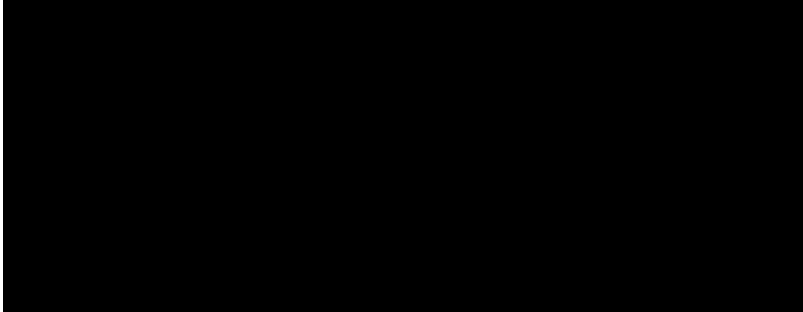


19 July 2019



Re Official Information Request – Hospital menus

I refer to your official information request dated 1 July 2019 requesting the following information:

With respect, I request the following information under the terms of the Official Information Act 1982 (OIA).

1. **Hospital menus (including cost breakdown per meal and per person) for the year from May 2018 - June 2019 - (including special diets, vegetarian and vegan)**
2. **Any memos, reports or briefing notes, including drafts, prepared by officials relating to the menus for patients during the May 2018 to June 2019 timeframe.**
3. **Any correspondence with dietitians and Ministry of Health officials relating to nutrition during the May 2018 to June 2019 timeframe.**

Answer to question 1

Meals at Auckland DHB are provided by a third party, Compass Group. There are two menus, the Steamplicity Menu and the Cyclic Menu, the different menus are in place in different locations throughout the hospital. Compass Group has provided the attached brochures regarding their menus which are available to patients during their stay in hospital.

The menus cater for both standard and special diets where appropriate. However, from time to time, special menus are required to meet specific requirements of individual patients. These are completed as bespoke menus by a registered dietitian to ensure compliance with the requirements of the patient.

We are withholding the full menu and the cost per patient/meal under s9(2)(b)(iii) OIA – releasing this information would be likely to unreasonably prejudice the commercial position of the provider; and s9(2)(ba) OIA – to protect information which is subject to an obligation of confidence.

Answer to question 2 and 3

We have been through our records and have been unable to locate any pertinent information that relates to the menu, in particular any; memos, reports, or briefing notes (including drafts).

There is no correspondence between Auckland DHB dietitians to the Ministry regarding hospital menus between May and September 2018.

I trust this information answers your questions.

You are entitled to seek a review of the response by the Ombudsman under section 28(3) of the Official Information Act. Information about how to make a complaint is available at www.ombudsman.parliament.nz or freephone 0800 802 602.

Please note that this response, or an edited version of this response, may be published on the Auckland DHB website.

Yours faithfully



Ailsa Claire, OBE
Chief Executive



Menu at a glance

Over the page is the menu for the week to help you choose what you would like to eat and drink during your time in hospital.

Your Catering Associate will explain your options and take your menu order. If you are not there during this time we will give you a meal chosen by our chefs.

Please be aware that if you are on a special diet some of the meal items may not be appropriate.

If you have any questions or feedback about your meals, please ask your Medirest Catering Associate.

Morning and afternoon tea
You will be offered baking or biscuits for morning tea, and fresh fruit or biscuits for afternoon tea.

Evening Meal
The evening meal is served with a starchy side and vegetables. You can ask for small, medium or large meals.

Beverages
A choice of drinks will be offered to accompany your meals and snacks.

Menu week 1

Daily Breakfast

Cereal

Choose from:

Porridge, Chicken congee (asian rice porridge), Cornflakes, Weetbix, Rice Bubbles, Kornies

Served with standard or calci trim milk, sugar or artificial sweetener

Dairy

Fruit yoghurt or natural yoghurt

Fruit

Fruit drink or tinned fruit of the day, prunes or fresh fruit

Bakery

Toast or bread (white or wheatmeal)
Served with spread, butter, jam, marmalade, vegemite

Monday

Lunch

Starter – Cream of broccoli soup served with bread and spreads

Beef mince curry on rice
or Egg salad plate
or Chicken and mayo sandwich

Dinner

Fish with béchamel spinach sauce
or Mutton boil up with rewena bread
or Vegetarian omelette

