



DIABETIC MENU

BREAKFAST

Continental Breakfast

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

Cooked Breakfast of the Day

Scrambled or poached eggs served with toast and your choice of:
– Grilled tomato
– Field mushrooms
– Salmon

MORNING and AFTERNOON TEA

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

Freshly Baked Scones

Served with diabetic jam

Fresh Fruit Platter

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 salad sandwich – with cress and light mayonnaise

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.

Pan Fried Gurnard

Served with mashed potato, sliced green beans, roasted red capsicum and a lemon wedge.

Vegetarian Lasagne

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



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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 non dairy spread.

DESSERTS

A choice of:

Lite Licks Ice Cream

Dairy free

Seasonal Fruit Platter

Yoghurt

Diabetic Jelly