

Menu



RIDLEYTON
Greek Home for the Aged

Week 3

Weeks Commencing:
18/5, 15/6, 13/7, 10/8, 7/9, 5/10

MONDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Chicken Noodle Soup
	MAIN Crumbed Calamari with Potato Salad, Lettuce / Vegetables (Soft / Minced / Vitamised: Fish Patties)
	DESSERT Crème Caramel
<i>Dinner</i>	ENTRÉE Chicken Noodle Soup
	MAIN Lamb Knuckles / Ossobuco, Artichoke Casserole
	DESSERT Fruit & Custard

TUESDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Augolemono Soup
	MAIN "Soutzoukakia" in Tomato Sauce with Hilopites, Vegetables
	DESSERT Bread & Butter Pudding
<i>Dinner</i>	ENTRÉE Augolemono Soup
	MAIN "Tiropita" with Salad / Vegetables (Soft / Minced / Vitamised: Beef Stew)
	DESSERT Fresh Fruit / Fruit Puree / Yoghurt

WEDNESDAY

<i>Breakfast</i>	Eggs, Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Trahana Soup
	MAIN "Revithia" with Potato Croquettes, Greek Salad, Olives, Vegetables
	DESSERT Fresh Fruit / Fruit Puree / Yoghurt
<i>Dinner</i>	ENTRÉE Trahana Soup
	MAIN Baked Vegetables, Fetta Cheese, Egg & Spinach Muffins
	DESSERT Jelly & Ice Cream

THURSDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Cous-Cous Soup
	MAIN Cabbage Rolls with Egg & Lemon Sauce, Mashed Potato & Vegetables
	DESSERT Fresh Fruit / Fruit Puree / Yoghurt
<i>Dinner</i>	ENTRÉE Cous-Cous Soup
	MAIN Toasted Sandwiches (Soft / Minced / Vitamised: Pork Stew)
	DESSERT Cake with Custard

FRIDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Lentils Soup
	MAIN Crumbed Fish with Chips & Greek Salad / Vegetables
	DESSERT Halva
<i>Dinner</i>	ENTRÉE Lentils Soup
	MAIN Lamb Stew Short cut with Pasta & Vegetables
	DESSERT Cake with Cream

SATURDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Augolemono Soup
	MAIN Meat Yiros with Chips, Tzatziki, Salad / Vegetables
	DESSERT Rice Pudding
<i>Dinner</i>	ENTRÉE Augolemono Soup
	MAIN Chicken Patties with Vegetables (Briami), Fetta Cheese & Salad
	DESSERT Fruit with Cream

SUNDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Hilopites Soup
	MAIN Roast Beef, Roast Potatoes, Vegetables / Salad
	DESSERT "Kataifi" with Cream
<i>Dinner</i>	ENTRÉE Hilopites Soup
	MAIN Croissants with Ham and Cheese, Salad / Vegetables (Soft / Minced / Vitamised: Braised Lamb)
	DESSERT Fruit with Custard