Desserts

Jelly and ice cream
or Chocolate milk pudding
or Apple crumble and custard
or Fresh fruit

Tuesday

Lunch

Starter – Farmhouse mushroom soup served with bread and spreads

Macaroni cheese and coleslaw
or Tuna and salad wheatmeal roll
or Ham and mustard sandwich

Dinner

Cottage pie
or Butter chicken
or Ratatouille lentil stew and cheese

Desserts

Jelly and ice cream
or Mixed berry mousse
or Peach sponge with vanilla sauce
or Fresh fruit

Wednesday

Lunch

Starter – Chicken and pasta soup served with bread and spreads

Bean burrito with salsa
or Beef and salad sandwich on rye
or Egg and mayo sandwich

Dinner

Sausage and caramelised onion
or Honey pork braise
or Vegetarian chilli beans

Dessert

Jelly and ice cream
or Caramel cream dessert
or Golden sponge and custard
or Fresh fruit

Thursday

Lunch

Starter – Pea and ham soup served with bread and spreads

Potato bake and coleslaw
or Chicken salad plate
or Tuna and mayo sandwich

Dinner

Fisherman's pie
or Roast beef and gravy
or Pumpkin and cheese gratin

Dessert

Jelly and ice cream
or Strawberry cream
or Chocolate sponge with chocolate sauce
or Fresh fruit

Friday

Lunch

Starter – Leek and potato soup served with bread and spreads

Pasta bolognaise
or Cheese and salad sandwich
or Beef and relish sandwich

Dinner

Chicken and mushroom fricassee
or Ginger beef and vegetables
or Spinach and cheese quiche

Dessert

Jelly and ice cream
or Lemon french custard
or Pear upside down cake and vanilla sauce
or Fresh fruit

Saturday

Lunch

Starter – Minestrone soup served with bread and spreads

Omelette, mashed potato and side salad
or Ham, lettuce and cheese sandwich
or Cheese and pickle sandwich

Dinner

Fish in coconut milk sauce
or Sweet lamb curry
or Spinach and ricotta cannelloni

Dessert

Jelly and ice cream
or Vanilla milk pudding
or Lemon and coconut slice with cream
or Fresh fruit

Sunday

Lunch

Starter – Golden pumpkin soup served with bread and spreads

Fish mornay
or Corned beef and salad sandwich
or Egg and mayo sandwich

Dinner

Chicken and vegetable casserole
or Roast pork, apple sauce and gravy
or Bean and cheese casserole

Dessert

Jelly and ice cream
or Mango mousse
or Sticky date pudding and vanilla sauce
or Fresh fruit



Menu at a glance

Over the page is the menu for the week to help you choose what you would like to eat and drink during your time in hospital.

Your Catering Associate will explain your options and take your menu order. If you are not there during this time we will give you a meal chosen by our chefs.

Please be aware that if you are on a special diet some of the meal items may not be appropriate.

If you have any questions or feedback about your meals, please ask your Medirest Catering Associate.

Morning and afternoon tea

You will be offered baking or biscuits for morning tea, and fresh fruit or biscuits for afternoon tea.

Evening Meal

The evening meal is served with a starchy side and vegetables.

You can ask for small, medium or large meals.

Beverages

A choice of drinks will be offered to accompany your meals and snacks.

Menu week 2

Daily Breakfast

Cereal

Choose from:

Porridge, Chicken congee (asian rice porridge), Cornflakes, Weetbix, Rice Bubbles, Kornies

Served with standard or calci trim milk, sugar or artificial sweetener

Dairy

Fruit yoghurt or natural yoghurt

Fruit

Fruit drink or tinned fruit of the day, prunes or fresh fruit

Bakery

Toast or bread (white or wheatmeal)
Served with spread, butter, jam, marmalade, vegemite

Monday

Lunch

Starter – Cream of spinach soup served with bread and spreads

Pork and vegetable stir fry
or Egg and salad sandwich
or Ham and mustard sandwich

Dinner

Smoked fish with parsley sauce
or Country style meatloaf and gravy
or Asparagus, egg and cheese frittata

Desserts

Jelly and ice cream
or Caramel cream dessert
or Bread and butter pudding
or Fresh fruit

