

NYAH - MEAL MENU

WEEK ONE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Barley Broth	Cream of Tomato	Chicken & Rice	Vegetable Broth	Lentil Broth	Cream of Tomato & Rice	Pea & Ham
Salad	Salmon	Roast Beef	Roast Lamb	Ham	Chicken	Roast Beef	Roast Turkey
Main	Roast Beef & Gravy Vegetable Quiche	Roast Lamb & Mint Gravy Vegetable Parcel	Grilled Beef Rissole & Gravy Vegetable Penne	BBQ	Fried Fish & Tartare Sauce Roast Beef & Gravy	Roast Turkey & Cranberry Sauce Grilled Fish & Lemon	Pickled Pork & Parsley Sauce Vegetable Quiche
Potato	Roast / Mashed	Baked / Mashed	Roast Potato / Mashed	—	Chipped / Mashed	Scalloped / Mashed	Roast / Mashed
Sweet	Jellied Two Fruits & Cream	Creamed Rice & Peaches	Bread & Butter Pudding with Cream	Apple Crumble with Custard	Baked Rice Custard	Fresh Fruit Salad & Ice-Cream	Chocolate Ripple Cake
Tea Soup	Beef Noodle	Cream of Pumpkin	Scotch Broth	Beef Noodle	Vegetable Broth	Chicken & Corn	French Onion
Salad	Roast Beef	Roast Lamb	Roast Pork	Chicken	Roast Beef	Roast Turkey	Pickled Pork
Main	Sausages & Onion Gravy Poached Fish with Mornay Sauce	Pasta Bolognaise Scrambled Eggs on Toast	Steamed Fish & Lemon Sauce Chicken Pizziola	Roast Pork, Gravy & Apple Sauce Creamed Chicken & Mushrooms	Vegetable Patties with White Sauce Shepherd's Pie	Haricot Steak	Chicken Tetrizzini
Potato	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed
Sweet	Strawberry Mousse & Cream	Steamed Chocolate Pudding & Custard	White Chocolate & Raspberry Cheesecake with Cream	Jellied Two Fruits & Cream	Chocolate Mousse with Cream	Lemon Tea Cake with Cream	Pavlova with Passionfruit Coulis

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WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Leek & Potato	Cream of Mushroom	Mulligatawny	Vegetable Broth	Household	Cream of Celery	Chicken & Barley
Salad	Ham	Roast Beef	Chicken	Roast Lamb	Roast Pork	Corned Silverside	Ham
Main	Pot Roast Beef Vegetable Patties with White Sauce	Resident Choice Scrambled Eggs on Toast	Roast Lamb & Mint Gravy Poached Fish & Mornay sauce	Roast Pork, Gravy & Plum Sauce Haricot Steak	Crumbed Fish & Tartare Sauce Corned Silverside & Mustard Sauce	Pork in Plum Sauce Grilled Fish with Lemon	Curried Beef Roast Turkey & Cranberry Sauce
Starch	Roast / Mashed		Roast / Mashed	Baked / Mashed	Chipped / Mashed	Sauteed / Mashed	Rice / Roast / Mashed
Sweet	Wine Trifle & Cream	Fresh Fruit Salad & Ice Cream	Sago Plum Pudding & Custard	Peach & Oat Crumble & Custard	Self-Sauce Butterscotch Pudding & Custard	Baked Rice Custard with Cream	Apple Slice & Cream
Tea Soup	Chicken Noodle	Beef & Vegetable	Minestrone	Cream of Potato	Scotch Broth	Chicken Noodle	Pea & Ham
Salad	Roast Beef	Chicken	Roast Lamb	Roast Pork	Corned Silverside	Ham & Pineapple	Asparagus & Cheese
Main	Vegetable Fried Rice Steamed Chicken & Parsley Sauce	Homemade Sausage Rolls Steak & Mushroom Pie	Tuna Mornay Shepard's Pie	Grilled Beef Rissoles & Onion Gravy Chicken Kebabs	Chicken Chow Mein, Savoury Macaroni with Veggie White Sauce	Salmon Patties with White Sauce	Chicken Schnitzel & Gravy
Starch	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed
Sweet	Mixed Berry Cheesecake & Cream	Chocolate Sauce Pudding & Cream	Lemon Ripple Cheesecake with Cream	Vanilla Panna Cotta with Raspberry Coulis	Black Forest Cake with Cream	Fresh Fruit Salad & Cream	Mixed Berry Mousse with Cream

