OneCare

SAMPLE WEEKLY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING TEA	Selection of, Fresh fruit, Sandwiches, Cakes or Slice	Selection of, Fresh fruit, Sandwiches, Cakes or Slice	Selection of, Fresh fruit, Sandwiches, Cakes or Slice	Selection of, Fresh fruit, Sandwiches, Cakes or Slice	Selection of, Fresh fruit, Sandwiches, Cakes or Slice	Selection of, Fresh fruit, Sandwiches, Cakes or Slice	Selection of, Fresh fruit, Sandwiches, Cakes or Slice
LUNCH	Satay Chicken and Coconut Rice - Fish Cake with Tartare Sauce - Cold Meat & Salad	Baked Fish with Lemon Herb Crumb and Bernaise Sauce - Quiche Lorraine - Cold Meat & Salad	Roast Lamb with Mint & Rosemary Gravy - Parmasan Crumbed Chicken Tenders - Cold Meat & Salad	Sweet and Sour Pork Rissoles - Roasted Vegetable Mini Quiche - Cold Meat & Salad	Battered Fish with Tartare Sauce & Lemon - Hot Roast Lamb Roll - Cold Meat & Salad	Corned Silverside with Parsley Sauce - Vegetable Pattie - Cold Meat & Salad	Roast Pork with Rich Brown Gravy - Chicken Kiev - Cold Meat & Salad
ACCOMPANIMENTS	Mashed Potato Savoury Cabbage and Peas Zucchini Tomato Bake	Herb Butter Potatoes Mashed Sweet Potato Broccoli	Roast Potato Roast Carrot Peas	Potato Bake Roast Sweet Potato Broccoli and Cauli Cheese Bake	Chips Coleslaw	Sautéed Potato Bake Carrot Rings Beans	Roast Potatoes Roast Pumpkin Minted Peas
DESSERT	Rhubarb Apple & Custard Crumble	Golden Syrup Pudding with Cream	Apricot Cake and Custard	Strawberry Pavlova	Jellied Fruit with Pouring Custard	Lemon Cheese Cake	Peaches & Ice Cream
	Fresh / tinned / stewed fruit & yoghurt available on request. All Desserts served with Cream, Custard or Ice Cream.						
AFTERNOON TEA	Selection of, Fresh fruit, Sandwiches, Cakes or Slice	Selection of, Fresh fruit, Sandwiches, Cakes or Slice	Selection of, Fresh fruit, Sandwiches, Cakes or Slice	Selection of, Fresh fruit, Sandwiches, Cakes or Slice	Selection of, Fresh fruit, Sandwiches, Cakes or Slice	Selection of, Fresh fruit, Sandwiches, Cakes or Slice	Selection of, Fresh fruit, Sandwiches, Cakes or Slice
SOUP	Garden Vegetable & Lentil	Chicken & Corn	Spiced Sweet Potato & Pumpkin	Lamb, Tomato & Vegetable	Pea & Ham	Potato & Leek	Cream of Cauliflower
DINNER	Homemade Pizza with Side Salad & Garlic Bread - Salad of the Day - Assorted sandwiches	Honey Soy Chicken Thigh with Fried Rice - Salad of the Day - Assorted sandwiches	Bacon & Egg Pie with Fresh Garden Salad - Salad of the Day - Assorted sandwiches	Steak and Kidney with Pastry Top & Creamy Mash - Salad of the Day - Assorted sandwiches	Garlic Prawns and Rice - Salad of the Day - Assorted sandwiches	Scrambled Eggs, Grilled Bacon & Baked Beans - Salad of the Day - Assorted sandwiches	Homemade Beef Sausage Roll with Fresh Coleslaw - Salad of the Day - Assorted sandwiches
	Vegetables or Salad will accompany all meals. Fresh Vegetables subject to seasonal availability. Hot Breakfast provided once a week. Bread served with Soup on request.						