Tuesday

Lunch

Starter – Leek and potato soup served with bread and spreads

Penne carbonara
or Tuna salad plate
or Chicken and mango relish sandwich

Dinner

Roast beef and rosemary gravy
or Massaman chicken curry
or Lentil and sun dried tomato quiche

Desserts

Jelly and ice cream
or Lemon french custard
or Apple crumble and custard
or Fresh fruit

Wednesday

Lunch

Starter – Farmhouse mushroom soup served with bread and spreads

Cheese flan and coleslaw
or Corned beef and salad sandwich on rye
or Tuna and mayo sandwich

Dinner

Lemon and pepper crumbed fish
or Old English beef casserole
or Mushroom and capsicum slice

Dessert

Jelly and ice cream
or Chocolate milk pudding
or Creamed rice with caramel topping
or Fresh fruit

Thursday

Lunch

Starter – Sweetcorn and noodle soup served with bread and spreads

Beef lasagne and side salad
or Cheese and salad sandwich
or Beef and tomato relish sandwich

Dinner

Beef burgundy
or Roast chicken and gravy
or Vegetarian bean stroganoff

Dessert

Jelly and ice cream
or Mixed berry mousse
or Lemon and coconut slice with cream
or Fresh fruit

Friday

Lunch

Starter – Potato, bacon and chive soup served with bread and spreads

Braised sausages
or Chicken and salad wrap
or Egg and mayo sandwich

Dinner

Baked fish with lemon sauce
or Meatballs in Napolitana sauce
or Macaroni cheese

Dessert

Jelly and ice cream
or Vanilla milk pudding
or Peach sponge and vanilla sauce
or Fresh fruit

Saturday

Lunch

Starter – Golden pumpkin soup served with bread and spreads

Ham and cheese cannelloni
or Beef salad plate
or Cheese and pickle sandwich

Dinner

Sweet and sour pork
or Roast beef and gravy
or Spinach lasagne

Dessert

Jelly and ice cream
or Mango mousse
or Chocolate sponge with chocolate sauce
or Fresh fruit

Sunday

Lunch

Starter – Minestrone soup served with bread and spreads

Spinach frittata and side salad
or Ham, tomato and lettuce sandwich
or Egg and mayo sandwich

Dinner

Chicken cacciatore
or Corned beef with mustard sauce
or Mixed bean curry

Dessert

Jelly and ice cream
or Strawberry cream
or Pineapple upside down cake and custard
or Fresh fruit



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Low Potassium Menu

Please leave this menu for the next patient.
Thank you.

Breakfast Menu

Breakfast will be served by your Ward Catering Associate and you may choose from the following range along with a choice of hot beverage.

Cereal

With a choice of whole milk or trim milk, sugar or non-sugar sweetener.

Porridge	Congee (Asian rice porridge with chicken)
Weet Bix	Kornies/Wheeties
Ricies	Cornflakes

Toast or Bread

Wheatmeal Bread	White Bread
-----------------	-------------

Served with spread or butter and a choice of preserves
(Jam, Marmalade, Honey)

Fruit

Tinned Fruit	Fresh Apple or Pear
--------------	---------------------

Yoghurt

Fruit Yoghurt	Natural Yoghurt
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Breakfast is served with a choice of beverage from the
Beverages Menu.

Beverages Menu

Your Ward Catering Associate will offer you five hot drinks throughout the day and two snacks (one at morning tea and the other at afternoon tea).

Please choose from the following:

Tea

Coffee	Decaffeinated Coffee
--------	----------------------

Cold water, whole and trim milk, sugar and a non-sugar sweetener are available.



Lunch & Dinner Menu

Lunch Sandwich Selection

Chefs Sandwich of the Day

– ask your Catering Associate for today's choice

Available on wheatmeal bread:

Cheese & Pickle Egg mayonnaise Tuna mayonnaise

Mains Selection

Fish

Steamed Fish in Coconut Milk Sauce

Served on rice with broccoli and carrots

Pork

Chinese Style Pork

Served with rice, green beans and corn

Pork and Cabbage Dumplings

Served with sweet and sour sauce, steamed rice and side salad

Beef

Mild Beef Mince Curry

Served with steamed rice, cauliflower and broccoli medley and pumpkin

Lamb

Sweet Lamb Curry

Served on steamed rice with broccoli and carrot

Mutton Boil Up

Traditional Maori kai

Chicken

Butter Chicken

Serve on steamed rice with a cauliflower and broccoli vegetable medley and carrots

