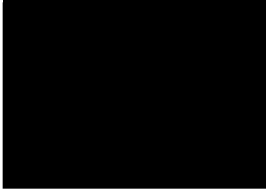




**Hospital Services**

North Shore Hospital Campus  
Shakespeare Road, Takapuna  
Private Bag 93-503, Takapuna  
Auckland 0740  
Telephone: 09 489 0527  
Facsimile: 09 486 8339

11 March 2019



Dear 

**Re: Official Information Act request – Waitemata DHB inpatient meals**

Thank you for your Official Information Act request received via transfer from the Ministry of Health on 22 February 2019 seeking the following of Waitemata District Health Board (DHB):

1. *Cost for each health board to feed each standard patient per day*
2. *Average number of daily meals produced each day*
3. *Copies of menus, if not on a rotation then previous four weeks' worth*

Waitemata DHB serves the largest population of any district health board in New Zealand, currently standing at more than 630,000 people. We employ in excess of 7,500 staff at more than 80 sites across the Waitemata district and beyond.

In addition to providing care to our own resident population, we are also the Northern Region provider of forensic mental healthcare services and child rehabilitation services. Waitemata DHB also provides community alcohol and drug services and child community dental services for the entire metro Auckland area.

Our main sites are North Shore Hospital and Waitakere Hospital and this response provides details of inpatient meals at those facilities. Inpatient meals at Waitemata DHB are supplied by our Food Services Provider, Compass/Medirest.

Our responses to your specific questions are provided below.

**1. *Cost for each health board to feed each standard patient per day***

We have consulted Compass/Medirest on this question and they have expressed a strong view that this information is commercially sensitive. We have considered this feedback and decided to withhold precise dollar amounts relating to the cost of meals under Section 9(2)(b)(ii) of the Official Information Act as we believe release would be likely to unreasonably prejudice the commercial position of our food services provider.

However, the DHB is mindful of the public interest in the cost of hospital meals, so we have opted to advise that the average total cost of breakfast, lunch and dinner for our inpatients is in the range of \$20-30 per day.

If you are dissatisfied with our response to this question, you have the right to seek an independent review from the Office of the Ombudsman, whose details are available via [www.ombudsman.parliament.nz](http://www.ombudsman.parliament.nz) or 0800 802 602.

**2. *Average number of daily meals produced each day***

For the month of December 2018 (this month is lower due to statutory days and some bed closures), an average total of 2,445 inpatient meals were produced each day for consumption at North Shore Hospital and Waitakere Hospital.

Please note that this figure excludes staff meals and inpatient meals provided at our other sites.

**3. *Copies of menus, if not on a rotation then previous four weeks' worth.***

Waitemata DHB's inpatient menu operates on a two-weekly cycle. Copies are attached.

Waitemata DHB, like other agencies across the state sector, supports the open disclosure of information to assist the public's understanding of how we are delivering publicly-funded healthcare. This includes the proactive publication of anonymised Official Information Act responses on our website from 10 working days after they have been released.

If you feel that there are good reasons why your response should not be made publicly available, we will be happy to consider them.

We trust this reply satisfies your request.

Yours sincerely



**Cath Cronin**  
**Director Hospital Services**  
**Waitemata District Health Board**



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>							
	Fruit Drink						
Fruit (tinned in juice)	Pears or Prunes or Fresh Fruit	Peaches or Prunes or Fresh Fruit	Apples or Prunes or Fresh Fruit	Pears or Prunes or Fresh Fruit	Peaches or Prunes or Fresh Fruit	Apples or Prunes or Fresh Fruit	Pears or Prunes or Fresh Fruit
Pureed Fruit	Apple Pear Puree	Apple Peach Puree	Apple Strawberry Puree	Apple Pear Puree	Apple Peach Puree	Apple Strawberry Puree	Apple Pear Puree
Cold Cereal [choice of 3]	Rice Bubbles / Cornflakes						
or Hot Cereal	Kornies or Weet-Bix						
	Porridge or Congee						
Porridge	Fortified Porridge						
Milk	Standard or Calcitrim						
Sugar	Sugar Sachet or Artificial Sweetener Sachet						
Protein	Fruit Yoghurt, Natural Yoghurt						
Breakfast	Fruit Yoghurt, Natural Yoghurt						
Bread	White or Wheatmeal						
Spreads	Butter or Margarine						
Spreads	jam/marmalade / vegemite						
<b>MORNING TEA - Hi Energy &gt; 500KJ</b>	Banana Cake	Coconut Brownie	Gingerbread	Maderia Cake	Sultana Cake	Fruit Loaf	Banana Chocolate Chip Muffin
Option 2	Plain Biscuits x 2						
Texture Modified Diets	Chocolate Dairy Food	Strawberry Dairy Food	Caramel Dairy Food	Chocolate Dairy Food	Caramel Dairy Food	Strawberry Dairy Food	Chocolate Dairy Food
<b>LUNCH</b>							
Soup [5 varieties Group 1 per cycle]	Creme of Broccoli ①	Farmhouse Mushroom ②	Chicken and Pasta ①	Pea and Ham ①	Leek & Potato Soup ②	Minestrone ②	Golden Pumpkin ②
Vegetarian Soup	Creme of Broccoli ①	Farmhouse Mushroom ②	Fortified Pureed Golden Pumpkin ②	Fortified Pureed Crème of Spinach ①	Leek & Potato Soup ②	Fortified Pureed Farmhouse Mushroom ②	Golden Pumpkin ②
Fortified Soup	Fortified Pureed Cream of Broccoli	Fortified Pureed Farmhouse Mushroom	Fortified Pureed Golden Pumpkin	Fortified Pureed Crème of Spinach	Fortified Pureed Leek & Potato Soup	Fortified Pureed Farmhouse Mushroom	Fortified Golden Pureed Pumpkin
Allergy Free Soup	Pumpkin and Ginger	Chicken and Vegetable	Pumpkin and Ginger	Chicken and Vegetable	Pumpkin and Ginger	Chicken and Vegetable	Pumpkin and Ginger
Bread	White or Wheatmeal						
Spreads	Butter or Margarine						
Main Sandwich 7 per cycle	EGG AND SALAD SANDWICH ON MULTIGRAIN BREAD (v)	TUNA & SALAD WHOLEMEAL ROLL	BEEF & SALAD ON RYE BREAD	CHICKEN & SALAD WRAP	CHEESE & SALAD SANDWICH (Dagwood) (v) <i>multigrain bread</i>	HAM, CHEESE, LETTUCE SANDWICH <i>multigrain breads</i>	CORNEBEEF & SALAD ON RYE BREAD
Soft Sandwich 7 per cycle	CHICKEN & MAYO	HAM & MILD ENGLISH MUSTARD	EGG & MAYO (v)	TUNA & MAYO	ROAST BEEF & TOMATO RELISH	CHEESE & PICKLE (v)	EGG & MAYO (v)
Main Salad (will replace the main sandwich)	Egg Salad Plate(v) - lettuce, tomato, cucumber, carrot, spring onion, potato salad			Chicken Salad Plate - lettuce, tomato, cucumber, carrot, spring onion, potato salad			
Adult Cyclic Menu	R Mince Curry on Steamed Rice	Macaroni Cheese & Coleslaw (v)	Broccoli & Herb Quiche & Side Salad (v)	Potato Bake & Coleslaw (v)	R Pasta Bolognese	Omelette, Mashed Potato, Side Salad (v)	Fish Mornay w Mashed Potato or Rice
Mental Health / Spinal Unit	Build a Hamburger (meat pattie, tomato Sc, lettuce, tomato, )	Macaroni Cheese & Coleslaw	Broccoli & Herb Quiche & Side Salad	JACKET POTATOES & TOPPINGS with Coleslaw	R Pasta Bolognese	Chef's Choice	American Hotdog
Texture Modified Diets	R Beef Bolognese or Oakhill Potato	Fish Pie or Vegetarian Cassoulet	R Hickory Smoked Pork or Oakhill Potato or Scrambled Eggs (M&M only)	R Beef Stroganoff or Vegetarian Cassoulet	R Lamb Casserole or Oakhill Potato	Golden Chicken or Vegetarian Cassoulet	Creamy Fish or Oakhill Potato
Extra Sauce	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Potato Gratin	Mashed Potato
	Spiced Pumpkin	Creamy Broccoli	Honey Glazed Carrots	Brasied Cabbage	Roast Beetroot	Minted/Mushy Peas	Spiced Pumpkin
	Gravy/ white sauce	White Sauce	Gravy/ white sauce	Gravy/ white sauce	Gravy/ white sauce	Gravy/ white sauce	White Sauce
Soft Mechanical [with extra sauce/gravy]	Beef Mince Curry on Steamed Rice GF	Macaroni Cheese	Crustless Mushroom Quiche MASHED POTATO	Potato Bake	Pasta Bolognese Lentil & Tomato Sauce on Pasta	Omelette with MASHED POTATO GF	Fish Mornay w Mashed Potato or Rice or Pumpkin Ragout with Coconut on Rice
Soft Dysphagic [with extra sauce/ gravy]	Beef Mince Curry on Steamed Rice GF	Macaroni Cheese	Crustless Mushroom Quiche MASHED POTATO	Potato Bake	Pasta Bolognese Lentil & Tomato Sauce w Mashed Potato	Omelette w MASHED POTATO and Sauce GF	Fish Mornay w Mashed Potato
Diabetic	R Mince Curry on Steamed Rice	Macaroni Cheese (1/2 portion) & Coleslaw (v)	Broccoli & Herb Quiche & Side Salad (v)	Potato Bake & Coleslaw (v)	R Pasta Bolognese	Omelette, Mashed Potato, Side Salad (v)	Fish Mornay w Mashed Potato or Rice
Vegetarian	Build a Hamburger (Vege Burger pattie, tomato Sc, lettuce, tomato, gherkin) (v)	Macaroni Cheese & Coleslaw (v)	Broccoli & Herb Quiche & Side Salad (v)	Potato Bake & Coleslaw (v)	LENTIL & TOMATO SAUCE on Penne Pasta	Omelette, Mashed Potato, Side Salad (v)	Pumpkin Ragout with Coconut on Rice
Vegan	Build a Hamburger (Vege Burger pattie, tomato Sc, lettuce, tomato, gherkin)	NUTMEAT AND RELISH TOASTED SANDWICH w Side Salad	THREE BEAN MIX AND SALAD	JACKET POTATOES & TOPPINGS w Side Salad	LENTIL & TOMATO SAUCE on Penne Pasta	SAVOURY MUSHROOMS ON DF MASHED POTATO w Side Salad	Pumpkin Ragout with Coconut on Rice

