

Menu



RIDLEYTON
Greek Home for the Aged

Week 1

Weeks Commencing:
4/5, 1/6, 29/6, 27/7, 24/8, 21/9, 19/10

MONDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Augolemeno Soup MAIN "Pastitsio" with Greek Salad / Vegetables DESSERT Fruit Jelly & Ice Cream
<i>Dinner</i>	ENTRÉE Augolemeno Soup MAIN "Tiropita" with Greek Salad / Vegetables (Soft / Minced / Vitamised: Beef Stew Vegetables) DESSERT Fresh Fruit / Fruit Puree Yoghurt

TUESDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Cous-Cous Soup MAIN Cabbage Rolls, Mashed Potato with Vegetables DESSERT Fresh Fruit / Fruit Puree Yoghurt
<i>Dinner</i>	ENTRÉE Cous-Cous Soup MAIN Assorted Toasted Sandwiches (Soft / Minced / Vitamised: Chicken Casserole) DESSERT Apple Cake with Custard

WEDNESDAY

<i>Breakfast</i>	Eggs, Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Trahana Soup MAIN Lentils, Spinach & Fetta Triangles, Coleslaw, Olives & Beetroot DESSERT Rice Pudding
<i>Dinner</i>	ENTRÉE Trahana Soup MAIN Baked Vegetables, Spinach & Cheese Omelette with Fetta Cheese DESSERT Fruit with Cream

THURSDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Augolemeno Soup MAIN Roast Chicken with Roast Potato & Mixed Vegetables DESSERT Fruit with Custard
<i>Dinner</i>	ENTRÉE Augolemeno Soup MAIN Spaghetti Bolognese with Parmesan / Fetta Cheese DESSERT Fresh Fruit / Fruit Puree / Yoghurt

FRIDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Lentils Soup MAIN Grilled Fish, Potato Salad, Lettuce, Cucumber & Tomato /Vegetables DESSERT Fresh Fruit / Fruit Puree
<i>Dinner</i>	ENTRÉE Lentils Soup MAIN "Spanakorizo" with Meat Chevas, Boiled Eggs, Fetta Cheese DESSERT Cake with Custard

SATURDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Augolemeno Soup MAIN Hungarian Goulash with Mashed Potato & Vegetables DESSERT Halva
<i>Dinner</i>	ENTRÉE Augolemeno Soup MAIN Croissants with Ham & Cheese with Salad (Soft / Minced / Vitamised: Chicken Casserole) DESSERT Fruit with Custard

SUNDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Chicken Noodle Soup MAIN Roast Pork, Roast Potatoes & Artichokes DESSERT "Yalaktoboureko"
<i>Dinner</i>	ENTRÉE Chicken Noodle Soup MAIN Diced Beef with Risone, with Fetta & Parmesan Cheese DESSERT Fruit Salad and Ice Cream