	Roast Beef & Gravy Yorkshire Pudding  Roast Potato/Pumpkin  Minted Peas	Chicken Casserole  Scalloped Potato  Vegetable Medley	Shepards Pie Herb Potato Green Beans	Corned Beef Mashed Potato Cabbage & Onions Peas	Crumbed Fish  Chips or Wedges  Coleslaw	Honey Roast Pork & Gravy  Parsley Potato  Broccoli Almondine	Meatloaf & Gravy  Mashed Potato Glazed Carrots
<b>DESSERT</b>	Apple Crumble & Whip Cream	Peach Melba & Custard	Date Pudding & Butterscotch Sauce	Carrot Cake & Ice Cream	Fruit Trifle & Whip Cream	Banana Cake & Ice Cream	Peach Upside down Cake - Vanilla Sauce
<b>AFTERNOON TEA</b>	Bacon, cheese & Pickle rolls	Gingerbread Loaf	Pimento Cheese Bites	Shortbread Biscuits	Cheese/Chutney Crackers	Chocolate Chip & Oat Cookies	Asparagus Rolls
<b>TEA</b>	Potato & Leek Soup ----- Roast Vegetable & Cheese Frittata Salad ----- Banana Split Berry Sauce  *Bread & Spreads	Green Pea & Ham Soup ----- Sausage and stuffing roll with small side salad ----- Lemon Cupcakes Fresh Fruit  *Bread & Spreads	Chicken & Vegetable Soup ----- Macaroni & Cheese Salad ----- Chocolate Mousse Fresh Fruit  *Bread & Spreads	Roast Pumpkin Soup ----- Scrambled eggs with toast ----- Raspberry Jelly Fresh Fruit  *Bread & Spreads	Creamy Vegetable Soup ----- Lamb Meatballs Mash Potato ----- Creamy Sago Fresh Fruit  *Bread & Spreads	Beef & Barley Soup ----- Bacon & Egg Pie Salad ----- Chocolate Brownie Whip Cream Fresh Fruit  *Bread & Spreads	Tomato Soup ----- - Beef Lasagne Salad ----- Peaches with Butterscotch Custard  *Bread & Spreads
<b>SUPPER</b> <b>NB: Hot drinks made with milk</b>	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches

Some days the menu can differ from the above at the discretion of the manager and chef.

Fruit is offered at breakfast and at teatime and will depend on availability i.e. bananas, oranges, apples, pears, prunes, passion fruit, fejoas. Fruit is available for residents all through the day.

Vegetables: greens are offered daily and it depends on availability which green will be used.

Biscuits are always available as an alternative to the morning tea offered.

