



# WEEK 1 GLENVIEW MENU

Menu created by our Executive Chef Steve Cumper. Meals are cooked at Glenview using only fresh ingredients.



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>		<b>CONTINENTAL</b> Cereals + bread/toast, juice, fruit and yoghurt. Your choice of muesli, Weet-Bix, Cornflakes, Just Right, Bran Flakes + Rice Bubbles.						
<b>MORNING TEA</b>		Banana, honey + oat muffins	Choc chip biscuits	Fruit buns	Custard donuts	Chocolate eclairs	Blueberry jam muffins	Scones, jam + cream
<b>LUNCH</b>	<b>MAIN MEAL</b>	Chicken parmigiana or Pork schnitzel	Herb crusted salmon or Beef rissoles	Pork scotch + mustard sauce or Chicken + leek pot pie	Italian sausages, lentils + salsa verde or English fish cakes	Battered fish + tartare sauce or Pasta Arrabiata	Moroccan meatballs + harissa or Crumbed lamb chops	Greek roast lamb + tzatziki or Roast chicken + gravy
	<b>VEGETARIAN</b>	Spicy bean taco + guacamole	Bubble + squeak	Leek + cheddar pot pie	Vegetarian sausages, lentils + salsa verde	Braised + stuffed red capsicums	Moroccan spiced tofu	Falafel balls + tzatziki
	<b>POTATO + VEGETABLES</b>	Chips + green salad	Buttered green beans, mash + glazed carrots	Sage potatoes, creamed spinach + baby carrots	Cheesy polenta, brussel sprouts + beetroot	Chips + Greek salad	Vegetable cous cous, roast pumpkin + zucchini	Lemon roast potatoes, Greek salad + pita bread
	<b>DESSERT</b>	Mixed berry + custard trifle	Chocolate mousse + orange treacle	Passionfruit + mango flummery	Tiramisu	Apricot pound cake + cream	Yoghurt panna cotta + cherries	Eton Mess
<b>AFTERNOON TEA</b>		Vanilla slice	Cheese + biscuits	Orange + almond cake gluten free	Lemon curd tart	Pineapple upside down cake	Raspberry roly polly	Greek shortbread
<b>DINNER</b> You may select one or two courses.	<b>SOUP</b>	Spinach + potato	Minestrone	Cream of chicken	Corn chowder	White bean, vegetable + tomato	Tomato + pesto	Greek lentil + vegetable
	<b>MAIN MEAL</b>	Spanikopita + Greek salad	Chorizo + cheese croquettes with spinach salad	Chicken + vegetable biryani	Ratatouille, feta + ciabatta	Ploughman's plate	Pasta, kale + parmesan bake	Egg + vegetable fried rice
<b>SUPPER</b>		Cheese, crackers, sweet biscuits, custard, jelly and fruit						



# WEEK 2 GLENVIEW MENU

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>		<b>CONTINENTAL</b> Cereals + bread/toast, juice, fruit and yoghurt. Your choice of muesli, Weet-Bix, Cornflakes, Just Right, Bran Flakes + Rice Bubbles.						
<b>MORNING TEA</b>		Jam + berry muffins	Shortbread	Apple crumble slice	Jam donuts	Fruit + custard danish	Lemon slice	Choc caramel tartlet
<b>LUNCH</b>	<b>MAIN MEAL</b>	Portuguese seafood or lamb kebabs + tzatziki	Smokey braised chicken or beef rissoles + gravy	Meatloaf + gravy or roast porchetta + apple	Lamb kofta + spiced tomato or English fish cakes + lemon mayo	Battered fish + tartare sauce or Chunky beef pie + chutney	Crumbed pork + herb mayo or Spring lamb casserole	Salmon wellington + butter sauce or Beef brisket + pepper sauce
	<b>VEGETARIAN</b>	Stuffed + roasted tomatoes with pesto	Spinach, feta + olive pie	Braised lentil + red wine casserole	Vegetable tagine + chickpeas	Swiss brown mushroom fritters	Sweet potato + pumpkin curry	Vegetable pasties + tomato kasundi
	<b>POTATO + VEGETABLES</b>	Saffron rice, green veg + capsicums	Baby potatoes, spinach + corn	Mash, buttered carrots + peas	Roasted vegetable cous cous	Chips + Greek salad	Rice, Italian slaw, peas + mint	Mash, baby carrots + Brussel sprouts
	<b>DESSERT</b>	Mango + passionfruit trifle	Pineapple pudding + coconut cream	Peach Melba	Tiramisu	Pear tatin + custard	Chocolate delice + peppermint	Banana pudding + caramel sauce
<b>AFTERNOON TEA</b>		Banoffee tart	Pear + almond torte	Brownies	Portuguese custard tart	Cheese, crackers + apple	Carrot cake	Apricot streusel
<b>DINNER</b> You may select one or two courses.	<b>SOUP</b>	Smoky white bean + capsicum	Moroccan harira	Potato + leek	Tomato, kidney bean + smoked chipotle	Seafood chowder	Green pea, mint + potato	Malaysian laksa
	<b>MAIN MEAL</b>	Smoked ham + cheddar tart + salad	Party pies, wedges + chutney	Chicken + vegetable paella	House made pizza slice + salad	Potato, green olive + pepper tortilla	Nasi Goreng	Gnocchi, pancetta + tomato
<b>SUPPER</b>		Cheese, crackers, sweet biscuits, custard, jelly and fruit						