Roast Chicken and Gravy

Served with diced herb potatoes, green beans and corn

Sweet and Sour Chicken

Served with steamed rice, green peas and carrot

Vegetarian

Spinach Lasagne with Cheese Sauce

Served with cauliflower and pumpkin

Vegetable Curry (non-Steamplicity)

Served with steamed rice and seasonal vegetables

Small and Simple Meals

Macaroni Cheese

Served with optional side salad

Pasta Bolognese

Served with optional side salad

Pumpkin and Coconut Ragout on Steamed Rice

Cauliflower and Broccoli in Cheese Sauce

Penne Carbonara

Beef Lasagne

Served with optional side salad

Dessert Selection

Chefs Dessert of the Day –

ask your Catering Assistant for today's choice

Lighter Desserts

Vanilla Ice Cream


















Jelly

Tinned Fruit



















Sugar Free Jelly



Fish

- Steamed Fish Fillet with Parsley Sauce**       
Freshly fish with parsley sauce served with herb potatoes, freshly steamed pumpkin and garden peas
- Fisherman's Pie**    
Cubes of fish in a creamy sauce with a mashed potato topping, served with freshly steamed pumpkin and broccoli with potatoes
- Steamed Fish with Coconut Milk Sauce**      
Served with steamed rice, broccoli florets, carrots

Beef

- Beef Mince Curry**      
Served with steamed rice, pumpkin and cauliflower/broccoli medley
- Meatballs with Napolitana Sauce**     
Served with mashed potatoes, carrots and green peas
- Roast Beef and Gravy**     
Served with herb potatoes, steamed garden peas, carrots
- Sausages and Mash**  
Served with mashed potatoes, gravy, cabbage and corn













Lamb

- Sweet Lamb Curry**     
Tender pieces of lamb served with steamed rice, broccoli, carrots
- Mutton Boil Up**     
Traditional Maori kai with potato.






























Chicken

- Sweet and Sour Chicken**      
Served on rice with green peas, carrots
- Butter Chicken**     
Tender pieces of chicken served with steamed rice, broccoli/cauliflower medley and carrots
- Roast Chicken and Gravy**   
With herb potatoes, steamed green beans and corn

Pork

- Chinese Style Pork**     
Served with green beans, corn and steamed rice
- Roast Pork and Gravy with Apple Sauce**     
Slices of tender roast pork with gravy and apple sauce, creamy mashed potato, cabbage and steamed kumara
- Pork and Cabbage Dumplings**  
Served with sweet and sour sauce, rice and side salad
























Vegetarian

- Spinach Lasagne with Cheese Sauce**    
Served with cauliflower and pumpkin
- Bean Siroganoff**     
Served on a bed of noodles with green beans and pumpkin
- Mixed Bean Curry**      
Served with steamed rice, green beans, kumara
- Tofu Tikka Masala**      
Served with steamed rice, broccoli and cauliflower medley
- Ratatouille Lentil Stew**        
Served with kumara and a vegetable medley of carrots and cauliflower
- Additional Vegan meals are available on request. Please ask your Catering Associate.

Dessert Selection (Dinner only)

- Choose a dessert from one of the following:**
- Chefs Dessert of the Day**
ask your Ward Catering Associate for today's choice.
- Dairy Dessert of the Day**
ask your Ward Catering Associate for today's choice.

Lighter Desserts

- Or choose two lighter desserts from the following:**
- Fruit Flavoured Jelly      
- Sugar Free Jelly     
- Vanilla Ice Cream   
- Vanilla Custard   
- Tinned Peaches   
- Fresh Fruit   
- ask your Ward Catering Associate for today's choices.

A choice of drinks will be offered to accompany your meals.

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Menu

Please leave this menu
for the next patient.
Thank you.


AUCKLAND
DISTRICT HEALTH BOARD
Te Toka Tu mate


medirect



We consider the enjoyment of your meals to be very important and we have planned this menu to be well balanced to meet your needs. We use Steamplify, a system which freshly cooks food under steam pressure to retain all the taste and goodness. Our menus change twice a year to reflect seasonal produce where possible. We hope you enjoy your meals during your stay.