**MENU – WEEK TWO – WINTER**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST</b>	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast, (Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo
<b>MORNING TEA</b>	Apple Cinnamon Muffins	Ham & Cheese Scones	Lemon Slice	Bacon & Leek Muffins	Date & Orange Scones	Cheese & Onion Scones	Tea & Sultana Loaf
<b>DINNER</b>	Roast Lamb with Gravy & Mint Sauce  Roast Potato & Pumpkin  Green Beans	Beef & Vegetable Casserole  Mashed Potato  Carrot Batons	Baked Chicken Drumsticks in Lemon Sauce  Scalloped Potatoes  Broccoli Almondine	Asian Pork  Steamed Rice  Carrots and Peas	Crumbed Fish  Chips or Wedges  Coleslaw	Honey Roast Pork with Gravy Diced Herb Potato & Roast Kumara  Cauliflower Mornay	Apricot Chicken  Fried Rice  Fried Cabbage & Peas
<b>DESSERT</b>	Bread & Butter Pudding with Vanilla Sauce	Dutch Apple Cake & Ice Cream	Peach Shortcake & Lemon Drizzle	Lemon Delicious with Whipped Cream	Apple & Rhubarb Crumble with Ice Cream	Poached Ginger Pears with Custard	Banana Upside down cake & Whipped Cream
<b>AFTERNOON TEA</b>	Asparagus Rolls	Banana & Walnut Loaf	Savoury Vegetable Pinwheel	Carrot & walnut Loaf	Cheese/ Chutney & Crackers	Afghan Biscuits	Mousetraps
<b>TEA</b>	Cream of Green Pea Soup ----- Open Burger with cheese/lettuce/tom  Potato Gems ----- Banana Split & Berry Sauce  *Bread & Spreads	Kumara & Bacon Soup ----- Stuffed Potato Bacon/Chive/Cheese  Coleslaw ----- Caramel Semolina & Fresh Fruit  *Bread & Spreads	Mushroom Soup ----- Poached Eggs On Wholemeal Toast ----- Mandarin Orange Jelly & Ice Cream  *Bread & Spreads	Roast Pumpkin Soup ----- Roast Vegetable Frittata & Relish  Garden Salad ----- Chocolate Mousse & Fresh Fruit  *Bread & Spreads	Potato & Leek Soup ----- Potato topped Beef & Vegetable Casserole ----- Butterscotch Custard & Fresh Fruit  *Breads & Spreads	Cauliflower & Cheese Soup ----- Lambs Fry & Bacon Mash Potato ----- Creamy Lemon Sago & Fresh Fruit  *Bread & Spreads	Cream of Broccoli Soup ----- Creamy Mushrooms on Wholemeal Toast ----- Peach Melba (Ice Cream & Berry Sauce)  *Bread & Spreads
<b>SUPPER</b> <b>NB: Hot drinks made with milk</b>	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches

Some days the menu can differ from the above at the discretion of the manager and chef.

Breakfast residents can choose from a selection of porridge, weetbix or cornflakes with milk.

Fruit is offered at breakfast and at teatime and will depend on availability i.e. bananas, oranges, apples, pears, prunes, passion fruit, fejoas. Fruit is available for residents all through the day.

The spreads offered at breakfast and teatime are: marmalade, peanut butter, jam, marmite, honey.

Vegetables: greens are offered daily and it depends on availability which green will be used.

Biscuits are always available as an alternative to the morning tea offered.

**MENU – WEEK THREE – WINTER**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST</b>	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast, (Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo
<b>MORNING TEA</b>	Cheese & Chive Scones	Blueberry Muffins	Mousetraps	Date & Orange Scones	Ham & Cheese Muffins	Banana Loaf	Savoury Pinwheel Scones
<b>DINNER</b>	Roast Beef & Gravy Yorkshire Pudding  Roast Potato & Kumara  Broccoli & Carrot Batons	Chicken Casserole (Cacciatore)  Parsley Potato  Beans & Parsnips	Lamb Cottage Pie  Roast Kumara & Pumpkin  Mixed Vegetables	Corned Beef & Mustard Sauce  Mashed Potato  Cabbage & Onions Garden Peas	Crumbed Fish  Chips or Wedges  Beetroot Salad or Coleslaw	Herb Roast Chicken Stuffing & Gravy  Roast Potato & Pumpkin  Cauliflower Mornay	Pork Meatloaf & Gravy  Mash Potato  Peas & Carrots
<b>DESSERT</b>	Apple Shortcake & Whip Cream	Bakewell Tart & Ice Cream	Pear upside down Pudding & Vanilla	Baked Coconut Pudding & custard	Pavlova, Kiwifruit & Whip Cream	Peach Melba Sponge & Ice cream	Chocolate Pudding & Berry sauce
<b>AFTERNOON TEA</b>	Raisin Cookies	Sandwich Quarters (Mixed) 2 per	Gingerbread Loaf	Pimento Cheese Bites	Jam Drop Biscuits	Asparagus Rolls	Iced Lemon Cakes
<b>TEA</b>	Potato & Leek Soup  Pulled Pork Bun  Carrot/Sultana Salad ----- Orange Jelly & Ice Cream  *Breads & Spreads	Hearty Vegetable Soup ----- Steak & Kidney Casserole Mashed Potato ----- Chocolate Blancmange & Fresh Fruit  *Breads & Spreads	Roast Pumpkin Soup ----- Poached Eggs on Wholemeal Toast  ----- Banana Split Berry Sauce Ice Cream  *Breads & Spreads	Minestrone Soup ----- Scalloped Potato with Bacon Garden Salad ----- Caramel Custard Fresh Fruit  *Breads & Spreads	Cauliflower & Onion Soup ----- Homemade Sausage Roll Potato Gems ----- Melrose Cream Fresh Fruit  *Breads & Spreads	Cream of Tomato ----- Beef Lasagne  Garden Salad ----- Lemon Sago Fresh Fruit  *Breads & Spreads	Carrot & Parsley Soup ----- Potato & Spinach Frittata & Chutney  ----- Coleslaw ----- Coconut Rice Pudding Fresh Fruit  *Breads & Spreads
<b>SUPPER</b> <b>NB: Hot drinks made with milk</b>	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches

