

# KARINGAL SEYMOUR

# MENU - WEEK 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>BREAKFAST</b>								
Assorted Cereals, Toast, Prunes, Tea & Coffee, Fruit Juice, Fresh, Pureed & Tinned Fruit								
<b>MORNING TEA</b>								
Chef's selection of sweet and savoury scones, cakes, biscuits and slices								
<b>LUNCH CHOICES</b>								
MAIN MEAL CHOICES	Braised Lamb Chops with Gravy <i>or</i> Chicken Salad or Assorted Sandwiches	Home Style Lasagne <i>or</i> Ham Salad or Assorted Sandwiches	Roast Pork & Pears <i>or</i> Roast Beef Salad or Assorted Sandwiches	Garlic and Herb Chicken Fillet <i>or</i> Mixed Meat Salad or Assorted Sandwiches	Tempura Battered Fish & Chips with Coleslaw <i>or</i> Strasburg Salad or Assorted Sandwiches	Shepherds Pie <i>or</i> Chicken Salad or Assorted Sandwiches	Roast Lamb with Rosemary Gravy <i>or</i> Mixed Meat Salad or Assorted Sandwiches	
	VEGETABLES Chef's selection of seasonal assorted vegetables							
DESSERT	Apricot Crumble	Apple & Cinnamon Squares	Gingerbread Upside Down Cake	Pavlova	Apple Pie	Sticky Date Pudding	Bread & Butter Pudding	
	Fresh Fruit Salad or Selection of Cheese and Crackers available with all meals							
<b>AFTERNOON TEA</b>								
Chef's selection of sweet and savoury scones, cakes, biscuits and slices, fresh fruit and cheeses								
<b>DINNER CHOICES</b>								
MAIN MEAL CHOICES	Country Vegetable Soup <i>or</i> Omelete <i>or</i> Cheese & Egg Salad or Assorted Sandwiches	Pea & Ham Soup <i>or</i> Scrambled Eggs on Toast <i>or</i> Roast Lamb Salad or Assorted Sandwiches	Cream of Chicken Soup <i>or</i> Sausages in Onion Gravy <i>or</i> Smoked Chicken Salad or Assorted Sandwiches	Lamb Shank & Vegetable Soup <i>or</i> Toasted Sandwiches <i>or</i> Corned Beef Salad or Assorted Sandwiches	Pumpkin Soup <i>or</i> Meatballs in Spaghetti Sauce <i>or</i> Mixed Meat Salad or Assorted Sandwiches	Beef & Barley Broth <i>or</i> Fish Cakes <i>or</i> Lamb Salad or Assorted Sandwiches	Chicken Noodle Soup <i>or</i> Baked Beans on Toast <i>or</i> Ham Salad or Assorted Sandwiches	
	DESSERT	Pears & Icecream	Baked Strawberry Cheesecake	Banana Sundae	Summer Berries & Cream	Baked Custard	Peach Slices & Custard	Jellied Fruit
		Fresh Fruit Salad or Selection of Cheese and Crackers available with all meals						
<b>SUPPER</b>								
Tea, Coffee, Milo, Orange Juice, Sweet & Dry Biscuits, Sandwiches								
<i>Fruit and vegetables subject to seasonal availability</i>				<i>Fresh fruit available at all times</i>				

A sample weekly menu at Karingal Seymour



All special dietary needs catered eg: Gluten Free, Low Fat