



**arcare**  
★★★★★ AGED CARE

## Example of a Resident Menu Spring / Summer 2022

# M

- breakfast - scrambled eggs and hash brown
  - morning tea - coconut cake
  - lunch - veal parmigiana or schnitzel and dessert
  - afternoon tea - fresh fruit
  - dinner - lamb rissoles and dessert
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# T

- breakfast - poached eggs and tomato
  - morning tea - banana and date muffin
  - lunch - barramundi with lemon butter and dessert
  - afternoon tea - fresh fruit
  - dinner - pork and fennel chipolata and dessert
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# W

- breakfast - english muffin with spinach
  - morning tea - pesto pinwheels
  - lunch - mustard silverside and dessert
  - afternoon tea - fresh fruit
  - dinner - chicken kiev and dessert
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# T

- breakfast - eggs and chipolata
  - morning tea - cinnamon cake
  - lunch - cranberry and orange pork steak and dessert
  - afternoon tea - fresh fruit
  - dinner - pumpkin and ricotta penne and dessert
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# F

- breakfast - eggs and baked beans
  - morning tea - scones with cream and jam
  - lunch - crumbed fish fillets and dessert
  - afternoon tea - fresh fruit
  - dinner - slow cooked beef cheeks and dessert
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# S

- breakfast - eggs and grilled bacon
  - morning tea - chocolate cake
  - lunch - beef tacos with avocado salsa and dessert
  - afternoon tea - fresh fruit
  - dinner - creamy garlic prawns and dessert
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# S

- breakfast - big breakfast
- morning tea - ANZAC biscuits
- lunch - roast lamb with mint gravy and dessert
- afternoon tea - fresh fruit
- dinner - braised beef steak and dessert

Continental option available for breakfast. Soup, vegetarian and side options available for lunch and dinner. Please note any dietary restrictions to your residence.