# WEEK 3 GLENVIEW MENU

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>		<b>CONTINENTAL</b> Cereals + bread/toast, juice, fruit and yoghurt. Your choice of muesli, Weet-Bix, Cornflakes, Just Right, Bran Flakes + Rice Bubbles.						
<b>MORNING TEA</b>		Cinnamon scrolls	Apple crumble muffins	Coffee + ricotta slice	Bakewell tart	Choc date slice	Strawberry tartlet	Rhubarb slice
<b>LUNCH</b>	<b>MAIN MEAL</b>	Chilli con carne or Chicken molé	Red cooked pork hock or Steamed fish + parsley sauce	Vienna schnitzel or Warm pastrami + gravy	Bratwurst + mustard sauce or Creamy chicken + leek fricasee	Battered fish + tartare sauce or Cheeseburger	Lamb curry + pappadums or Tandoori chicken	Roast chicken + breadsauce or Corned silverside
	<b>VEGETARIAN</b>	Spicy bean taco	Vegetable + potato cakes + lemon mayo	Pumpkin + goats curd slice	Tofu + mushroom stroganoff	Gnocchi blue cheese + walnuts	Kidney bean + lentil dhaal	Baked cauliflower cheese
	<b>POTATO + VEGETABLES</b>	Corn, rice, guacamole + corn chips	Rice pilaf, roast carrots + broccoli	Warm potato salad, green beans + capsicum	Sauerkraut, boiled potatoes + carrots	Chips + coleslaw	Basmati rice, tomato + cucumber salad	Roasted vegetables + potatoes
	<b>DESSERT</b>	Coconut + pineapple bavarian cream	Cherry clafoutis + cream	Crema catalana + orange	Greek rice pudding	Apricot crumble	Chocolate + coffee mousse	Italian ricotta cheesecake
<b>AFTERNOON TEA</b>		Cheese + crackers	Banana bread	Savoury muffins	Baked berry cheesecake	Victoria sponge	Dutch apple cake	Lamingtons
<b>DINNER</b> You may select one or two courses.	<b>SOUP</b>	Bacon + potato	Kale + borlotti bean	Chicken, egg + lemon	Borscht	Tom Yum	Seafood + corn	Cauliflower + cheddar
	<b>MAIN MEAL</b>	Nicoise salad, potato, tuna, beans + tomato	Mexican bean wrap + salad	Chicken + mushroom risotto	Egg + bacon pie, chutney + salad	Caesar salad, bacon, croutons + chicken	Club sandwich, chicken, mayo, egg + bacon	Vegetable lasagne + spinach salad
<b>SUPPER</b>		Cheese, crackers, sweet biscuits, custard, jelly and fruit						



# WEEK 4 GLENVIEW MENU

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>		<b>CONTINENTAL</b> Cereals + bread/toast, juice, fruit and yoghurt. Your choice of muesli, Weet-Bix, Cornflakes, Just Right, Bran Flakes + Rice Bubbles.						
<b>MORNING TEA</b>		Wagon wheels	Apricot crumble muffins	Choc mint slice	Morning buns	Baklava	Croissants + jam	Raspberry shortcake
<b>LUNCH</b>	<b>MAIN MEAL</b>	Steamed salmon + hollandaise or sausages + onion gravy	Beef rendang + sambal or curried fish fillet	Pork scallopine or steak + pepper sauce	Lamb ragu or pesto chicken	Battered fish + tartare or Swedish meatballs	Crumbed pork chop or lamb rogan josh	roast beef + yorkshire pudding or chicken drumsticks
	<b>VEGETARIAN</b>	Silverbeet + broccolini fritatta	Spiced potato + pea bonda	Vegie shepards pie	Pumpkin + ricotta a gnelotti	Slow cooked onion + sage pie	Vegetable + mushroom dumplings	Vegan meatballs + tomato sugo
	<b>POTATO + VEGETABLES</b>	Boiled potatoes, zucchini + carrots	Coconut rice, carrot salad + soused cucumber	Gratin potatoes, broccolini + pumpkin	Cheesey polenta	Chips + coleslaw	Basmati rice, tomato + cucumber salad	Roasted vegetables + potatoes
	<b>DESSERT</b>	Passionfruit tart + cream	Sticky rice pudding + carl bananas	Coconut pannacotta + mango	Peach cobbler + custard	Chocolate caramel cake	Cherry pie + cream	Crème Brûlée
<b>AFTERNOON TEA</b>		Apple slice	Cheese + crackers	Choc chip biscuits	Florentines	Jam slice	Chocolate profiteroles	Honey oaten biscuits
<b>DINNER</b> You may select one or two courses.	<b>SOUP</b>	Cream of zucchini	Spiced pumpkin	Lentil + spinach	Corn + chipotle chowder	Curried coconut + lentil	Kidney bean + red pepper	Potato + smoked paprika
	<b>MAIN MEAL</b>	Beef pasticcio + green salad	Chicken + avocado wrap + three bean salad	Welsh rarebit + wedges	Hot smoked salmon, potato salad + horserdish	Mushroom fricasee on toast	Potato + olive croquettes + rouille	Twice cooked cheese souffle + green bean salad
<b>SUPPER</b>		Cheese, crackers, sweet biscuits, custard, jelly and fruit						