

# KINTYRE - SPRING 2019 MENU

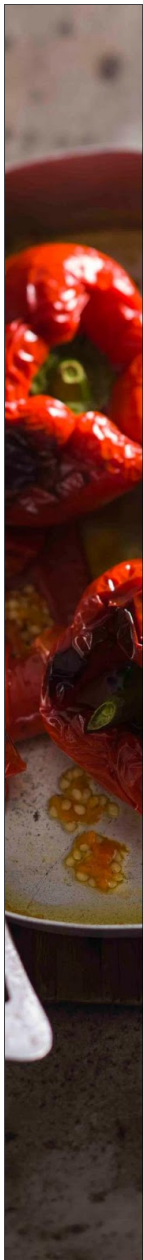


| Week 1                | MONDAY   | TUESDAY                                    | WEDNESDAY                               | THURSDAY  | FRIDAY                           | SATURDAY   | SUNDAY  |
|-----------------------|--|--|---|---|----------------------------------|--|---|
| CONTINENTAL BREAKFAST | Choice of Cereals & Porridge served with Full Cream/Skim/Soy Milk, Wholemeal or White Toast/Bread Accompaniments.<br>Choice of Beverages: Tea, Coffee, Fruit Juice & Water |  |   |   |                                  |  |   |
| BREAKFAST             | Poached Eggs<br>Spaghetti  | Grilled Sausages<br>Hash Brown             | Scrambled Eggs<br>Sauteed Spinach       | Baked Beans<br>Boiled Eggs                          | Corn Fritters<br>Chipolatas      | Scrambled Eggs<br>Sauteed Mushrooms              | Fried Eggs<br>Grilled Bacon                       |
| MORNING TEA           | Chocolate Mudcake  | Bacon, Cheese & Corn Muffin                | Scones w/- Jam and Cream                | Apple Muffins                                       | Chocolate Chip Cookies           | Fruit Cake                                       | Pumpkin & Feta Muffins                            |
|                       | Tea & Coffee available at Morning Tea  |  |   |   |                                  |  |   |
| LUNCH                 | Braised Pork Neck w/- Honey Mustard Glaze  | Fish Fillet In Creamy Parsley Sauce        | Roast Beef                              | Chicken Schnitzel w/- Gravy                         | Grilled Fish w/- Lemon & Tartare | Beef Casserole                                   | Roast Chicken                                     |
|                       | Beef & Tomato Ragout   | Vegetable Patties                          | Zucchini Slice                          | Chickpea & Vegetable Curry                          | Lamb Rissoles                    | Quiche Lorraine                                  | Salmon Cakes                                      |
| VEGETABLES            | Mashed Potato<br>Carrots<br>Braised Cabbage  | Roast Vegetable Salad<br>Green Beans       | Potato Bake<br>Honey Pumpkin<br>Spinach | Savoury Wedges<br>Cumin Carrots<br>Steamed Broccoli | Chips<br>Greek Salad             | Mashed Potato<br>Brussel Sprouts<br>Corn Kernels | Roast Potato<br>Roast Pumpkin<br>Steamed Broccoli |
| DESSERT               | Apple & Sultana Stewed   | Sticky Date Pudding W/- Butterscotch Sauce | Jelly & Cream                           | Steamed Chocolate Cake & Custard                    | Apple & Rhubarb Crumble          | Broken Jelly & Ice Cream                         | Bread & Butter Golden Syrup Pudding               |
| AFTERNOON TEA         | Banana Loaf  | Sao's w/- Cheese                           | Lemon Sour Cream Cake                   | Shortbread Biscuits                                 | Cheese & Crackers                | Fresh Fruit                                      | Cream Biscuits                                    |
|                       | Tea & Coffee available at Afternoon Tea  |  |   |   |                                  |  |   |
| SOUP                  | Cream of Tomato  | Vegetable                                  | Cream of Broccoli                       | Potato & Leek Soup                                  | Cream of Pumpkin                 | Zucchini & Bacon                                 | Mild Curry Vegetable                              |
| DINNER                | Honey Soy Chicken w/- Pineapple Rice   | Shepherd's Pie & Carrots                   | Tuna Pasta Bake & Salad                 | Sausages w/- Parsley Potatoes                       | Mini Beef Pies w/- Mashed Potato | Fish Cocktail & Wedges                           | Pumpkin, Chickpea & Mushroom Lasagne              |
| DINNER - SANDWICHES   | Fresh Egg Sandwiches   | Fresh Tomato & Cheese Sandwiches           | Roast Beef & Salad Sandwiches           | Fresh Tuna & Mayo Sandwiches                        | Fresh Salad Sandwiches           | Ham & Tomato Sandwiches                          | Salmon & Cucumber Sandwiches                      |
| DINNER - SALAD        | Ham Salad  | Chicken Salad                              | Chef's Choice Salad                     | Roast Beef Salad                                    | Egg Salad                        | Salmon Salad                                     | Roast Beef Salad                                  |
| DESSERT               | Orange Syrup Cake w/- Cream  | Brownie & Cream                            | Lemon Delicious Pudding                 | Creamed Rice  | Pannacotta                       | Peaches & Cream                                  | Pears & Custard                                   |