NATIONAL ADULT MENU WEEK 1



Halal	Build a Hamburger ( <i>Vege Burger pattie, tomato</i> Sc, lettuce, tomato, gherkin)	Macaroni Cheese & Coleslaw (v)	Broccoli and Herb Quiche Quiche & Side Salad (v)	JACKET POTATOES & TOPPINGS w Side Salad	LENTIL & TOMATO SAUCE on Penne Pasta	Omelette, Mashed Potato, Side Salad (v)	Fish Mornay w Mashed Potato or Rice or Pumpkin Ragout with Coconut on Rice
MAOI	R Beef Mince Curry on Steamed Rice GF	VEGETABLE PASTA BAKE [no cheese]	PLAIN OMELETTE [DK] GF ON MULTIGRAIN TOAST Side Salad	GF JACKET POTATOES & TOPPINGS [creamed Corn] [no cheese] w Side Salad	Pasta Bolognaise LENTIL & TOMATO SAUCE on Penne Pasta	Omelette, MASHED POTATO, Side Salad (v)	SAVOURY BAKED FISH ON RICE w Side Salad or BAKED JACKET POTATO w LENTIL TOPPING
Gluten Intolerant - no gluten containing ingredients	R Mince Curry on Steamed Rice	GF TOASTED CHEESE, RELISH AND HAM SANDWICH w Coleslaw	SCRAMBLED EGGS ON GF TOAST and Side Salad	JACKET POTATOES & TOPPINGS	R MEAT SAUCE on GF Pasta	Omelette, Mashed Potato, Side Salad (v)	Fish Mornay w Mashed Potato or Rice or Pumpkin Ragout with Coconut on Rice
Milk Free - no dairy containing ingredients	R Mince Curry on Steamed Rice	VEGETABLE PASTA BAKE [no cheese] Side Salad	DF SCRAMBLED EGGS ON WHOLEGRAIN TOAST and Side Salad	JACKET POTATOES & TOPPINGS w Side Salad	R Pasta Bolognaise	SAVOURY MUSHROOMS, DF MASHED POTATO w Side Salad	LEMON BAKED FISH on Rice w Side Salad or Pumpkin Ragout with Coconut on Rice
Restricted Fibre	R Mince Curry on Steamed Rice	Macaroni Cheese	SCRAMBLED EGGS ON WHITE TOAST	Potato Bake	R Pasta Bolognaise	Omelette and Mashed Potato	Fish Mornay w Mashed Potato or Rice
Low Fat	R Mince Curry on Steamed Rice	VEGETABLE PASTA BAKE [no cheese] & Side Salad	HAM & RELISH TOASTED SANDWICH w SIDE SALAD	JACKET POTATOES & TOPPINGS [creamed corn & cheese] & Tossed Salad	R Pasta Bolognaise	SAVOURY MUSHROOMS ON DF MASHED POTATO w Side Salad	LEMON BAKED FISH on Rice w Side Salad or BAKED JACKET POTATO w LENTIL TOPPING
Reduced Sodium	R SAVOURY MINCE on Steamed Rice	VEGETABLE PASTA BAKE w Side Salad	SCRAMBLED EGGS ON WHOLEGRAIN TOAST	Potato Bake & Side Salad	R Pasta Bolognaise	CREAMY OMELETTE and Rice w Side Salad	Fish Mornay w Rice or Pumpkin Ragout w Coconut on Rice
Low K	R SAVOURY MINCE on Steamed Rice	VEGETABLE PASTA BAKE w Small Side Salad	SCRAMBLED EGGS ON WHOLEGRAIN TOAST	PUMPKIN AND CHICKEN RISOTTO	R MEAT SAUCE ON Pasta	CREAMY OMELETTE and Rice w Small Side Salad	Fish Mornay w Rice
Low Phosphate	R SAVOURY MINCE on Steamed Rice	VEGETABLE PASTA BAKE	SCRAMBLED EGGS ON WHOLEGRAIN TOAST	PUMPKIN AND CHICKEN RISOTTO	R MEAT SAUCE ON Pasta	CREAMY OMELETTE and Rice	SAVOURY BAKED FISH ON RICE
Low K Reduced Sodium	R SAVOURY MINCE on Steamed Rice	VEGETABLE PASTA BAKE w Small Side Salad	SCRAMBLED EGGS ON WHOLEGRAIN TOAST	PUMPKIN AND CHICKEN RISOTTO	R MEAT SAUCE on Pasta	CREAMY OMELETTE. Rice and Small Side Salad	Fish Mornay w Rice
Condiments	Salt, Pepper Sachets						
Extra if required	Mashed Potato and Gravy	Mashed Potato and Gravy	Mashed Potato and Gravy	Mashed Potato and Gravy	Mashed Potato and Gravy	Mashed Potato and Gravy	Mashed Potato and Gravy
Milk Dessert 7 per cycle	STRAWBERRY CREAM	CHOCOLATE MILK PUDDING	MIXED BERRY MOUSSE	CARAMEL CREAM DESSERT	STRAWBERRY CREAM	LEMON FRENCH CUSTARD	VANILLA MILK PUDDING

