



## A healthy menu

“Mum’s eating well again  
and feeling better than  
ever. It’s such a relief.”  
*Robyn*

*Glenvale Villas*  
aged care

# A balanced nutritional menu.

We take great pride in providing a well balanced, healthy diet. It's the key to staying healthy, so our qualified chefs & cooks deliver a tasty, satisfying and nutritious dining experience. Choice of 2 main meals & dessert.

Food is prepared fresh daily, with individual special dietary requirements closely monitored.

Residents can choose to enjoy a meal in our restaurants or have it delivered to their Glenvale Villas home.



## Sample menu, changes weekly.

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Breakfast	A wide variety of cereal, toast, fresh juice and fresh fruit	A wide variety of cereal, toast, fresh juice and fresh fruit	Hot English breakfast	A wide variety of cereal, toast, fresh juice and fresh fruit	A wide variety of cereal, toast, fresh juice and fresh fruit	A wide variety of cereal, toast, fresh juice and fresh fruit	A wide variety of cereal, toast, fresh juice and fresh fruit
Lunch 2 choices	Pork sirloins in apple and ginger sauce with vegetables	Lamb stew with vegetables	Pork belly in smoky BBQ sauce with vegetables	Beef lasagne with vegetables	Parmesan crumbed fish with salad	Braised beef in mushroom sauce with vegetables	Roast chicken and baked vegetables
	Italian chicken with spaghetti	Tuna pasta bake	Grilled fish with vegetables	Chicken in mustard sauce with vegetables	Chicken rissoles with vegetables	Fried rice with prawns and bacon	Steak and kidney pie
Dessert	Pineapple sponge with custard	Chocolate self saucing pudding	Apple and berry crumble	Creamed rice pudding	Banana fritters	Caramel cream tart	Sticky date pudding
Dinner 2 choices	Stuffed baked potatoes with bacon, sour cream and chives	Cottage pie	Spaghetti bolognese	Oxtail soup with crusty bread roll	Braised steak and mash	Pumpkin soup with crusty bread roll	Crumbed whiting with chips and salad
	Quiche lorraine & salad	Ham, cheese and tomato toasted sandwiches	Thai beef salad	Bacon and potato fritters	Chicken noodle soup with crusty bread roll	Chicken and salad wrap	Minestrone soup and crusty bread roll

Complimentary morning tea is served daily

**Call 1300 765 051**

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