

Weekly Menu Display



Amber Agedcare								Amber Meals Menu Summer 24/25 Copy For Display								Week 2	
Week 2		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
Breakfast																	
Breakfast 1		Toast Weetbix / Cornflakes Rice Bubbles Porridge Fruit / Fruit Salad		Toast Weetbix / Cornflakes Rice Bubbles Porridge Fruit / Fruit Salad		Toast Weetbix / Cornflakes Rice Bubbles Porridge Fruit / Fruit Salad		Toast Weetbix / Cornflakes Rice Bubbles Porridge Fruit / Fruit Salad		Toast Weetbix / Cornflakes Rice Bubbles Porridge Fruit / Fruit Salad		Toast Weetbix / Cornflakes Rice Bubbles Porridge Fruit / Fruit Salad		Toast Weetbix / Cornflakes Rice Bubbles Porridge Fruit / Fruit Salad			
Breakfast 2		Scrambled Eggs		Scrambled Eggs		Scrambled Egg & Bacon Served With Pancakes Baked Beans And Crumpet		Scrambled Eggs		Scrambled Eggs		Scrambled Eggs		Scrambled Egg & Bacon Served With Pancakes Baked Beans And Crumpet			
Morning Tea																	
Morning Tea 1		Pizza Slice		Date Scones		Baked New York Cheese Cake		Apple And Cinnamon Muffins		Chocolate Mousse Cake		Home Made Sausage Rolls		Homemade Scones Jam & Cream			
Lunch																	
Lunch Main Meal		Beef, Vegetable And Lentil Stew With Potato Mash, Silver Beet And Carrot		Braised Chicken Meatballs In Gravy Served With Mash, Peas & Pumpkin		Cultural Lunch		Beef Burgers With Lettuce Tomato Onion Served With Fries		Crumbed / Steamed Fish & Chips Served With Coleslaw Or Mash & Vegetables		Braised Lamb Chops Served With Mash And Gravy And Steamed Greens		Roast Lamb With Gravy And Seasonal Roast Vegetables.			
Lunch Alternative Meal		Honey & Mustard Grilled Chicken With Steamed Potato, Carrots & Cauliflower		Cheese And Roast Vege Frittata Served With Mash, Peas & Pumpkin		Cultural Lunch		Roast Turkey And Gravy Served With Roast Potato, Pumpkin, Peas And Carrots		Vegetable Chickpea Curry		Mac & Cheese Bake Served With Fresh Garden Salad		Minced Beef And Vegetable Curry Served With Hot Chips			
Lunch Salad		Soft Quinoa Salad Spinach, Roasted Sweet Potato, Avocado And Feta Cheese.		Creamy Greek Yoghurt Cucumber And Dill Salad		Boiled Egg And Potato Salad.		Beetroot, Fetta Cheese And Carrot Salad		Sweet Potato, Apple And Ricotta Cheese Salad		Chicken, Spinach, Pumpkin And Fetta Cheese Salad		Creamy Broccoli And Cauliflower Salad			
Lunch Sandwich		Sandwich Of: Salad, Ham, Turkey, Tuna Or Egg		Sandwich Of: Salad, Ham, Turkey, Tuna Or Egg		Sandwich Of: Salad, Ham, Turkey, Tuna Or Egg		Sandwich Of: Salad, Ham, Turkey, Tuna Or Egg		Sandwich Of: Salad, Ham, Turkey, Tuna Or Egg		Sandwich Of: Salad, Ham, Turkey, Tuna Or Egg		Sandwich Of: Salad, Ham, Turkey, Tuna Or Egg			
Lunch Dessert		Creme Caramel		Rice Pudding With Sultana		Peaches Crumble Served With Custard		Chocolate Pudding With Choc Sauce & Cream		Mango Cheesecake		Bread & Butter Pudding With Runny Cream		Pavlova With Fresh Fruit And Cream			
Ice Cream		Ice Cream		Ice Cream		Ice Cream		Ice Cream		Ice Cream		Ice Cream		Ice Cream			
Fruit		Fruit Salad Bananas Watermelon		Fruit Salad Bananas Watermelon		Fruit Salad Bananas Watermelon		Fruit Salad Bananas Watermelon		Fruit Salad Bananas Watermelon		Fruit Salad Bananas Watermelon		Fruit Salad Bananas Watermelon			
Afternoon Tea																	
Afternoon Tea 1		Berry Protein Slice		Jam Drop Biscuits		Iced Cream And Sponge Cake		Iced Banana Cake		Home Made Mini Quiche		Anzac Slice		Crapes Served With Fruit And Cream			
Dinner																	
Dinner Soup		Broccoli And Barley Soup		Beef And Vegetable Soup		Farmhouse Vegetable Soup		Carrot Soup		Cauliflower And Barley Soup		Chicken & Vegetable Soup		Pumpkin Soup			
Dinner Main Meal		Crumbed Chicken Tenderloins With Garlic Aioli And Served With Cheesy & Creamy Potato Bake		Beef Casserole Served With Mash Potato In A Rich Sauce.		Beef & Mushroom Pie Served With Potato Wedges		Tuna Mornay Baked Served With Pasta / Mash		Slow Cooked Beef & Veg Ragu Served With Pasta/mash		Creamy Vegetable Chicken Served With Pasta Or Mash		Spinach & Ricotta Quiche Served With Garden Salad			
Dinner Alternative Meal		Beef Sausages In Gravy Served With Cheesy & Creamy Potato Bake		Ham And Pineapple Pizza Slices Served With Garden Salad		Creamy Chicken And Vegetable Pasta Bake Served With Potato Wedges		Beef And Vegetable Mild Curry Served With Mash Potato Mix Or Rice		Grilled Chicken Served With Steamed Greens And Mash		Beef Lasagne Served With Garden Salad And Hot Chips		Chicken And Mushroom Pie Served With Garden Salad			
Dinner Salad		Soft Quinoa Salad Spinach, Roasted Sweet Potato, Avocado And Feta Cheese.		Creamy Greek Yoghurt Cucumber And Dill Salad		Boiled Egg And Potato Salad.		Beetroot, Fetta Cheese And Carrot Salad		Sweet Potato, Apple And Ricotta Cheese Salad		Chicken, Spinach, Pumpkin And Fetta Cheese Salad		Creamy Broccoli And Cauliflower Salad			

