



Sample menu

This is a sample menu for Brightwater's aged care homes. The menu changes regularly based on resident feedback and all recipes have been tested numerous times by our Chefs, Speech Therapists and Dietitians to ensure great quality and nutrition.

Separate menus are also created for soft, minced and pureed diets.

Lunch

Main Course



Chicken Kiev, Chips, Gravy



Paprika Pork and Red Pepper Pot,
Mashed Potatoes



Lentil and Bean Stew, Rice (V)

Sweets

Soup



Lemon Cheese
Cake, Cream



Cream of
Chicken Soup

Tea

Main Course



Fishcakes,
Parsley Buttered Potatoes



Chicken Risotto



Vegetable Lasagne (V)

Lunch

Main Course



Braised Beef Steak in Beer,
Potato Bake,



Fish Fillet in Thai Red Curry Sauce,
Steamed Rice



Mushroom Stroganoff,
Steamed Rice (v)

Sweets

Soup



Butterscotch Pudding,
Custard



Chunky Vegetable

Tea

Main Course



Honey Soy Chicken, Steamed Rice



Rich Beef and Vegetable Stew,
Sweet Potato Mash



Vegetable Rissolle, Potato Gratin,
Tomato Pickle (v)

Lunch

Main Course



Lamb Hot Pot, Mashed Potatoes



Chicken in Bacon, Garlic and Cheese Sauce, Macaroni



Lentil and Vegetable Casserole, Mashed Potato (V)

Sweets

Soup



White Chocolate Rice Pudding, Spiced Apricot Puree



Cream of Pumpkin

Tea

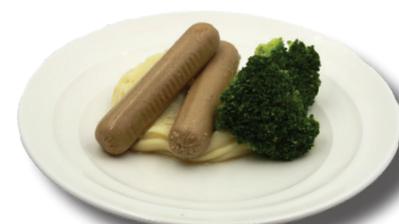
Main Course



Beef & Mushroom meat pie, Chunky Chips, Gravy



Slow cooked Pork with Tomatoes and basil, Mashed Potatoes



Vegetable Sausages, Mashed Potato (V)

Lunch

Main Course



Turkey Lasagne



Beef Goulash with Sweet Red Peppers, Mashed Potatoes



Pumpkin and Chive Frittata, Tomato Sauce (V)

Sweets

Soup



Golden Syrup Pudding, Vanilla Custard



Cream of Tomato

Tea

Main Course



Crumbed Chicken, Jacket Potato, Seasonal Salad



Shepherd's Pie



Three Cheese Pasta and Broccoli Bake (V)

Lunch

Main Course



Fish, Chips, Coleslaw,
Tartare Sauce



Satay Chicken, Steamed Rice



Potato Gnocchi, Tomato Lentil and
Vegetable Ragu, Crumbled Fetta (V)

Sweets

Soup



Blueberry and Apple
Crumble, Custard



Carrot and Dill

Tea

Main Course



Meatballs in Vegetable
and Tomato Sauce, Potato Gratin



Tuna Mornay,
Mashed Potato,



Vegetable Moussaka (V)

Lunch

Main Course



Roast Chicken, Potato Bake,
Mushroom sauce



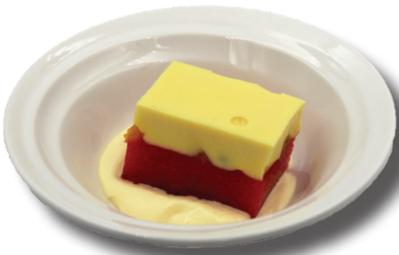
Coconut Beef Curry,
Sweet Potato Mash



Creamy Coconut and
Vegetable Curry, Steamed Rice (V)

Sweets

Soup



Fruit Trifle, Cream



Lentil and Vegetable

Tea

Main Course



Pork Sausages, Mashed Potato,
Onion Gravy



Chicken Tikka Masala,
Steamed Rice



Pasta In Creamy Cheese
and Chive Sauce (V)

Lunch

Main Course



Roast Beef, Roast Potato,
Gravy



Pork Casserole, Mashed Potatoes



Vegetable Burger,
Chips, Side Salad (v)

Sweets

Soup



Pear and Ginger
Sponge, Custard



Minestrone

Tea

Main Course



Crumbed Whiting, Parsley Sauce,
Mashed Potato



Chilli Con Carne,
Mashed Potatoes



Macaroni Cheese (v)