

# Sample Menu

At Wesley Mission Queensland, we recognise food is a powerful vehicle for sharing and celebrating and plays an integral role in our lives. We pride ourselves on serving chef-prepared meals made fresh daily that are delicious, nutritious and varied.

Our approach to dining is that each meal should be a pleasurable experience and are all served in an environment that promotes interaction and a sense of community. Dining is an experience where residents can enjoy the company of others in our dining rooms or have meals delivered to their own private retreat.



# Sample menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast and morning tea</b>							
<b>Breakfast</b>	Porridge	Porridge	Porridge	Porridge	Porridge	Porridge	Porridge
<b>Fruit</b>	Peach compote	Prunes	Apricot compote	Fruit salad	Pear compote	Prunes	Fruit compote
<b>Hot Option</b>	Egg & bacon pie	Breakfast mince	Baked beans	Devilled sausages	Scrambled eggs	Bacon, tomato & potato hash	Scrambled eggs & bacon
<b>Morning Tea</b>	Frosted orange tea cake	Caramel slice	Sticky date pudding	Banana chia bread	Raspberry & white chocolate loaf	Peach & cinnamon tea cake	Light fruit cake
<b>Lunch</b>							
<b>Main</b>	Asian braised chicken drumsticks, hokkien noodles, stirfried vegetables	Roast pork with gravy, roasted potatoes, garden peas	Chicken stroganoff, creamy mashed potato, pumpkin puree, green beans	Braised beef steak, roast chat potatoes, honey glazed carrots, broccoli	Crumbed fish with tartar sauce, hot chips, coleslaw	Braised lamb on the bone, sea salted & rosemary chats, zucchini batons, roasted root vegetables	Roast beef with gravy, roasted potatoes, green beans
<b>Dessert</b>	Warm rhubarb crumble with custard	Coconut sago pudding	Lemon delight	Fruit jelly with caramel custard	Milo rice pudding	Fruit trifle	Apple pie with custard
<b>Dinner</b>							
<b>Entree</b>	Minestrone soup	Chikpea & spinach soup	Carrot & ginger soup	Mulligatawny soup	Fennel, white bean & carrot soup	Potato & leek soup	Split pea soup
<b>Main</b>	Lamb hot pot, pumpkin mash, green beans	Sweet & sour prawns, coconut rice, broccoli	Spaghetti bolognese, garlic bread	BBQ chicken with rich gravy, creamy mashed potatoes, broccoli & cauliflower	Minted lamb rissoles & gravy, roast chat potatoes, honey glazed carrots	Chicken schnitzle, creamy mashed potato, garden peas	Mango chicken Coconut rice and Asian style vegetables

Please note, this is a sample menu only. Each Residential Aged Care community will have a different menu style.