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WEEK THREE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Zucchini & Potato	Lentil Broth	Minestrone	Chicken Broth	Beef & Vegetable	Thick Vegetable & Lentils	Cream of Barley
Salad	Ham	Strasburg	Chicken	Egg & Cheese	Roast Veal	Ham	Roast Turkey
Main	Vegetable Patties with White Sauce	Roast Pork & Apple Sauce	Steamed Fish & Lemon Sauce	Ham Steak and Pineapple	Fried Fish & Tartare Sauce	Sausages & Onion Gravy	Roast Lamb & Mint Gravy
	Curried Sausages	Honey Chicken	Corned Silverside & Mustard Sauce	Roast Veal & Gravy	Savoury Mince on Toast	Roast Turkey & Cranberry Sauce	Steak & Mushroom Pie
Potato	Rice / Mashed	Baked / Mashed	Roast / Mashed	Baked / Mashed	Chipped / Mashed	Roast / Mashed	Roast / Mashed
Sweet	Jellied Fruit Cocktail & Cream	Fresh Fruit Salad & Ice Cream	Golden Syrup Steamed Pudding with Custard	Creamed Rice & Peaches	Apple & Oat Crisp with Custard	Fresh Fruit Salad & Cream	Orange Bread & Butter Pudding & Cream
Tea Soup	French Onion	Cream of Carrot	Beef Noodle	Cream of Vegetable	Cream of Pumpkin	Potato & Leek	Chicken & Rice
Salad	Salmon	Meatloaf	Corned Silverside	Roast Veal	Ham	Roast Turkey	Roast Lamb
Main	Irish Stew	Grilled Chicken & Cream Leek Sauce	Egg & Bacon Pie	Salmon Patties with White Sauce	Beef Stroganoff	Pork Stir Fry	Pineapple Chicken
	Scrambled Eggs on Toast	Spag Bolognaise	Meatloaf & Tomato Gravy	Chicken Supreme	Satay Chicken		
Potato	Mashed	Mashed	Mashed	Mashed	Rice / Mashed	Rice / Mashed	Mashed
Sweet	Cookies & Cream Cheesecake	Apple & Date Tart & Custard	Lemon Delicious	Roasted Honey Cinnamon Pears	New York Cheesecake with Apricot Glaze	Chocolate Mousse & Cream	Pavlova, Mixed Berries & Cream

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WEEK FOUR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Cream of Celery	Minestrone	Cream of Barley	Mulligatawny	Vegetable Broth	Cream of Tomato	Household
Salad	Ham & Pineapple	Asparagus & Cheese	Strasburg	Salmon	Egg & Cheese	Ham	Roast Chicken
Main	Vegetable Quiche Salmon Patties with White Sauce	Corned Silverside & Mustard Sauce Zucchini Slice	Curried Lamb Grilled Fish & Lemon	Pickled Pork & Parsley Sauce Chicken Supreme	Crumbed Fish & Tartare Sauce Roast Lamb & Gravy	Beef Chop Suey Tuna Mornay	Roast Chicken with Gravy Steamed Fish & Lemon Sauce
Starch	Baked / Mashed	Roast / Mashed	Rice / Mashed	Roast / Mashed	Chipped / Mashed	Baked / Mashed	Roast / Mashed
Sweet	Citrus Mousse & Cream	Fresh Fruit Salad & Cream	Golden Syrup Dumplings with Custard	Pineapple Upside Down Tea Cake	Lemon Meringue Cake & Cream	Baked Rice Custard & Cream	Wine Trifle & Cream
Tea Soup	Lentil Broth	Cream of Mushroom	Cream of Potato	Cream of Pumpkin	Lentil Soup	Chicken & Rice	Minestrone
Salad	Tuna	Corned Silverside	Roast Beef	Pickled Pork	Tuna	Roast Beef	Ham & Pineapple
Main	Curried Vegetables Pasta Carbonara	Porcupine Balls in Tomato Sauce Sweet & Sour Chicken	Chicken Schnitzel & Gravy Vegetable Lasagne	Toasted Sandwiches Scrambled Eggs on Toast	Grilled Beef Rissoles and Gravy Vegetable Parcels	Chicken Casserole	Curried Lamb
Starch	Rice / Mashed	Rice / Mashed	Mashed	Mashed	Mashed	Mashed	Rice / Mashed
Sweet	Peach Mango Cheesecake & Cream	Tiramisu & Cream	Apple Strudel with Cream	Peppermint Crisp Cheesecake with Cream	Sticky Date Pudding with Caramel Sauce & Custard	Fresh Fruit Salad & Ice Cream	Lemon Sago & Cream