Eating and drinking is an important part of your treatment and care. If you are having difficulty finding food you can eat, please ask someone to contact the Catering Team and someone will visit you to discuss your needs.

Special Diets

If you have a special dietary requirement which the dietitian has told you about, look for the relevant symbol on the menu next to each dish. Other special diet menus are available.


Diabetes

On this menu, most people with diabetes may choose starters and main courses freely but should select desserts marked  which contain less than 15g added sugar. However some people with diabetes needing a lower fat diet should select only items marked . Please ask for information regarding the carbohydrate content of your meals if required.

 **Healthy Option.** Main courses have less than 15g fat per portion, making them suitable for people needing less fat.

 **Softer.** These meals are easier to chew and can be easily mashed with a fork.

 **Vegetarian.** Suitable for vegetarians.

 **Vegan.** These meals do not have any ingredients derived from animals.

 **No Gluten** Containing ingredients.


 **Moderate/Lower Salt.** These meals are suitable for people following a diet lower in sodium (salt).

Breakfast Menu

Breakfast will be served by your Ward Catering Associate and you may choose from the following range along with a choice of hot beverage.

Cereal

With a choice of whole or caldi trim milk, sugar or non-sugar sweetener.

Porridge 

Weet Bix

Ricies

Congee (Asian rice porridge with chicken) 

Kornies/Wheelies

Cornflakes

Toast or Bread

Wheatmeal Bread

White Bread

Served with spread or butter and a choice of preserves

(Jam, Marmalade, Vegemite).

Fruit

Fruit Drink 

Tinned Fruit 

Prunes 

Fresh Fruit – ask your Food Catering Associate for today's choice.

Something more

Fruit yoghurt 

Natural yoghurt 

Breakfast is served with a choice of beverage from the Beverages Menu.

Beverages Menu

Your Ward Catering Associate will offer you five hot drinks throughout the day and two snacks (one at morning tea and the other at afternoon tea).

Please choose from the following:

Tea

Hot Chocolate

Coffee

Decaffeinated Coffee

Cold water, whole and trim milk, sugar and a non-sugar sweetener are available.

Lunch & Dinner Menu

Starter – Lunch

Soup of the Day – ask your Ward Catering Associate for today's choice. Soup will be served with your choice of wheatmeal or white bread and spread.



Sandwich Selection – Lunch

Chef's Sandwich of the Day – ask your Ward Catering Associate for today's choice.



Soft Sandwich of the Day (softer and lighter fillings) – ask your Ward Catering Associate for today's choice.

Available on wheatmeal bread:

Cheese and Pickle  

Egg Mayonnaise  

Tuna Mayonnaise  

Simply Corned Beef (available on white bread only)  

Sandwich Selection – Dinner

Chef's Dinner Sandwich of the Day – ask your Ward Catering Associate for today's choice.

Small and Simple Selection

These meals are served without vegetables and offer a plainer lighter meal option.

Omelette 

Served with creamy mashed potato and cheese sauce

Macaroni Cheese  

Served with optional side salad

Pasta Bolognese  

Served with optional side salad

Pumpkin and Coconut Ragout on steamed rice   

Served with optional side salad

Penne Carbonara 

Served with optional side salad

Beef Lasagne 

Served with optional side salad

Cauliflower and Broccoli in Cheese Sauce  

Served with a sprinkle of grated cheese



Restricted Fibre Menu

Please leave this menu for the next patient.
Thank you.

Breakfast Menu

Breakfast will be served by your Ward Catering Associate and you may choose from the following range along with a choice of hot beverage.

Cereal

With a choice of whole milk or calci trim milk, sugar or a non-sugar sweetener.

Porridge Cornflakes Ricies

Toast or Bread

White Bread White Toast

Served with spread or butter and a choice of preserves
(Apricot Jam, Vegemite, Honey)

Fruit

Tinned Fruit Fruit Drink

Yoghurt

Smooth Fruit Yoghurt Natural Yoghurt

Breakfast is served with a choice of beverage from the
Beverages Menu.

Beverages Menu

Your Ward Catering Associate will offer you five hot drinks throughout the day and two snacks (one at morning tea and the other at afternoon tea).

Please choose from the following:

Tea Hot Chocolate
Coffee Decaffeinated Coffee

Cold water, whole and trim milk, sugar and non-sugar sweetener are available.