AFTERNOON TEA	Fresh Fruit						
Option 2	Plain Biscuit x 2						

**DINNER**

Soup	Chicken Noodle	Rich Tomato	Seafood	Cream of Vegetables	Thick Vegetable	Cream of Chicken	Asparagus
Fortified Soup	Fortified Pureed Chicken Noodle	Fortified Pureed Rich Tomato	Fortified Pureed Seafood	Fortified Pureed Cream of Vegetables	Fortified Pureed Thick Vegetable	Fortified Pureed Cream of Chicken	Fortified Pureed Asparagus
CYCLIC MENU Main Option 1 14 per cycle	R Boil Up (mutton) or Beef Burgundy ( <i>site specific</i> )	2 Butter Chicken	Sausages w Caramelised Onion Sauce	1 R Roast Beef & Gravy	R Ginger Beef & Vegetable	R Sweet Lamb Curry	1 R Roast Pork & Gravy Apple Sauce
CHO	Rewena Bread (WDHB & CMDHB) Whole Potato	see below	see below	see below	see below	see below	see below
Green/ Brassica Vegetable	cabbage/silverbeet/ [included in Boil Up]	Broccoli	Peas & kumara	cabbage	Vegetable Medley	Broccoli	silverbeet/cabbage
Orange Vegetable	kumara [included in Boil Up]	Green Beans	or Side Salad	carrots		carrot	kumara
CYCLIC MENU Main Option 2 - Soft 14 per cycle	1 Steamed Hoki w Bechamel Spinach Sauce	R Cottage Pie	2 R Honey Pork Braise	Fishermans Pie	2 Chicken & Mushroom Fricassee	1 Steamed Hoki w Coconut Milk Sauce	Chicken and Vegetable Casserole
CHO	see below	see below	see below	see below	see below	see below	see below
Green/ Brassica Vegetable	Green Beans	Broccoli	Peas	cabbage	peas	broccoli	silverbeet/cabbage
Orange Vegetable	Kumara	Pumpkin	Kumara	carrots	pumpkin	carrot	kumara
CYCLIC MENU Main Option 3 - Vegetarian 14 per cycle	Vegetarian Omelette [contains Tofu]	Ratatouille Lentil Stew with Cheese	Mixed Bean Curry (vg)	Potato and Pumpkin Gratin	Spinach Quiche	Ricotta and Vegetable Cannelloni	Chilli Con Carne Beans (vg)
CHO	see below	see below	see below	see below	see below	see below	see below
Green/ Brassica Vegetable	Green Beans	Broccoli	Peas	cabbage	Peas	Side Salad	silverbeet/Cabbage
Orange Vegetable	Kumara	Pumpkin	Kumara	Carrots	Pumpkin		Kumara
CYCLIC MENU Main Option 4 - long term patients only	2 Sweet and Sour Chicken	R Pork Chop Suey	Crumbed Fish & Tartare Sauce	R Pork Loaf with Cranberry Glaze	Bacon and Egg Flan	Chicken Drumsticks with BBQ Sauce	Scalloped Fish w Citrus Crumbs
CHO	see below	see below	Potato Wedges	see below	see below	see below	see below
Vegetables	As above	As above	As above	As above	Tossed Salad	As above	As above

