

# Brookland

RETIREMENT VILLAGE

## Sample Menu

MON	TUE	WED	THU	FRI	SAT	SUN
<b>LUNCH</b>						
<b>FIRST OPTION</b> <b>Apricot chicken</b> with steamed rice, carrot batons with honey, broad beans & apricot sauce	<b>FIRST OPTION</b> <b>Beef stroganoff</b> with penne pasta or rice, mixed veg & mushroom sauce	<b>FIRST OPTION</b> <b>Garlic prawns</b> with steamed rice & creamy garlic sauce	<b>FIRST OPTION</b> <b>Chicken &amp; spinach lasagne</b> with tossed, salad, coleslaw & Napoli	<b>FIRST OPTION</b> <b>Fish of the day</b> with chips, chopped salad, lemon slice & Tartare sauce	<b>FIRST OPTION</b> <b>Lamb rissoles</b> with caramelized onion with creamy mash potato, peas & pan gravy	<b>FIRST OPTION</b> <b>Roast beef &amp; Yorkshire pudding</b> with roast pumpkin, broccoli & cauliflower bake & pan gravy
<b>SECOND OPTION</b> Sandwich of the day	<b>SECOND OPTION</b> Sandwich of the day	<b>SECOND OPTION</b> Sandwich of the day	<b>SECOND OPTION</b> Sandwich of the day	<b>SECOND OPTION</b> Sandwich of the day	<b>SECOND OPTION</b> Sandwich of the day	<b>SECOND OPTION</b> Sandwich of the day
<b>DESSERT</b> <b>Pineapple upside down cake</b> with custard	<b>DESSERT</b> <b>Apple crumble</b> with ice cream	<b>DESSERT</b> <b>Berry sponge pudding</b> with custard	<b>DESSERT</b> <b>Creamed rice</b> with ice cream	<b>DESSERT</b> <b>Summer crunch</b> with custard	<b>DESSERT</b> <b>Apple turnover</b> with custard	<b>DESSERT</b> <b>Salted caramel pudding</b> with cream
<b>DINNER</b>						
<b>SOUP</b> <b>Chicken noodle</b> with brioche roll & butter	<b>SOUP</b> <b>Sweet potato &amp; vegetable</b> with brioche roll & butter	<b>MAIN</b> <b>Roast lamb</b> with roasted potato, pea & gravy	<b>SOUP</b> <b>Mushroom</b> with brioche roll & butter	<b>SOUP</b> <b>Country beef &amp; potato</b> with brioche roll & butter	<b>SOUP</b> <b>Potato &amp; leek</b> with brioche roll & butter	<b>SOUP</b> <b>Roast pumpkin</b> with brioche roll & butter
<b>MAIN</b> <b>Omelettes</b> with chopped salad	<b>MAIN</b> <b>Mac 'n' cheese</b>	<b>DESSERT</b> <b>Bread &amp; butter pudding</b> with custard	<b>MAIN</b> <b>Pork &amp; sage sausage roll</b> with chips & mixed vegetables	<b>MAIN</b> <b>Zucchini, sundried tomato &amp; capsicum quiche</b> with mixed salad	<b>MAIN</b> <b>Savoury mince</b> with bubble & squeak	<b>MAIN</b> <b>Chicken mornay pie</b> with creamy mash potato & chicken gravy