Starter - Lunch

Strained Soup of the Day – ask your Catering Associate for today's choice. Soup will be served with white bread and spread.

Sandwich Selection - Lunch

Chef's Choice Sandwich of the Day –
ask your Catering Associate for today's choice
Simply Corned Beef on white bread

Mains Selection

Fish

Fish in Coconut Milk Sauce
Served on steamed rice with broccoli florets and carrots

Fisherman's Pie
Served with potatoes, freshly steamed pumpkin and broccoli

Beef

Beef Mince Curry on Steamed Rice
Served with pumpkin and a cauliflower/broccoli medley

Chicken

Butter Chicken
Served on steamed rice with a broccoli and cauliflower medley
and carrots

Small and Simple Meals

Omelette served with creamy mashed potato and a cheese sauce

Macaroni Cheese

Pasta Bolognaise – meat sauce served on penne pasta

Pumpkin Ragout with Coconut served with steamed rice

Cauliflower and Broccoli in Cheese Sauce

Penne Carbonara

Beef Lasagne

Dessert Selection

Chefs Dessert of the Day –
ask your Catering Associate for today's choice

Dairy Dessert of the Day –
ask your Catering Associate for today's choice

Lighter Desserts

Fruit Flavoured Jelly

Vanilla Ice Cream

Vanilla Custard



Texture Modified Meals

The following meals are available in both Minced and Moist and Smooth Puree textures.

Please leave this menu for the next patient.
Thank you.

Breakfast Menu

Breakfast will be served by your Ward Catering Associate and you may choose from the following range along with a choice of hot beverage.

Cereal

Fortified Porridge	Pureed Congee (Asian rice porridge with chicken)
--------------------	---

Fruit

Pureed Fruit	Fruit Drink (not suitable if you require thickened fluids)
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Yoghurt

Smooth Fruit Yoghurt	Natural Yoghurt
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Breakfast is served with a choice of beverage from the Beverages Menu.

Beverages Menu

Your Ward Catering Associate will offer you five hot drinks throughout the day and two snacks (one at morning tea and the other at afternoon tea).

Please choose from the following:

Tea	Hot Chocolate
Coffee	Decaffeinated Coffee

Cold water, whole and trim milk, sugar and a non-sugar sweetener are available.

If you require thickened fluids appropriate alternative beverages will be provided.

Lunch & Dinner Menu

Starter

Pureed Soup of the Day –
ask your Catering Associate for today's choice

Mains Selection

All meals served with additional gravy or sauce

Fish

Fish Pie
Served with mashed potato, braised cabbage, carrot and parsnip

Beef

Braised Beef
Served with mashed potato, mushy peas and roast vegetables

Lamb

Lamb Ragout
Served with mashed potato, braised cabbage and roast pumpkin

Chicken

Butter Chicken
Served with mashed potato, mushy peas and roast vegetables

Pork

Hickory Smoked Barbeque Pork
Served with mashed potato, honey glazed carrots and creamy broccoli

Vegetarian

Yellow Lentil Curry
Served with mashed potato, carrot and parsnip and braised cabbage

Tomato Bake
Served with mashed potato, honey glazed carrots and creamy broccoli

Cauliflower Gratin
Served with mashed potato, mushy peas and roast pumpkin

Dessert Selection

Chefs Dessert of the Day –
ask your Catering Associate for today's choice.

Dairy Dessert of the Day –
ask your Catering Associate for today's choice.

Lighter Desserts

Fruit Flavoured Jelly (not suitable if you require thickened fluids)

Vanilla Ice Cream (not suitable if you require thickened fluids)

Vanilla Custard

Pureed Fruit





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Vegetarian and Vegan Menu

Please leave this menu for the next patient.
Thank you.

We consider the enjoyment of your meals to be very important and we have planned this menu to be well balanced to meet your needs.



We hope you enjoy your meals during your stay.


Eating and drinking is an important part of your treatment and care. If you are having difficulty finding food you can eat, please ask someone to contact the Catering Team and someone will visit you to discuss your needs.

Special Diets

If you have a special dietary requirement which the dietitian has told you about, look for the relevant symbol on the menu next to each dish. Other special diet menus are available.

Diabetes

On this menu, most people with diabetes may choose starters and main courses freely but should select desserts marked  which contain less than 15g added sugar. However some people with diabetes needing a lower fat diet should select only items marked . Please ask for information regarding the carbohydrate content of your meals if required.