N  
A  
T  
I  
O  
N  
A  
L  
  
A  
D  
U  
L  
T  
  
M  
E  
N  
U  
  
W  
E  
E  
K  
  
1



CARBOHYDRATES (main menu codes)	Mashed Potato Steamed Rice	Mashed Potato Steamed Rice	Mashed Potato Steamed Rice Whole Potato	Mashed Potato Steamed Rice Roast Potato	Mashed Potato Steamed Rice	Mashed Potato Steamed Rice Whole Potato	Mashed Potato Steamed Rice Roast Potato
Texture Modified Diets served w extra sauce/ gravy	Roast Chicken or Yellow Lentil Curry	R Lamb Ragout or BBQ Beans	BBQ Chicken or Yellow Lentil Curry	Fish Pie or BBQ Beans	R BBQ Pork or Yellow Lentil Curry	R Braised Beef or BBQ Beans	R Roast Lamb or Yellow Lentil Curry
	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato
	Braised Cabbage	Roast Beetroot	Mushy Peas	Carrot & Parsnip	Creamy Broccoli	Carrot & Parsnip	Braised Cabbage
Extra Sauce	Gravy/ white sauce	Gravy/ white sauce	Gravy/ white sauce	white sauce	Gravy/ white sauce	Gravy/ white sauce	Gravy/ white sauce
Soft Mechanical	Mutton Boil Up Fish with Bechamel Spinach Sauce Vegetarian Tofu Omelette	Butter Chicken Cottage Pie Ratatouille Lentil Stew w Cheese	Honey Pork Braise Crumbed Fish w Tartare Sauce Mixed Bean Curry	Roast Beef & Gravy Fishermans Pie Pumpkin & Cheese Gratin	Ginger Beef & Vegetables 2 Chicken & Mushroom Fricassee Moroccan Spiced Lentil Stew	Sweet Lamb Curry Fish w Coconut Milk Sauce Vegetable Cannelloni	Roast Pork, Apple Sauce & Gravy Chicken & Vegetable Casserole Chili con Carne Beans
	Mutton Boil Up Fish with Bechamel Spinach Sauce Vegetarian Tofu Omelette	Butter Chicken Cottage Pie Ratatouille Lentil Stew w Cheese	Minced BBQ Chicken Honey Pork Braise Mixed Bean Curry	Fishermans Pie Pork Loaf w Cranberry Glaze Pumpkin & Cheese Gratin	Ginger Beef & Vegetables 2 Chicken & Mushroom Fricassee Moroccan Spiced Lentil Stew	Sweet Lamb Curry Fish w Coconut Milk Sauce Vegetable Cannelloni	Chicken & Vegetable Casserole Scalloped Fish w Citrus Crumbs Chili Con Carne Beans
Plain Meat of the Day	Roast Beef	Roast Chicken	Roast Pork	Roast Beef	Roast Chicken	Roast Beef	Roast Pork
Vegan	Lentils in Curry Sauce (vg)	Ratatouille Lentil Stew (vg)	Mixed Bean Curry (vg)	Black Beans in Chili Sauce (vg)	Moroccan Spiced Lentil Stew (vg)	Nutmeat Patties and Relish (vg)	Chilli Con Carne Beans (vg)
Halal	1 Steamed Hoki w Bechamel Spinach Sauce or Vegetarian Omelette	R SIMPLY BEEF MEATLOAF and Relish or Ratatouille Lentil Stew with Cheese	Crumbed Fish & Tartare Sauce or Mixed Bean Curry (vg)	Fishermans Pie or Pumpkin and Cheese Gratin	Spinach Quiche or Roast Chicken & Gravy	Vegetable Cannelloni or 1 Steamed Hoki w Coconut Milk Sauce	Chicken and Vegetable Casserole or Chilli Con Carne Beans (vg)
MAOI	Mutton Boil Up or Fish with Bechamel Spinach Sauce or Sweet & Sour Chicken	Butter Chicken or Cottage Pie or Ratatouille Lentil Stew	Sausages w Tomato Sauce or Roast Pork	Roast Beef or Fisherman's Pie or Black Beans in Chili Sauce	or Roast Chicken or Bacon and Egg Pie	Sweet Lamb Curry or Fish w Coconut Milk Sauce or Nutmeat Patties & Tomato Relish	Roast Pork w Apple Sauce or Chicken & Vegetable Casserole or Scalloped Fish w Citrus Crumbs
Gluten Intolerant - no gluten containing ingredients	1 BAKED FISH WITH LEMON BUTTER SAUCE or R Boil Up or 2 Sweet and Sour Chicken	2 Butter Chicken or Cottage Pie or Ratatouille Lentil Stew with Cheese (vg)	2 R Honey Pork Braise or Mixed Bean Curry (vg)	1 R Roast Beef & GF Gravy OR Baked Fish with Lemon Wedges	Chicken & Mushroom Fricassee or Moroccan Spiced Lentil Stew (vg)	R Sweet Lamb Curry or 1 Roast Beef and Gravy	1 R Roast Pork, Apple Sauce & Gravy or HONEY ROASTED CHICKEN DRUMSTICK
Milk Free - no dairy containing ingredients	1 BAKED FISH WITH LEMON BUTTER SAUCE or R Beef Burgundy/ R Boil Up or 2 Sweet and Sour Chicken	1 Roast Chicken & GF Gravy or R SIMPLY BEEF MEATLOAF and Gravy or Ratatouille Lentil Stew (vg)	2 R Honey Pork Braise or Mixed Bean Curry (vg)	1 R Roast Beef & Gravy or Crumbed Fish with Lemon Wedges or Black Beans in Chili Sauce (vg)	R Ginger Beef and Vegetables or 1 Roast Chicken in Gravy or Moroccan Spiced Lentil Stew (vg)	R Sweet Lamb Curry or Chicken Drumsticks with BBQ Sauce 1 Roast Beef and GF Gravy	1 R Roast Pork, Apple Sauce & GF Gravy or Chicken and Vegetable Casserole or Chilli Con Carne Beans (vg)
Restricted Fibre	1 BAKED FISH WITH LEMON BUTTER SAUCE or Roast Beef and Gravy	1 Roast Chicken & GF Gravy or R Cottage Pie	CHICKEN TENDERS IN GRAVY or Roast Pork and GF Gravy	1 R Roast Beef & Gravy or Fisherman's Pie	1 Roast Chicken in Gravy or Bacon and Egg Flan	1 Steamed Hoki w Coconut Milk Sauce 1 Roast Beef and GF Gravy	1 R Roast Pork, Apple Sauce and Gravy or HONEY ROASTED CHICKEN DRUMSTICK
Low Fat	R Boil Up	Cottage Pie	Mixed Bean Curry (v)	1 R Roast Beef & Gravy	Chicken & Mushroom Fricassee	1 FISH WITH GINGER SAUCE	1 R Roast Pork, Apple Sauce & Gravy
	1 Steamed Hoki w Bechamel Spinach Sauce	or Ratatouille Lentil Stew	2 R Honey Pork Braise	Fishermans Pie	R Ginger Beef & Vegetable	1 R Roast Beef & Gravy	Scalloped Fish w Citrus Crumbs
Reduced Sodium	R Mutton Boil Up or 1 Steamed Hoki w Bechamel Spinach Sauce	1 Roast Chicken & GRAVY or SIMPLY BEEF MEATLOAF	2 R BEEF CASSEROLE [renal] or 1 R Roast Pork & GRAVY	1 R Roast Beef and GRAVY or Fishermans Pie	Chicken & Mushroom Fricassee or 2 BEEF FRIED RICE [renal]	1 Steamed Hoki w Coconut Milk Sauce or 1 R Roast Beef & L GRAVY	1 R Roast Pork, Apple Sauce and GRAVY or Chicken and Vegetable Casserole
Low K	1 BAKED FISH WITH LEMON BUTTER SAUCE OR Sweet and Sour Chicken	1 Roast Chicken & GRAVY or R SIMPLY BEEF MEATLOAF	R Roast Pork 90g & GRAVY 2 R BEEF CASSEROLE [renal]	1 R Roast Beef and GRAVY or Fishermans Pie	2 R BEEF FRIED RICE [renal] or 1 Roast Chicken & GRAVY	1 FISH WITH GINGER SAUCE or 1 R Roast Beef & GRAVY	1 R Roast Pork 90g, Apple Sauce and GRAVY or Chicken and Vegetable Casserole
Low Phosphate	1 BAKED FISH WITH LEMON BUTTER SAUCE or Sweet and Sour Chicken	1 Roast Chicken or R SIMPLY BEEF MEATLOAF	2 R BEEF CASSEROLE [renal] or 1 R Roast Pork	1 R Roast Beef or Fishermans Pie	2 R BEEF FRIED RICE [renal] or Roast Chicken	1 FISH WITH GINGER SAUCE or R Roast Beef	1 R Roast Pork or Chicken and Vegetable Casserole
Low K Reduced Sodium	1 BAKED FISH WITH LEMON BUTTER SAUCE or Sweet and Sour Chicken	1 Roast Chicken & GRAVY or R SIMPLY BEEF MEATLOAF	R Roast Pork (90g) & GRAVY 2 R BEEF CASSEROLE [renal]	1 R Roast Beef and GRAVY or Fishermans Pie	2 R BEEF FRIED RICE [renal] or 1 Roast Chicken & GRAVY	1 FISH WITH GINGER SAUCE or R Roast Beef & GRAVY	R Roast Pork (90g) and GRAVY or Chicken and Vegetable Casserole
Condiments	Salt, pepper						
Option 1 - Milk Dessert 7 per cycle	CHOCOLATE MILK PUDDING	MIXED BERRY MOUSSE	CARAMEL CREM DESSERT	STRAWBERRY CREAM	LEMON FRENCH CUSTARD	VANILLA MILK PUDDING	MANGO MOUSSE



