

Menu



RIDLEYTON
Greek Home for the Aged

Week 4

Weeks Commencing:
25/5, 22/6, 20/7, 17/8, 14/9, 12/10

MONDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Augolemono Soup
	MAIN Chicken Schnitzel with French Potato, Vegetables / Salad (Soft / Minced / Vitamised: Chicken Casserole)
	DESSERT Fresh Fruit / Fruit Puree / Yoghurt
<i>Dinner</i>	ENTRÉE Augolemono Soup
	MAIN Spanakopita / Pies & Sausage Rolls with Salad / Vegetables (Soft / Minced / Vitamised: Beef Stew)
	DESSERT Bread & Butter Pudding

TUESDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Cous Cous Soup
	MAIN Stuffed Tomatoes & Capsicums with Yoghurt, Salad / Vegetables
	DESSERT Ice Cream
<i>Dinner</i>	ENTRÉE Cous Cous Soup
	MAIN Homemade Pasties with Salad / Vegetables (Soft / Minced / Vitamised: Chicken Casserole)
	DESSERT Fresh Fruit / Fruit Puree / Yoghurt

WEDNESDAY

<i>Breakfast</i>	Eggs, Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Chicken Noodle Soup
	MAIN "Fasolada" with Vegetarian Pizza, Greek Salad, Olives, Tarama and Vegetables
	DESSERT Fresh Fruit / Fruit Puree / Yoghurt
<i>Dinner</i>	ENTRÉE Chicken Noodle Soup
	MAIN Prasorizo, Fetta Cheese, Egg / Spinach Muffins
	DESSERT Rice Pudding

THURSDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Augolemono Soup
	MAIN Lamb Stew, Mashed Potatoes, Mixed Vegetables
	DESSERT Fresh Fruit / Fruit Puree / Yoghurt
<i>Dinner</i>	ENTRÉE Augolemono Soup
	MAIN Assorted Sandwiches (Soft / Minced / Vitamised: Chicken Stew)
	DESSERT Sponge Cake with Custard

FRIDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Lentils Soup
	MAIN Fried Fish in Batter Chips with Coleslaw, Spinach Salad
	DESSERT Cake with Cream
<i>Dinner</i>	ENTRÉE Lentils Soup
	MAIN Grilled Sausages with Mashed Potato with Salad & Vegetables
	DESSERT Fruit & Ice Cream

SATURDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Augolemono Soup
	MAIN Beef "Stifado": with Mashed Potatoes, Vegetables
	DESSERT Rice Pudding
<i>Dinner</i>	ENTRÉE Augolemono Soup
	MAIN Croissants with Ham, Cheese and Salad (Soft / Minced / Vitamised: Lamb Stew)
	DESSERT Fruit Jelly with Cream

SUNDAY

<i>Breakfast</i>	Cereal, Toast, Cheese, Yoghurt, Fruit
<i>Lunch</i>	ENTRÉE Cous Cous Soup
	MAIN Roast Lamb, Roast Potatoes, Carrots, Artichokes & Salad
	DESSERT Yoghurt Cake with Filo Pastry in light Syrup
<i>Dinner</i>	ENTRÉE Cous Cous Soup
	MAIN Cold Serve (Soft / Minced / Vitamised: Chicken Casserole / Mash)
	DESSERT Fresh Fruit / Fruit Puree / Yoghurt