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The spreads offered at breakfast and teatime are: marmalade, peanut butter, jam, marmite, honey.

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FRASER MANOR REST HOME – EXCEPTIONAL DINING

**MENU – WEEK FOUR – WINTER**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST</b>	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast, (Wheatmeal)  Tea/Coffee/Milo	Porridge/Cereals Stewed Fruits Prunes  Toast(Wheatmeal)  Tea/Coffee/Milo
<b>MORNING TEA</b>	Date & Custard Scones	Bacon & Chutney Scrolls	Apple Cupcakes	Cheese & Chive Scones	Apple Cinnamon Muffins	Ham & Cheese Muffins	Pikelets-Jam/Cream
<b>DINNER</b>	Honey Roast Pork & Gravy  Roast Potato & Pumpkin  Cauliflower & Carrot Batons	Braised Beef & Onion Casserole  Parsley Potato  Green Beans & Corn	Apricot Chicken  Steamed Rice  Fried cabbage & Silverbeet  Mixed Vegetables	Corned Beef & Mustard Sauce  Mashed Potato  Cabbage & Onions Mixed Vegetables	Crumbed Fish  Chips or Wedges  Beetroot Salad or Coleslaw	Roast Lemon Chicken & Gravy  Thyme Roast Potato  Broccoli & Cauliflower	Meatloaf & Gravy  Mash Potato  Carrots & Peas
<b>DESSERT</b>	Pineapple Upside down cake & Whip Cream	Peach Melba & Custard	Carrot Cake & Ice Cream	Lemon Delicious with Lemon Yoghurt	Pavlova, Berry Sauce & Whip Cream	Date Pudding & Butterscotch Sauce	Peach Shortcake & Lemon Drizzle
<b>AFTERNOON TEA</b>	Cheese Roll ups	Tea & Sultana Loaf	Asparagus Rolls	Lemon & Poppy seed Loaf	Cheese/Chutney & Crackers	Banana Loaf	Anzac Biscuits
<b>TEA</b>	Broccoli & Cheese Soup  Savoury Mince on  Mash Potato ----- Caramel Custard & Fresh Fruit  *Breads & Spreads	Mushroom Soup ----- Roast Vegetable Frittata & Relish  Salad garnish ----- Chocolate Mousse & Fresh Fruit  *Bread & Spreads	Cream of Green Pea Soup ----- Poached Eggs on Wholemeal Toast ----- Banana Split Berry Sauce  *Bread & Spreads	Roast Pumpkin Soup Soup ----- Open Burger with cheese/lettuce/tom  Potato Gems ----- Raspberry Jelly Fresh Fruit  *Bread & Spreads	Kumara & Bacon Soup ----- Stuffed Potato Bacon/Chive/Cheese  Salad garnish ----- Poached Ginger Pears With Custard  *Bread & Spreads	Creamy Vegetable Soup ----- Lamb Meatballs Mash Potato ----- Creamy Sago Fresh Fruit  *Bread & Spreads	Tomato Soup ----- Beef Lasagne Salad ----- Butterscotch Apples & Ice Cream  *Bread & Spreads
<b>SUPPER</b> <b>NB: Hot drinks made with milk</b>	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches	Hot Drink & Plain Biscuits or Sandwiches

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