Option 2 -High Energy Dessert HOT 10 per cycle	Apple Crumble & Custard	Peach Sponge & Vanilla Sauce	Golden Sponge & Custard	Chocolate Sponge w Chocolate Sauce	Pear Upside Down Cake & Vanilla Sauce	Lemon & Coconut Slice w Cream Garnish	Sticky Date Pudding & Vanilla Sauce
Option 3	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream
Option 4 - Tinned/ Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Texture Modified diets	CINNAMON APPLES & Custard	Pureed Peach Sponge & Vanilla Sauce	Pureed Golden Sponge & Custard	Pureed Chocolate Sponge w Chocolate Sauce	APRICOT FOOL	BANANA CUSTARD BANNOFEE and Cream	Pureed APPLE ORANGE FOOL
Diabetic Dessert	CINNAMON APPLES & Custard	MIXED BERRY MOUSSE	Fruit Salad and Custard	TRIM STRAWBERRY PUDDING and Peaches /Fresh Fruit	Apricots and Custard	BANANA CUSTARD	MANGO MOUSSE and Fruit Salad
Vegan	Apple Crumble & SOY CUSTARD	Peaches, SOY CUSTARD and Strawberry Topping	Fruit Salad and SOY CUSTARD	CHOCOLATE PUDDING (soy milk) AND Peaches	Apricots and SOY CUSTARD	BANANA SOY CUSTARD	STRAWBERRY PUDDING(soy milk) AND Fruit Salad
Gluten Intolerant - no gluten containing ingredients	CINNAMON APPLES & Custard	Meringues, Peaches and Cream	Fruit Salad and Custard	STRAWBERRY PUDDING (TRIM) AND PEACHES	Apricots and Custard	BANANA CUSTARD BANOFFEE	APPLE ORANGE FOOL (renal)
Milk Free - no dairy containing ingredients	CINNAMON APPLES & SOY CUSTARD	Meringues, Peaches and Strawberry Topping	Fruit Salad and SOY CUSTARD	CHOCOLATE PUDDING (soy milk) AND Peaches	Apricots and SOY CUSTARD	BANANA SOY CUSTARD	STRAWBERRY PUDDING (soy milk) AND Fruit Salad
Restricted Fibre	CINNAMON APPLES & Custard	Peach Sponge & Vanilla Sauce	Steamed Golden Sponge & Custard	Chocolate Sponge with Chocolate Sauce	Pear Upside Down Cake & Vanilla Sauce	Fruit Salad, Meringue & Cream	APPLE ORANGE FOOL (renal)
Low Fat	CINNAMON APPLES and Custard	Meringues, Peaches and Strawberry Topping	Fruit and Custard	TRIM STRAWBERRY PUDDING AND PEACHES	Apricots and Custard	Meringues, Fruit Salad and Strawberry Topping	CHOCOLATE PUDDING (trim milk) AND Fruit Salad
Reduced Sodium	Apple Crumble & Custard	Peach Sponge	Steamed Golden Sponge & Custard	Chocolate Sponge and Chocolate Sauce	Pear Upside Down Cake & Vanilla Sauce	Lemon & Coconut Slice w Cream Garnish	APPLE ORANGE FOOL (renal)
Low K Reduced sodium Low Phos	Apple Crumble and Custard	Peach Sponge and Cream	Steamed Golden Sponge and Cream	Meringues, Peaches, Ice Cream and Cream	Pear Upside Down Cake & Cream	Lemon & Coconut Slice and Cream	Apple Orange Fool & Cream (renal)

T  
M  
E  
N  
U  
  
W  
E  
E  
K  
  
1



## ADULTS

R = red meat

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>							
Fruit (tinned in juice)	Fruit Drink						
Pureed Fruit	Peaches or Prunes or Fresh Fruit	Apple or Prunes or Fresh Fruit	Pear or Prunes or Fresh Fruit	Peaches or Prunes or Fresh Fruit	Apple or Prunes or Fresh Fruit	Pear or Prunes or Fresh Fruit	Peaches or Prunes or Fresh Fruit
Cold Cereal [choice of 3]	Cornflakes / Rice Bubbles						
or Hot Cereal	Kornies or Weet-Bix						
Porridge	Porridge or Congee						
Milk	Fortified Porridge						
Sugar	Standard or Calcitrim						
Protein Breakfast	Sugar Sachet or Artificial Sweetener Sachet						
Bread	Fruit Yoghurt/ Natural Yoghurt						
Spreads	Butter or Margarine						
Spreads	jam/marmalade/ vegemite						
<b>MORNING TEA - Hi Energy &gt; 500KJ</b>	Carrot Cake	Maderia Cake	Banana Cake	Coconut Brownie	Fruit Loaf	Banana Chocolate Chip Muffin	Gingerbread
Option 2	Plain Biscuit x 2						
Texture Modified	Strawberry Dairy Food	Chocolate Dairy Food	Caramel Dairy Food	Strawberry Dairy Food	Caramel Dairy Food	Chocolate Dairy Food	Caramel Dairy Food
<b>LUNCH</b>							
Soup [5 varieties Group 1 per cycle]	Creme of Spinach ①	Leek & Potato ②	Farmhouse Mushroom ②	Sweetcorn and Noodle ②	Potato, Bacon and Chives ①	Golden Pumpkin ②	Minestrone ②
Vegetarian Soup	Creame of Spinach ①	Leek & Potato ②	Farmhouse Mushroom ②	Sweetcorn and Noodle ②	Fortified Pureed Leek & Potato ②	Golden Pumpkin ②	Fortified Pureed Farmhouse Mushroom
Fortified Soup (VADU)	Fortified Pureed Creame of Spinach	Fortified Pureed Leek & Potato	Fortified Pureed Farmhouse Mushroom	Fortified Pureed Crème of Broccoli	Fortified Pureed Leek & Potato	Fortified Pureed Golden Pumpkin	Fortified Pureed Farmhouse Mushroom
Allergy Free Soup	Chicken and Vegetable	Pumpkin and Ginger	Chicken and Vegetable	Pumpkin and Ginger	Chicken and Vegetable	Pumpkin and Ginger	Chicken and Vegetable
Bread	White or Wheatmeal	White or Wheatmeal	White or Wheatmeal	White or Wheatmeal	White or Wheatmeal	White or Wheatmeal	White or Wheatmeal
Spreads	Butter or Margarine	Butter or Margarine	Butter or Margarine	Butter or Margarine	Butter or Margarine	Butter or Margarine	Butter or Margarine
Main Sandwich	EGG AND SALAD SANDWICH ON MULTIGRAIN BREAD (v)	TUNA & SALAD WHOLEMEAL ROLL	CORNE BEEF & SALAD ON RYE BREAD	CHEESE & SALAD SANDWICH (Dagwood) (v) <i>multigrain bread</i>	CHICKEN & SALAD WRAP	BEEF & SALAD ON RYE BREAD	HAM, TOMATO, LETTUCE SANDWICH <i>multigrain bread</i>
Soft Sandwich	HAM & MILD ENGLISH MUSTARD	CHICKEN & MANGO CHUTNEY	TUNA & MAYO	ROAST BEEF & TOMATO RELISH	EGG & MAYO (v)	CHEESE & PICKLE (v)	EGG & MAYO (v)
Main Salad (will replace the main s'wich on day indicated)		Tuna Salad Plate - lettuce, tomato, cucumber, carrot, spring onion, potato salad				Beef Salad Plate - lettuce, tomato, cucumber, carrot, spring onion, potato salad	
Adult Cyclic Menu	Vegetable Risotto	Penne Carbonara	Cheese Flan & Coleslaw (v)	R Beef Lasagne with Side Salad	Braised Sausages on Rice	Ham and Cheese Cannelloni	Spinach Frittata and Side Salad (v)
Mental Health / Spinal Unit	Vegetable Risotto	Penne Carbonara	Cheese Flan & Coleslaw	R Beef Lasagne with Side Salad	Braised Sausages on Rice	Ham and Cheese Cannelloni	Spinach Frittata and Side Salad
Texture Modified Diets	Golden Chicken or Vegetarian Cassoulet	R Beef Stroganoff or Oakhill Potato	R Lamb Ragout or Vegetarian Cassoulet	R Braised Beef or Oakhill Potato	Fish Pie or Vegetarian Cassoulet or Scrambed Egg (M&M only)	BBQ Chicken or Oakhill Potato	R BBQ Pork or Vegetarian Cassoulet
Extra Sauce	Gravy/ white sauce	Gravy/ white sauce	Gravy/ white sauce	Gravy/ white sauce	Gravy/ white sauce	Gravy/ white sauce	Gravy/ white sauce
Soft Mechanical	Vegetable Risotto or Creamed Corn & Cheese on Wheatmeal Toast	Penne Carbonara Baked Beans w MASHED POTATO	Crustless Cheese Flan w MASHED POTATO	Beef Lasagne or Spaghetti, Onion & Cheese Melt	Scrambled Egg on White Toast	Ham and Cheese Cannelloni Rataouille Savoury Lentils and Cheese on Pasta	Spinach Frittata and Cheese Sauce
Soft Dysphagic	Vegetable Risotto or Creamed Corn & Cheese w Minced Potato Gratin	Penne Carbonara or Baked Beans w MASHED POTATO	Crustless Cheese Flan w MASHED POTATO	Savoury Mince [special diets] w MASHED POTATO or Minced Macaroni Cheese	Scrambled EGGS with MASHED POTATO	Ham and Cheese Cannelloni or CAULIFLOWER IN SAVOURY SAUCE ON RICE	Spinach Frittata and Cheese Sauce
Diabetic	Vegetable Risotto	Penne Carbonara	Crustless Cheese Flan w Mashed Potato & Coleslaw	R Beef Lasagne with Side Salad	Braised Sausages with Mashed Potato	Ham and Cheese Cannelloni	Spinach Frittata and Side Salad (v)