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| Week 2                                | MONDAY   | TUESDAY                          | WEDNESDAY                        | THURSDAY                                 | FRIDAY                                 | SATURDAY                          | SUNDAY                                 |
|---------------------------------------|--|----------------------------------|----------------------------------|--|--|-----------------------------------|--|
| CONTINENTAL BREAKFAST                 | Choice of Cereals & Porridge served with Full Cream/Skim/Soy Milk, Wholemeal or White Toast/Bread Accompaniments.<br>Choice of Beverages: Tea, Coffee, Fruit Juice & Water |                                  |                                  |  |  |                                   |  |
| BREAKFAST                             | Braised Tomatoes<br>Baked Beans  | Scrambled Eggs<br>Spaghetti      | Grilled Sausages<br>French Toast | Poached Eggs<br>Hash Brown               | Baked Beans<br>Cheese & Herb Frittata  | French Toast<br>Sauteed Mushrooms | Grilled Bacon<br>Fried Eggs            |
| MORNING TEA                           | Homemade Biscuits  | Berry Muffins                    | Chocolate Cake                   | Fruit Cake                               | Zucchini & Cheese Muffin               | Chocolate Chip Muffins            | Sultana Scones                         |
| Tea & Coffee available at Morning Tea |  |                                  |                                  |  |  |                                   |  |
| LUNCH                                 | Chicken Korma  | Baked Fish w/- Ginger & Shallots | Roast Lamb                       | Homemade Meat Pies                       | Crumbed Fish w/- Lemon & Tartare Sauce | Grilled Sausages w/- Onion Gravy  | Roast Pork                             |
|                                       | Homemade Saucy Meatloaf  | Italian Chicken Casserole        | Vegetable Frittata               | Mild Vegetable & Chickpea Curry w/- Rice | Sweet & Sour Pork w/- Rice             | Tuna Mornay                       | Chicken & Vegetable Lasagne            |
| VEGETABLES                            | Mashed Potato  | Chats                            | Roast Potato                     | Mash                                     | Chips                                  | Mashed Potato                     | Roast Potato                           |
|                                       | Carrots  | Seasonal Steamed Vegetables      | Roast Pumpkin                    | Whole Beans                              | Garden Salad                           | Steamed Spinach                   | Baked Pumpkin                          |
|                                       | Cauliflower  |                                  | Steamed Broccoli                 | Carrots                                  |  | Carrots                           | Steamed Green Peas                     |
| DESSERT                               | Chocolate Mousse   | Strawberry Cheesecake            | Vanilla Rice Pudding             | Bread & Butter Pudding                   | Ice Cream & Cones                      | Butterscotch Trifle               | Pavlova                                |
| AFTERNOON TEA                         | Cheese & Cucumber Sandwiches   | Shortbread Biscuits              | Cheese Scones                    | Mini Sausage Rolls                       | Sao's w/- Cheese & Tomato              | Mac n Cheese Muffins              | Cream Biscuits                         |
|                                       | Tea & Coffee available at Afternoon Tea  |                                  |                                  |  |  |                                   |  |
| SOUP                                  | Cream of Cauliflower   | Tomato & Vegetable               | Chicken & Vegetable              | Potato & Leek                            | Creamy & Vegetable                     | Cream of Sweet Potato & Pumpkin   | Vegetable                              |
| DINNER                                | Coconut Lamb Curry w/- Steamed Rice  | Cheese Burgers w/- Garden Salad  | Pasta Carbonara w/- Garlic Bread | Lamb Casserole w/- Mashed Potatoes       | Beef & Vegetable Filo                  | Sweet Soy Chicken w/- Fried Rice  | Curried Sausages                       |
| DINNER - SANDWICHES                   | Fresh Beef & Mustard Sandwiches  | Fresh Egg Sandwiches             | Ham & Cheese Sandwich            | Fresh Cheese & Tomato Sandwiches         | Fresh Chicken & Mayo Sandwiches        | Fresh Curried Egg Sandwiches      | Fresh Ham, Lettuce & Tomato Sandwiches |
