



LIGHT MENU

BREAKFAST

Orange or Apple Juice

Porridge

Cornflakes or Rice Bubbles

Smooth Fruit Yoghurt

Stewed Apples or Peaches

Poached Eggs

Scrambled Eggs

White Toast

Served with margarine, honey, apricot jam and vegemite.

Milk and Sugar

MORNING and AFTERNOON TEA

One of the following will be available daily with your morning and afternoon tea.

Freshly Baked Plain or Cheese Scones

Plain Biscuits

Cheese and Crackers

LUNCH and DINNER

your choice of half, regular or large servings

Sandwiches

Ham, egg or cheese.

Vegetarian Lasagne

Wafer thin pasta sheets interleaved with slow roasted seasonal vegetables topped with béchamel sauce and cheese.

Omelette

3 egg omelette.

Chicken and Gravy

Tender chicken in a light gravy served with steamed vegetables and mashed potato.

Steamed Fish

Fish fillets steamed with lemon, served with mashed potato and steamed vegetables.

Traditional Beef Cottage Pie

Pasta Spirals

With spinach, cheese and tomato sauce.



LIGHT MENU

SOUPS

Clear Chicken Broth

An infusion of chicken and root vegetables simmered gently to a clear broth.

Pumpkin Soup

Pumpkin cooked in a vegetable stock, seasoned with ginger.

SIDE ORDERS

Mashed Potato and Gravy

Steamed Seasonal Vegetables

White Dinner Roll

served with margarine

Up and Go

Energy milkshake

DESSERTS

A choice of:

Crème Brulee

Stewed Peaches and Custard

Yoghurt

Vanilla Ice Cream

Jelly

Banana