Vegetarian	Vegetable Risotto	BAKED POTATO W BAKED BEANS & CHEESE	Cheese Flan & Colelaw (v)	SPAGHETTI, ONION and CHEESE MELTS (v)	SCRAMBLED EGGS ON WHOLEGRAIN TOAST (v)	Savoury Lentils and Cheese (v) on Spaghetti Pasta	Spinach Frittata and Side Salad (v)
Vegan	FOUR BEAN MIX AND SALAD	BAKED POTATO W BAKED BEANS	NUTMEAT & TOMATO RELISH TOASTED SANDWICH & Side Salad	BAKED BEANS, ONION AND TOFU MELTS	SAVOURY MUSHROOMS AND TOFU ON WHOLEGRAIN TOAST	Savoury Lentils on Spaghetti Pasta	Baked Beans on Multigrain Toast w Side Salad
Halal	FOUR BEAN MIX, CHEESE AND SALAD (v)	BAKED POTATO W BAKED BEANS & CHEESE	Cheese Flan & Coleslaw (v)	SPAGHETTI, ONION and CHEESE MELTS (v)	SCRAMBLED EGGS ON WHOLEGRAIN TOAST	Savoury Lentils and Cheese on Spaghetti Pasta	Spinach Frittata and Side Salad (v)
MAOI	FOUR BEAN MIX AND SALAD	BAKED POTATO W Baked Beans	Nutmeat Patties w Tomato Relish Dinner Roll Side Salad	BAKED BEANS, ONION and TOFU MELTS (v)	BRASIED SAUSAGES on MASHED POTATO SCRAMBLED EGGS ON MULTIGRAIN TOAST	Ratatouille Savoury Lentils on Spaghetti Pasta	Omelet , Mashed Potato Side Salad
Gluten intolerant - no gluten containing ingredients	Vegetable Risotto	BAKED POTATO W BAKED BEANS & CHEESE	GF PIZZA & Side Salad	SAVOURY MINCE [Special diets] on RICE	SCRAMBLED EGGS ON GF TOAST	Savoury Lentils and Cheese on GF Pasta	Omelet, Side Salad
Milk Free - no dairy containing ingredients	FOUR BEAN MIX AND SALAD	BAKED POTATO W BAKED BEANS	DF PIZZA & Side Salad	SAVOURY MINCE [Special diets] on RICE	DF SCRAMBLED EGGS ON WHOLEGRAIN TOAST Braised Sausages	Savoury Lentils on Spaghetti Pasta	PEA AND TUNA FRITTATA and Side Salad
Restricted Fibre	Vegetable Risotto	Penne Carbonara	CHICKEN PASTA BAKE	R Beef Lasagne	SCRAMBLED EGGS ON WHITE TOAST	Ham and Cheese Cannelloni	Omelette
Low Fat	Vegetable Risotto	BAKED POTATO W BAKED BEANS & CHEESE	CHICKEN PASTA BAKE & Side Salad	R Savoury Mince [special diets] with MASHED POTATO or Rice	SAVOURY MUSHROOMS AND TOFU ON WHOLEGRAIN TOAST	Savoury Lentils on Spaghetti Pasta	Baked Beans on Multigrain Toast w Side Salad
Reduced Sodium	RICE RISOTTO W CHICKEN	CAULIFLOWER AND HERB QUICHE	CHICKEN PASTA BAKE & Side Salad	R Savoury Mince [special diets] with MASHED POTATO or Rice	SCRAMBLED EGGS ON WHOLEGRAIN TOAST	Savoury Lentils on Spaghetti Pasta	PEA AND TUNA FRITTATA Side Salad
Low K	Vegetable Risotto	CAULIFLOWER AND HERB QUICHE	CHICKEN PASTA BAKE	R SAVOURY MINCE (special diets) with Rice	SCRAMBLED EGGS ON WHOLEGRAIN TOAST	CAULIFLOWER IN SAVOURY SAUCE ON RICE	PEA AND TUNA FRITTATA
Low Phosphate	Vegetable Risotto	CAULIFLOWER AND HERB QUICHE	CHICKEN PASTA BAKE	R SAVOURY MINCE (special diets) with Rice	SCRAMBLED EGGS ON WHOLEGRAIN TOAST	CAULIFLOWER IN SAVOURY SAUCE ON RICE	PEA AND TUNA FRITTATA
Low K Reduced Sodium	RICE RISOTTO W CHICKEN	CAULIFLOWER AND HERB QUICHE	CHICKEN PASTA BAKE	R SAVOURY MINCE (special diets) with Rice	SCRAMBLED EGGS ON WHOLEGRAIN TOAST	CAULIFLOWER IN SAVOURY SAUCE ON RICE	PEA AND TUNA FRITTATA
Condiments	Salt, pepper						
Extra if required	Mashed Potato and Gravy	Mashed Potato and Gravy	Mashed Potato and Gravy	Mashed Potato and Gravy	Mashed Potato and Gravy	Mashed Potato and Gravy	Mashed Potato and Gravy
Milk Dessert	MANGO MOUSSE	CARAMEL CREAM DESSERT	LEMON FRENCH CUSTARD	CHOCOLATE MILK PUDDING	MIXED BERRY MOUSSE	VANILLA MILK PUDDING	MANGO MOUSSE

AFTERNOON TEA	Fresh Fruit						
Option 2	Plain Biscuits x 2						

**DINNER**

Soup	Chicken Noodle	Rich Tomato	Cream of Vegetable	Seafood	Thick Vegetable	Cream of Chicken	Asparagus
Fortified Soup	Fortified Pureed Chicken Noodle	Fortified Pureed Rich Tomato	Fortified Pureed Cream of Vegetable	Fortified Pureed Seafood	Fortified Pureed Thick Vegetable	Fortified Pureed Cream of Chicken	Fortified Pureed Asparagus
CYCLIC MENU Main Option 1	① Smoked Fish w Parsley Sauce	① R Roast Beef & Rosemary Gravy	① Lemon and Pepper Crumbed Fish	① Roast Chicken & Gravy	② R Meatballs w Napolitana Sauce	② R Chinese Style Pork	① R Corned Beef with Mustard Sauce
CHO	see below	see below	see below	see below	see below	see below	see below
Green/ Brassica Vegetable	peas	green beans	Silverbeet & pumpkin	Broccoli	green beans & pumpkin	Vegetable Medley	Cauli & Broccoli Medley
Orange Vegetable	pumpkin	kumara	or side salad	carrot	or side salad		carrot
CYCLIC MENU Main Option 2 - Soft	R Country Style Meatloaf & Gravy	Chicken in Mustard & Coriander Sauce	② R Old English Beef Casserole	R Beef Stroganoff	① Baked Fish with Bechamel Lemon Sauce	① R Roast Beef & Gravy	Chicken Cacciatore
CHO	see below	see below	see below	see below	see below	see below	see below
Green/ Brassica Vegetable	peas	green beans	Silverbeet	Broccoli	green beans	cabbage	Cauli & Broccoli Medley
Orange Vegetable	pumpkin	kumara	pumpkin	carrot	pumpkin	kumara	carrot
CYCLIC MENU Main Option 3 - Vegetarian	Asparagus, Egg and Cheese Frittata	Lentil and Tomato Quiche	Mushroom Slice	Vegetarian Bean Stroganoff	Macaroni Cheese	Spinach Lasagne	Bean & Cheese Casserole
CHO	see below	see below	see below	see below	Side Salad	see below	see below
Green/ Brassica Vegetable	peas	green beans	Silverbeet	Broccoli		Vegetable Medley	Cauli & Broccoli Medley
Orange Vegetable	pumpkin	kumara	pumpkin	carrot			