| DINNER - SALAD                        | Chicken Salad  | Tuna Salad                       | Chef's Choice Salad              | Chicken Salad                            | Egg Salad                              | Ham Salad                         | Roast Lamb Salad                       |
| DESSERT                               | Berry Pudding  | Warm Stewed Fruit & Custard      | Carrot Cake & Custard            | Ice Cream & Topping                      | Caramel Banana Custard                 | Jelly & Fruit                     | Yoghurt & Mixed Berries                |



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| Week 3                | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY                             | SUNDAY  |
|-----------------------|--|---|--|---|---|--------------------------------------|---|
| CONTINENTAL BREAKFAST | Choice of Cereals & Porridge served with Full Cream/Skim/Soy Milk, Wholemeal or White Toast/Bread Accompaniments.<br>Choice of Beverages: Tea, Coffee, Fruit Juice & Water |   |  |   |   |                                      |   |
| BREAKFAST             | Bacon & Egg Omelette<br>Spaghetti  | Scrambled Eggs<br>Grilled Ham                     | Baked Beans<br>Poached Eggs                            | Scrambled Eggs<br>Hash Brown                                | Croissants W/- Cheese & Tomato<br>Boston Baked Beans  | Savoury Frittata<br>Sauteed Spinach  | Fried Eggs<br>Grilled Bacon                               |
| MORNING TEA           | Rice Bubble Biscuits   | Mixed Berry Muffins                               | Caramel Biscuits                                       | Country Cheese Biscuits                                     | Banana Cake   | Mango & Passionfruit Muffin          | Fruit Cake  |
|                       | Tea & Coffee available at Morning Tea  |   |  |   |   |                                      |   |
| LUNCH                 | Lamb & Feta Rissoles<br>Chickpea, Vegetable & Cheese Pie   | Moroccan Grilled Fish<br>Chicken & Leek Casserole | Corned Beef w/- White Sauce<br>Lamb & Tomato Hot Pot   | Pork Sausages w/ Onion Gravy<br>Braised Steak and Mushrooms | Tempura Fish w/- Lemon & Tartare<br>Vegetable Lasagne | Chicken Schnitzel<br>Vegetable Curry | Roast Lamb w/- Mint Sauce & Gravy<br>Chicken Caesar Salad |
| VEGETABLES            | Parsley Potatoes<br>Roast Tomato<br>Steamed Spinach  | Sweet Potato Mash<br>Buttered Peas<br>Zucchini    | Mashed Potato<br>Roast Pumpkin<br>Braised Cabbage      | Steamed Beans<br>Carrots<br>Herb & Garlic Potatoes          | Chips<br>Coleslaw                                     | Corn<br>Sweet Potato<br>Cauliflower  | Roast Potato<br>Roast Carrots<br>Steamed Green Peas       |
| DESSERT               | Sultana Creamed Rice   | Mango Mousse                                      | Fruit Compote & Custard                                | Peach Crumble w/- Custard                                   | Stewed Apples & Sultanas                              | Strawberry Mousse                    | Steamed Maple Pudding w/- Custard                         |
| AFTERNOON TEA         | Shortbread Biscuits  | Pineapple & Coconut Cake                          | Sao's w/- Cheese & Tomato                              | Crackers w/- Cheese   | Anzac Cookies   | Homemade Carrot Cake                 | Assorted Cream & Plain Biscuits                           |
|                       | Tea & Coffee available at Afternoon Tea  |   |  |   |   |                                      |   |
| SOUP                  | Cream of Cauliflower   | Chicken & Vegetable                               | Golden Mushroom  | Cream of Pumpkin  | Minestrone  | Chicken & Corn                       | Beef & Vegetable  |
| DINNER                | Spinach & Cheese Triangles w/- Wedges  | Asian Style Beef Stir Fry w/- Greens              | Creamy Chicken & Vegetable Pasta Bake w/- Garlic Bread | Chicken Nuggets & Wedges                                    | Beef & Tomato Meatballs with Mashed Potato & Gravy    | Mushroom Quiche                      | Savoury Mince w/- Crushed Potatoes                        |
| DINNER - SANDWICHES   | Roast Pork Salad Sandwiches  | Fresh Egg Sandwiches                              | Fresh Salad Sandwiches                                 | Fresh Salmon Sandwiches                                     | Chicken, Lettuce & Tomato Sandwiches                  | Curried Egg & Lettuce Sandwiches     | Fresh Ham & Cheese Sandwiches                             |
| DINNER - SALAD        | Egg Salad  | Tuna Salad  | Salmon Salad   | Corned Beef Salad   | Chef's Choice Salad                                   | Beef Salad                           | Egg Salad   |
