



WINTER MENU 2009

Week 1

Monday
Soup: Chicken & Corn
Main: Beef Sausages or
Beef Schnitzel with Mashed Potato Baby Spinach & Pumpkin
Dessert: Fruit Salad

Tuesday
Soup: Lentil
Main: Baked Chicken Breast or
Chicken Schnitzel with Roast Potato, Roast Pumpkin & Green Beans
Dessert: Fruit & Custard

Wednesday
Soup: Chicken Noodle
Main: Baked Macaroni or
Beef Casserole on Rice
Baked Macaroni – Regency Green Aged Care
Dessert: Apple Crumble

Thursday
Soup: Minestrone
Main: Pork Rissoles or
Stuffed Zucchini with Oven Potatoes (Maltese Style) and Baked Cabbage
& Carrots
Stuffed Zucchini – Regency Green Aged Care
Dessert: Bread & Butter Pudding

Friday
Soup: Fish
Main: Baked Fish with Baked Potato & Egg with Baton Carrots & Beans
Dessert: Stewed Fruit with Custard



Week 2

Monday

Soup: Primavera
Main: Chicken Cottage Pie (oblong)
or Chicken Patties with Mashed Potatoes, Beans / Baton Carrots
Dessert: Maltese Pudding with warm custard

Tuesday

Soup: Beef & Barley
Main: Roast Lamb
or Veal Scallopini with Red Sauce or Gravy, Roast Potato and Roast
Pumpkin & Broccoli
Dessert: Upside Down Fruit Cake

Wednesday

Soup: Leek & Potato
Main: Ricotta Ravioli or
Baked Fish with boiled Potato, Spinach & Squash
Chicken Schnitzel – Regency Green Aged Care
Dessert: Fruit Cake with warm Custard

Thursday

Soup: Sweet Potato
Main: Baked Rice or
Savoury Mince on Rice
Baked Rice - Regency Green Aged Care
Dessert: Apricot filled Danish

Friday

Soup: Fish
Main: Tuna Patties with Mashed Potato, Broccoli & Carrots
Dessert: Zucchini Cake



Week 3

Monday

Soup: Chicken Broth
Main: Pasta Bolognese or
Lamb Stew in Brown Sauce (No Tomato)
Dessert: Fruit Salad

Tuesday

Soup: Chick Pea
Main: Chicken Pie with Pastry or
Pasta with Brown Sauce
Dessert: Stewed Pears & Chocolate Mousse

Wednesday

Soup: Pumpkin & Potato
Main: Roast Pork or Corned Silverside & Onion Sauce with New Potatoes,
Carrots & Beans
Roast Pork & Corned Silverside – meat only for Regency Green
Dessert: Banana Cake with Lemon Philadelphia Cream Cheese Topping

Thursday

Soup: Pasta Fagiole
Main: Meatloaf with Mashed Potatoes, Broccoli & Pumpkin or
Ricotta Pie
Ricotta Pie – Regency Green
Dessert: Maltese Fruit Cake & Custard

Friday

Soup: Fish
Main: Steamed Fish with Capers & Boiled Rice, Silver beet and Carrots
Dessert: Fruit Salad



Week 4

Monday

Soup: Kusksu (Broad Bean Soup)
Main: Beef Meatballs & Gravy or
Chicken a la King with Mashed Potato, Broccoli & Carrots
Dessert: Sago & Plum

Tuesday

Soup: Chicken & Vegetable
Main: Beef Schnitzel or
Veal Parmagiana with Baked Potatoes, Baked Pumpkin & Beans
Dessert: Rice Pudding

Wednesday

Soup: Pea & Ham
Main: Maltese Beef Pie or
Roast Lamb with Cous Cous, Roast Parsnip & Green beans
Dessert: Lemon Meringue Tart

Thursday

Soup: Minestrone
Main: Rabbit Stew or
Chicken Stir Fry & Noodles
Dessert: Cherry Cake

Friday

Soup: Fish
Main: Crumbed Fish with Baked Potatoes, tomatoes & onions and Brussel
Sprouts
Dessert: Fruit Slice