



# CARDIAC MENU

## BREAKFAST

### Continental Breakfast

Yoghurt and stewed fruit  
Seasonal fruit platter  
A selection of breakfast cereals  
Toast with preserves and vegemite

### Flapjack Stack

Full breakfast pancake stack with fruit and yoghurt.

### Cooked Breakfast of the Day

Scrambled or poached eggs served with toast and your choice of:

- Grilled tomato
- Field mushrooms
- Salmon

or

Baked beans on toast

## MORNING and AFTERNOON TEA

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

### Freshly Baked Cheese or Date Scones

Served with margarine and jam.

### Muffin of the Day

Freshly prepared with a variety of flavours like bran, berries or vanilla.

### Fresh Fruit

### Tomato Sandwich

### Plain Biscuits

## LUNCH and DINNER

your choice of half, regular or large servings

### High Tea Sandwiches

Club sandwich – ham, tomato and salad  
Chicken and salad sandwich  
Egg and salad sandwich

### Mediterranean Vegetable Wrap

Layered with roasted peppers, julienne carrots, snow pea shoots, pumpkin seeds and humus.

### Poached Chicken Salad

Sliced poached chicken tossed with seasonal salad vegetables.

### Traditional Beef Cottage Pie

### Lamb Rack

Seared and served with mashed potato, gravy and seasonal vegetables.

### Skinless Chicken Breast

Rubbed in seeded mustard and glazed with honey, ginger and garlic, pan fried and finished in the oven. Served with steamed basmati rice. Accompanied by a light thai curry coconut sauce.

### Steamed Fish

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

### Vegetarian Lasagne

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

### Omelette



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## SOUPS

### Clear Chicken Broth

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

### Hearty Lentil Soup

Pureed lentils flavoured with thyme, nutmeg and bacon.

### Pumpkin Soup

Pumpkin cooked in a vegetable stock, seasoned with ginger and served with croutons.

## SIDE ORDERS

### Side Salad

Mixed leaf and garden vegetable salad with French vinaigrette on the side.

### Steamed Seasonal Vegetables

### Dinner Roll

White or wholemeal served with margarine

### Up and Go

Energy milkshake

## DESSERTS

A choice of:

### Yoghurt

### Lite Licks Ice Cream

### Lite Jelly

### Stewed Fruit

### Seasonal Fruit Platter