| DESSERT               | Creme Caramel  | Honeyed Yoghurt w/- Banana                        | Cinnamon Stewed Pears & Cream                          | Vanilla Pannacotta  | Jelly & Fruit   | Brownie & Cream                      | Chef's Choice Cheesecake                                  |

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| Week 4                | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY                                     | FRIDAY  | SATURDAY                                     | SUNDAY  |
|-----------------------|--|--|--|--|---|--|---|
| CONTINENTAL BREAKFAST | Choice of Cereals & Porridge served with Full Cream/Skim/Soy Milk, Wholemeal or White Toast/Bread Accompaniments.<br>Choice of Beverages: Tea, Coffee, Fruit Juice & Water |  |  |  |   |  |   |
| BREAKFAST             | Baked Beans<br>Scrambled Eggs  | Cheese Omelette<br>Spaghetti   | Savoury Mince<br>Grilled Tomatoes                | Poached Eggs<br>Sauteed Mushrooms            | Grilled Sausages<br>Baked Beans                         | Scrambled Eggs<br>English Muffin             | Fried Eggs<br>Grilled Bacon                               |
| MORNING TEA           | Shortbread Biscuits  | Cranberry Scones   | Strawberry Love Cake                             | Sultana Biscuits                             | Chocolate Chip Cookies                                  | Jam Cake                                     | Scones w/- Jam and Cream                                  |
|                       | Tea & Coffee available at Morning Tea  |  |  |  |   |  |   |
| LUNCH                 | Ham Steak & Pineapple<br>Potato & Beef Casserole   | Sweet & Sour Fish Fillet<br>Corn & Zucchini Fritters<br>W/- Spiced Yoghurt | Roast Pork w/- Herb Sauce<br>Eggplant Moussaka   | Pulled Pork<br>Apricot Chicken               | Fish in Lemon & Dill<br>Sweet Potato & Zucchini Lasagne | Honey Soy Chicken w/- Shallots<br>Lamb Curry | Roast Beef w/- Mustard Gravy<br>Thai Fish Cakes           |
| VEGETABLES            | Roast Chat Potato<br>Roast Zucchini<br>Roast Sweet Potato  | Asian Style Noodles<br>Asian Stir Fry                                      | Roast Chat Potato<br>Baked Pumpkin<br>Green Peas | Coleslaw<br>Wedges<br>Buns                   | Seasoned Wedges<br>Warm Vegetable Salad                 | Basmati Rice<br>Honey Carrots<br>Spinach     | Roast Potato<br>Honey Roast Pumpkin<br>Steamed Green Peas |
| DESSERT               | Stewed Apples w/- Ice Cream  | Tiramisu   | Bread & Butter Pudding                           | Pavlova w/- Mixed Berries                    | Fruit Salad & Ice Cream                                 | Vanilla Cheesecake                           | Steamed Chocolate Cake & Cream                            |
| AFTERNOON TEA         | Sao's w/- Cheese & Cucumber  | Caramel Slice  | Swiss Roll                                       | Chocolate Crackles                           | Cheese & Biscuits                                       | Lamingtons                                   | Cream Biscuits  |
|                       | Tea & Coffee available at Afternoon Tea  |  |  |  |   |  |   |
| SOUP                  | Pumpkin  | Potato & Bacon Chowder   | Honey Roasted Tomato                             | Cauliflower & Potato                         | Vegetable   | Potato & Leek                                | Creamy Chicken  |
| DINNER                | Butter Chicken & Rice  | Lamb & Mint Rissoles w/- Mashed Potato & Gravy                             | Chicken Fried Rice & Spring Rolls                | Spaghetti Bolognese w/- Tomato & Onion Salad | Beef Stroganoff   | Sausages w/- Tomato & Onion Gravy & Mash     | Chicken Tenders w/- Garden Salad                          |
| DINNER - SANDWICHES   | Fresh Ham Sandwiches   | Fresh Salad & Cheese Sandwiches  | Fresh Chicken & Salad Sandwiches                 | Fresh Curried Egg Sandwiches                 | Fresh Ham Sandwiches                                    | Fresh Bacon, Lettuce & Tomato Sandwiches     | Fresh Salmon Sandwiches                                   |
| DINNER - SALAD        | Roast Lamb Salad   | Salmon Salad   | Beef Salad                                       | Ham Salad                                    | Chicken Salad   | Tuna Salad                                   | Egg Salad   |
| DESSERT               | Vanilla Baked Custard  | Pannacotta & Berry Coulis  | Jellied Fruit                                    | Cream Rice                                   | Banana Custard & Strawberry Coulis                      | Mixed Berry Yoghurt                          | Jelly & Cream   |