

Menu

At Enliven, we understand having nutritious and tasty meals is important to your overall health and wellbeing. We have a qualified dietician create our menus to ensure you receive a range of fresh, nutritious food.

On this sheet is a sample menu. Our menus are seasonal and change every four weeks to ensure there is plenty of variety. We also make every effort to cater to resident's individual needs, meaning meals can have soft, minced or pureed alternatives, diabetic options or cater to allergies and other intolerances.

WEEK ONE SAMPLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Selection of porridge, cereals and fruit, toast and spreads						
Morning Tea	Selection of baking – muffins, scones, pikelets and fruit loaf						
Lunch	MAIN Beef moussaka with mashed potatoes, carrots and cabbage DESSERT Melrose cream and fruit	MAIN Sausages topped with gravy served alongside scalloped potatoes, pumpkin and broccoli DESSERT St banana pudding and sauce	MAIN Roast beef and gravy with mashed potato, kumara and green beans DESSERT Creamy rice pudding and prunes	MAIN Chicken casserole with mashed potatoes, carrots and silverbeet DESSERT Lemon Icebox	MAIN Crumbed fish with lemon, chips or mashed potato with mixed vegetables and a coleslaw or salad DESSERT Jelly, fruit and ice cream	MAIN Braised steak with mashed potatoes, peas and cauliflower DESSERT Baked roly poly pudding and sauce	MAIN Roast pork with gravy and apple sauce served with potatoes, roast pumpkin and cabbage DESSERT Cheesecake and fruit salad
Afternoon Tea	Selection of baking – slices, biscuits, cakes and savoury crackers						
Dinner	SOUP Vegetable MAIN Kumara and tuna bake DESSERT Edmonds custard	SOUP Cream of chicken MAIN Liver and bacon or spaghetti and bacon DESSERT Jelly whip	SOUP Minestrone MAIN Oakhill potatoes DESSERT Chocolate mousse	SOUP Chicken and corn MAIN Lasagne DESSERT Fruit cream	SOUP Pumpkin MAIN Vegetable quiche DESSERT Instant pudding	SOUP Vegetable MAIN Mousetraps DESSERT Semolina	SOUP Scotch broth MAIN Cold meat and salad DESSERT Fruit and yoghurt
	Selection of fresh fruit.						
Supper	Selection of sandwiches with a choice of fillings						



WEEK TWO SAMPLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Selection of porridge, cereals and fruit, toast and spreads						
Morning Tea	Selection of baking – muffins, scones, pikelets and fruit loaf						
Lunch	MAIN Silverside with mustard sauce alongside mashed potatoes, kumara and beans DESSERT Sunshine pudding and fruit	MAIN Marinated chicken drums with gravy, mashed potatoes, carrots and silverbeet DESSERT Lemon meringue pudding and fruit	MAIN Steak and kidney casserole with mashed potatoes, mixed vegetables and courgettes DESSERT Bread and butter pudding	MAIN Roast mutton with gravy and mint sauce served with roast potato, pumpkin and cauliflower DESSERT Creamy sago and peaches	MAIN Fish 'n' chips with lemon sauce, carrot strips and either coleslaw or a lettuce salad DESSERT Ice cream, pears and chocolate sauce	MAIN Steak & onion casserole with mashed potatoes, mixed vegetables and either turnips or silverbeet DESSERT Baked orange pudding and sauce	MAIN Stuffed roast chicken with gravy, roast potato, roast kumara and peas DESSERT Trifle
Afternoon Tea	Selection of baking – slices, biscuits, cakes and savoury crackers						
Dinner	SOUP Pumpkin MAIN Chinese omelette with sliced tomato DESSERT Strawberry mousse	SOUP Vegetable MAIN Savoury fritters DESSERT Chocolate blancmange	SOUP Seafood chowder MAIN Mushrooms and bacon, or tomatoes and bacon DESSERT Instant pudding	SOUP Tomato MAIN Sausage picnic pie with apple and onion sauce DESSERT Fruit cream	SOUP Cream of chicken MAIN Lentil and barley loaf with cheese sauce DESSERT Banana custard	SOUP Mulligatawny MAIN Cold meat and salad DESSERT Semolina	SOUP Vegetable MAIN Toasted cheese rolls DESSERT Ice cream pudding
	Selection of fresh fruit.						
Supper	Selection of sandwiches with a choice of fillings						



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