 **Healthy Option.** Main courses have less than 15g fat per portion, making them suitable for people needing less fat.

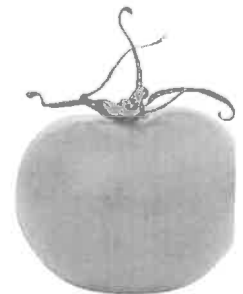
 **Softer.** These meals are easier to chew and can be easily mashed with a fork.

 **Vegetarian.** Suitable for vegetarians.

 **Vegan.**

 **No Gluten Containing Ingredients.** These meals do not have any gluten containing ingredients.

 **Moderate/Lower Salt.** These meals are suitable for people following a diet lower in sodium (salt).




Breakfast Menu

Breakfast will be served by your Catering Assistant and you may choose from the following range along with a choice of hot beverage.

Cereal

With a choice of whole or calci trim milk, sugar or non-sugar sweetener.

Porridge	Congee (Asian rice porridge with chicken) 
Weet Bix	Kornies/Wheeties
Ricies	Cornflakes

Toast or Bread

Wheatmeal Bread White Bread

Served with margarine or butter and a choice of preserves (Jam, Marmalade, Vegemite).

Fruit

please choose one of the following

Fruit Drink 	Tinned Fruit 
Prunes 	

Fresh Fruit – ask your Food Catering Associate for today's choice.

Something more

Fruit yoghurt (contains gelatin)  Natural yoghurt  Soy yoghurt

Breakfast is served with a choice of beverage from the Beverages Menu.

Beverages Menu

Your Catering Assistant will offer you five hot drinks throughout the day and two snacks (one at morning tea and the other at afternoon tea).

Please choose from the following:

Tea	Hot Chocolate
Coffee	Decaffeinated Coffee

Cold water, whole and trim milk, sugar and a non-sugar sweetener are available.



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Lunch and Dinner Menu

Starter – Lunch

Soup of the Day – ask your Ward Catering Associate for today's choice. Soup will be served with your choice of wheatmeal or white bread and spread.

Sandwich Selection – Lunch

Chef's Sandwich of the Day – ask your Ward Catering Associate for today's choice

Sandwich Quarters of the Day (Softer & Lighter fillings) – ask your Ward Catering Associate for today's choice

Available on wheatmeal bread:

Cheese and Pickle **V S H** Egg Mayonnaise **V S H LS**

Vegetarian

Bean Stroganoff **V S H LS**

Served on a bed of noodles with green beans and pumpkin

Chickpea Casserole* **V S**

Served with rice and seasonal vegetables

Macaroni Cheese Meal* **V S LS**

Served with seasonal vegetables

Vegan

Mixed Bean Curry **VG NGCI S H LS**

Served with Steamed Rice, green beans, kumara

Ratatouille Lentil Stew **VG NGCI S FI LS**

Served with kumara and a vegetable medley of carrots and cauliflower

Vegetarian Bolognese* **VG S H LS**

Served with pasta and seasonal vegetables

Bean and Pumpkin Casserole* **VG NGCI S H LS**

Served with rice and seasonal vegetables

Vegetable Curry* **VG NGCI LS**

Served with rice and seasonal vegetables

Tofu Tikka Masala **VG S H LS**

Served with steamed rice, broccoli and cauliflower medley

*Non-Steamplicity



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Small and Simple Selection

These meals are served without vegetables and offer a plainer lighter meal option.

Omelette

With creamy mashed potato and cheese sauce

Macaroni Cheese

Served with optional side salad

Pumpkin and Coconut Ragout on steamed rice

Served with optional side salad

Cauliflower and Broccoli in Cheese Sauce

Served with a sprinkle of grated cheese

Dessert Selection (Dinner only)

Choose a dessert from one of the following:

Chefs Dessert of the Day

ask your Ward Catering Associate for today's choice.

Dairy Dessert of the Day

ask your Ward Catering Associate for today's choice.

Lighter Desserts

Fruit Flavoured Jelly (contains gelatin)

Sugar Free Jelly (contains gelatin)

Vanilla Ice Cream 

Vanilla Custard 

Tinned Fruit  

Fresh Fruit  

ask your Ward Catering Associate for today's choices.

A choice of drinks will be offered to accompany your meals.