N  
A  
T  
I  
O  
N  
A  
L  
  
A  
D  
U  
L  
T  
  
M  
E  
N  
U  
  
W  
E  
E



CYCLIC MENU							
Main Option 4 - long term patients	2 R Apricot and Mustard Pork Casserole	R Irish Stew	Soy and Honey Chicken Drumsticks	MEDITERRANEAN BAKED FISH	2 R Pork & Apple Casserole	R Beef Lasagne	Fish Mornay
CHO	see below	see below	see below	see below	see below	see below	see below
Vegetables	As above	As above	As above	As above	As above	Tossed Salad	As above
CARBOHYDRATES (main menu codes)	Mashed Potato Steamed Rice Baked Herb Potatoes	Mashed Potato Steamed Rice Roast Potato	Mashed Potato Steamed Rice Whole Potato	Mashed Potato Steamed Rice Roast Potato	Mashed Potato Steamed Rice Whole Potato	Mashed Potato Steamed Rice	Mashed Potato Steamed Rice
Texture Modified Diets served w extra sauce	R Hickory Smoked Pork or BBQ Beans	BBQ Chicken or Yellow Lentil Curry	Baked Fish Pie or BBQ Beans	Golden Chicken or Yellow Lentil Curry	R Lamb and Mushroom Casserole or BBQ Beans	R Beef Bolognaise or Yellow Lentil Curry	Creamy Fish or BBQ Beans
	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato
	Honey Glazed Carrots	Mushy Peas	Braised Cabbage	Roast Beetroot	Spiced Pumpkin	Braised Cabbage	Glazed Carrots
Extra Sauce	gravy/ white sauce	gravy	white sauce	gravy	gravy/ white sauce	gravy	white sauce
Soft Mechanical	Smoked Fish w Parsley Sauce Country Style Meatloaf & GRAVY Asparagus, Egg & Cheese Frittata	Roast Beef & ROSEMARY GRAVY Chicken in Mustard & Coriander Sauce Lentil Shepherds Pie	Lemon & Pepper Crumbed Fish Old English Beef Casserole Mushroom Slice	Roast Chicken and GRAVY Beef Stroganoff Vegetarian Bean Stroganoff	Meatballs in Napolitana Sauce Baked Fish w Bechamel Lemon Sauce Macaroni Cheese	Chinese Style Pork Roast Beef & GRAVY Spinach Lasagne	Corned Beef W Mustard Sauce Chicken Cacciatore Bean and Cheese Casserole
Soft Dysphagic	Smoked Fish w Parsley Sauce Country Style Meatloaf & GRAVY Asparagus, Egg & Cheese Frittata	Irish Stew Chicken in Mustard & Coriander Sauce Lentil Shepherds Pie	Lemon & Pepper Crumbed Fish Old English Beef Casserole Mushroom Slice	Minced Golden Chicken Beef Stroganoff Vegetarian Bean Stroganoff	Pork & Apple Casserole Baked Fish with Bechamel Lemon Sauce Macaroni Cheese	Chinese Style Pork Beef Lasagne Spinach Lasagne	Fish Mornay Chicken Cacciatore Bean and Cheese Casserole
Plain Meat of the Day	Roast Chicken	Roast Beef	Roast Pork	Roast Chicken	Roast Pork	Roast Beef	Roast Chicken
Vegan	Black Beans in Chili Sauce	Lentil SHEPHERDS PIE	Lentils in Curry Sauce and Rice	Chili con Carne Beans	Pumpkin Ragout with Coconut (vg)	Mixed Bean Curry	Moroccan Spiced Lentil Stew (not halal)
Halal	1 Steamed Hoki Fillet w Parsley Sauce or Asparagus, Egg and Cheese Frittata	Irish Stew or Lentil and Tomato Quiche	1 Lemon and Pepper Crumbed Fish or 2 R Old English Beef Casserole or Mushroom Slice (v)	R Beef Stroganoff or Bean Stroganoff (v) or Crumbed Fish & Tartare Sauce	1 Baked Fish with Bechamel Lemon Sauce or Macaroni Cheese (v)	Spinach Lasagne (v) or Mixed Bean Curry	Roast Chicken & Gravy or Bean & Cheese Casserole (v)
MAOI	1 Smoked Fish w Parsley Sauce or Apricot & Mustard Pork Casserole or Black Beans in Chili Sauce	1 Roast Beef or Chicken in Mustard & Coriander Sauce or Lentil Shepherd's Pie	1 Lemon and Pepper Crumbed Fish or 2 R Old English Beef Casserole or Lentils in Curry Sauce (v)	1 Roast Chicken Beef Stroganoff or MEDITERRANEAN BAKED FISH or Vegetarian Bean Stroganoff	Meatballs in Napolitana Sauce or Baked Fish w Bechamel Lemon Sauce	1 Roast Beef or LEMON CHICKEN CASSEROLE	Chicken Cacciatore or Corned Beef & Mustard Sauce or Roast Chicken
Gluten Intolerant - no gluten containing ingredients	2 R Apricot and Mustard Pork Casserole or 1 Roast Chicken and Gravy	1 R Roast Beef and Gravy or R Irish Stew	BAKED FISH WITH LEMON WEDGE or 1 R Roast Pork and Gravy	1 Roast Chicken and Gravy 2 R BEEF AND VEGETABLE RAGOT	HOKI FILLET WITH LEMON SAUCE or R Meatballs w Napolitana Sauce 1 R Roast Pork & Gravy or Pumpkin Ragout with Coconut (vg)	1 R Roast Beef & Gravy 2 R Chinese Style Pork	Chicken Cacciatore or Bean & Cheese Casserole (v) or 1 R Corned Beef and Gravy or Moroccan Spiced Lentil Stew
Milk Free - no dairy containing ingredients	R Country Style Meatloaf & GF Gravy or 1 Roast Chicken and Gravy	1 R Roast Beef & Gravy or R Irish Stew	1 Lemon and Pepper Crumbed Fish or 2 R Old English Beef Casserole	1 Roast Chicken & Gravy 2 R BEEF AND VEGETABLE RAGOT	HOKI FILLET WITH LEMON SAUCE or 2 R Pork & Apple Casserole R Meatballs w Napolitana Sauce or Pumpkin Ragout with Coconut	1 R Roast Beef & Gravy 2 R Chinese Style Pork	Chicken Cacciatore or 1 R Corned Beef and Gravy Or Moroccan Spiced Lentil Stew
Restricted Fibre	Smoked Fish with Bechamel Sauce OR R Country Style Meatloaf & GF Gravy	1 R Roast Beef Gravy or Chicken in Mustard & Coriander Sauce	2 R Old English Beef Casserole or 1 R Roast Pork and Gravy	1 Roast Chicken Gravy or Crumbed Fish	1 Baked Fish with Bechamel Lemon Sauce or 1 R Roast Pork and Gravy	1 R Roast Beef and Gravy and Gravy or 2 R Chinese Style Pork	1 R Corned Beef and Mustard Sauce or 1 Roast Chicken and Gravy
Low Fat	1 Smoked Fish w Parsley Sauce 2 R Apricot and Mustard Pork Casserole	1 R Roast Beef & Rosemary Gravy or R Irish Stew	BAKED FISH WITH CRUMB TOPPING 2 R Old English Beef Casserole	Bean Stroganoff (v) 2 R BEEF AND VEGETABLE RAGOT	1 Baked Fish with Creamy Lemon Sauce 2 R Pork & Apple Casserole	1 R Roast Beef and Gravy 2 R Chinese Style Pork	1 R Corned Beef and Gravy or Moroccan Spiced Lentil Stew
Reduced Sodium	2 R Apricot and Mustard Pork Casserole or Roast Chicken and GRAVY	1 R Roast Beef & GRAVY or CHICKEN WITH ORANGE AND GINGER	1 R Roast Pork and GRAVY 2 R Old English Beef Casserole	1 Roast Chicken & GRAVY or R BEEF Stroganoff	1 Baked Fish with Bechamel Lemon Sauce or 1 R Roast Pork and Gravy or Pumpkin Ragout with Coconut	1 R Roast Beef and GRAVY 2 R Chinese Style Pork	Chicken Cacciatore or 1 Roast Chicken & Gravy or Moroccan Spiced Lentil Stew or Fish Mornay
Low K	RICE & TUNA CAKES WITH LEMON SAUCE or 1 Roast Chicken and GRAVY	1 R Roast Beef and GRAVY or CHICKEN WITH ORANGE AND GINGER	BAKED FISH WITH CRUMB TOPPING or 2 R Old English Beef Casserole	1 Roast Chicken and GRAVY 2 R BEEF AND VEGETABLE RAGOT	1 Baked Fish with Bechamel Lemon Sauce or R Meatballs w Napolitana Sauce	1 R Roast Beef and GRAVY or LEMON CHICKEN CASSEROLE	1 Roast Chicken & Gravy 2 R BEEF CASSEROLE [renal] or Fish Mornay



