



# Belvedere Aged Care

## Sample Winter Menu

### BREAKFAST

**Daily Continental Breakfast:** Selection Of Cereals Including Porridge, Cornflakes, Weetbix, Whole Fruit, Toast, Yoghurt.

**Served With:**

Selection Of Orange Or Apple Juice\*, Tea & Coffee, Prune Juice.

### MORNING TEA

Home-made Coconut Biscuits Served With A Selection Of Fruit Pieces From Our Fresh Fruit Platter Served With Tea & Coffee, Hot Chocolate Beverage.

### LUNCH

Main	Beef Lasagne
Vegetables	Sliced Carrots and Broccoli
Beverage	Selection Of Orange Or Apple Juice*, Tea & Coffee, Natural Fruit Infused Water, Soft Drinks, Wine
Modified Diet	Beef and Vegetables
Dessert	Warm Baked Custard

### AFTERNOON TEA

Home-made Fruit Cake Served With A Selection Of Fruit Pieces From Our Fresh Fruit Platter. Served With Tea & Coffee, Hot Chocolate Beverage.

### DINNER

Soup	Creamy Vegetable Served With Fresh Bread
Main	Steamed Fish With Lemon Butter
Modified Diet	Fish And Vegetables
Dessert:	Spiced Pear Served With Custard
Beverage	Selection Of Natural Fruit Infused Water, Tea & Coffee

### SUPPER

Served In Room. Choice of Light Sweet And Savoury Biscuits, Mini Light Sandwiches (Marmalade, Cheese, Peanut Butter). Served With A Hot Beverage.



Belvedere Aged Care’s seasonal menus are prepared onsite by our Chef and Hospitality Team sourcing fresh, high quality, seasonal produce.

Our menus are assessed and approved by Dieticians for their nutritional value, variety and portions.

Each menu is carefully designed to meet the daily recommended caloric intake for older Australians.

Alternative menus for allergies and individual dietary requirements will be in consultation with the resident, Dietician and Chef.

\*Alternative prune juice or cranberry juice may be served, where required. Additional costs will be incurred.

Fresh fruits are based on seasonal availability. Sample menu taken from Belvedere’s Winter, Week 1 Menu. Modified Diets include a range of specialised puree moulded food, vitamised to ensure nutritional and caloric value as recommended by Dieticians.



## Additional Menu Options

### Eggs Your Way

Choose from the following options:

- **Scrambled** – Soft, fluffy eggs for a comforting taste.
- **Fried** – Cooked sunny-side-up or over-easy for a classic touch.
- **Boiled** – Hard or soft-boiled for a simple, nutritious option.
- **Omelette** – Fluffy and filled with your choice of fillings

Served with a side of toast.

### Fish

Fresh, tender fish cooked to perfection. Choose between a crispy batter, light pan-fry or steamed served with parsley butter.

### Pasta of the Day

Choose from:

- Tomato Base – smooth tomato sauce with mild herbs.
  - Cream Base – A rich, creamy sauce
- Vegetarian or Meat options available.*

### Salad of the Day

Fresh greens mixed with tender vegetables and a light dressing. Add any of the following options for extra flavor:

- Tender Chicken • Flaked Tuna • Soft-Boiled Egg

### Sandwich of the Day

Soft, fresh bread with a choice of fillings:

- Egg – Lightly seasoned with mayo.
- Tuna – Flaked tuna mixed with a creamy dressing.
- Salad – Fresh and easy-to-digest vegetables.
- Tender Ham & Melted Cheese

*Can be served fresh or toasted for added crunch.*

### Light Bites & Pastries

Croissant Choose from:

- Plain – Flaky, soft, and easy to enjoy.
- Soft cheese melted inside a warm, buttery pastry.
- Mild, tender ham and fresh tomato

Freshly baked Pies & Sausage Rolls

Filling options include:

- Beef Pie
- Sausage Roll

### Noodles

Choose from:

- Chicken
  - Plain Served with soy sauce or a simple vegetable broth.
- Topped with soft vegetables for extra flavor.

Dumplings & Dim-Sims Steamed or lightly fried

- Vegetable-filled
- Meat-filled

(A small, tasty bite perfect for a light meal or snack.)



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