Low Phosphate	RICE & TUNA CAKES WITH LEMON SAUCE or ① Roast Chicken and Gravy	① R Roast Beef or CHICKEN WITH ORANGE AND GINGER	BAKED FISH WITH CRUMB TOPPING or ② R Old English Beef Casserole	① Roast Chicken or ② R BEEF AND VEGETABLE RAGOT	HOKI FILLET WITH LEMON SAUCE or R Meatballs w Napolitana Sauce	① R Roast Beef or LEMON CHICKEN CASSEROLE	① Roast Chicken ② R BEEF CASSEROLE [renal]
Low K Reduced Sodium	RICE & TUNA CAKES WITH LEMON SAUCE or ① Roast Chicken and GRAVY	① R Roast Beef and GRAVY or CHICKEN WITH ORANGE AND GINGER	BAKED FISH WITH CRUMB TOPPING or ② R Old English Beef Casserole	① Roast Chicken and GRAVY ② R BEEF AND VEGETABLE RAGOT	HOKI FILLET WITH LEMON SAUCE or ① R Roast Pork and Gravy	① R Roast Beef and GRAVY or LEMON CHICKEN CASSEROLE	① Roast Chicken & GRAVY ② R BEEF CASSEROLE [renal] or Fish Mornay
Condiments	Salt, pepper						
Option 1 - Milk Dessert	CARAMEL CREAM DESSERT	LEMON FRENCH CUSTARD	CHOCOLATE MILK PUDDING	MIXED BERRY MOUSSE	VANILLA MILK PUDDING	MANGO MOUSSE	STRAWBERRY CREAM
Option 2 -High Energy Dessert HOT	Bread & Butter Pudding w Lemon Drizzle	Apple Crumble & Custard	Creamed Rice with Caramel Topping	Lemon & Coconut Slice w Cream Garnish	Peach Sponge & Vanilla Sauce	Chocolate Sponge w Chocolate Sauce	Pineapple Upside Down Cake & Custard
Option 3	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream
Option 4 - Tinned/ Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Texture Modified diets	Pureed Bread & Butter Pudding w Lemon Drizzle	Pureed CINNAMON APPLES Custard & Cream	Pureed Creamed Rice with Caramel Topping	Apricot Custard	Pureed Peach Sponge and Vanilla Sauce	Pureed Chocolate Sponge and Chocolate Sauce	Pear Fool & Cream
Diabetic Dessert	Bread & Butter Pudding	CINNAMON APPLES & Custard	Creamed Rice /Lite Yoghurt	BERRY MOUSSE	TRIM CHOCOLATE PUDDING AND Fruit Salad	MANGO MOUSSE & Peaches	Pears & Custard
Vegan	Apricots & SOY CUSTARD	Apple Crumble & SOY CUSTARD	Fruit Salad and SOY CUSTARD	Soy Yoghurt and Apricots	STRAWBERRY PUDDING (soy milk) AND Fruit Salad	CHOCOLATE PUDDING (soy milk) AND Peaches	Pears & SOY CUSTARD
Gluten Intolerant - no gluten containing ingredients	Meringues , Whipped Cream & Lemon Drizzle	CINNAMON APPLES & Custard	Creamed Rice and Caramel Topping	APRICOT AMBROSIA	CHOCOLATE PUDDING (TRIM) AND Fruit Salad	STRAWBERRY PUDDING (TRIM) AND Peaches	Pears and Custard
Milk Free - no dairy containing ingredients	Meringes, Apricots & Strawberry Topping	Apple Crumble & SOY CUSTARD	Fruit Salad and SOY CUSTARD	Soy Yoghurt and Apricots	STRAWBERRY PUDDING (soy milk) AND Fruit Salad	CHOCOLATE PUDDING (soy milk) AND Peaches	Pears & SOY CUSTARD
Restricted Fibre	Bread & Butter Pudding w Lemon Drizzle	CINNAMON APPLES & Custard	Creamed Rice and Caramel Topping	APRICOT AMBROSIA	Peach Sponge and Custard	Chocolate Sponge w Chocolate Sauce	Pear Fool & Cream
Low Fat	Meringues and Apricots, Strawberry Topping	CINNAMON APPLES and Custard [cold]	Creamed Rice and Caramel Topping	APRICOT AMBROSIA	TRIM CHOCOLATE PUDDING AND Fruit Salad	TRIM STRAWBERRY PUDDING AND PEACHES	Pears and Custard
Reduced Sodium	Bread & Butter Pudding	Apple Crumble & Custard	Creamed Rice and Caramel Topping	Lemon & Coconut Slice w Cream Garnish	Peach Sponge and Custard	Chocolate Sponge and Chocolate Sauce	Pineapple Upside Down Cake & Custard
Low K / Reduced Sodium Low Phos	Meringues , Whipped Cream w Lemon Drizzle & Ice Cream	Apple Crumble and Cream	Creamed Rice & Cream	Lemon & Coconut Slice and Cream	Peach Sponge, Ice Cream and Cream	Ginger Sponge and Cream	Pears, Ice Cream & Cream

E  
E  
K  
2  
N  
A  
T  
I  
O  
N  
A  
L

A  
D  
U  
L  
T

M  
E  
N  
U  
W  
E  
E  
K  
2