



# LULWORTH HOUSE

— ST LUKE'S CARE —

## MONDAY | SAMPLE MENU

### Lunch

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Beetroot Borscht Soup (GF)

Pumpkin & Mushroom Risotto (V, GF) or Beer Battered Salt  
Water Barramundi with Lemon Wedges & Tartare Sauce

Served with Mashed Potato or Chips, plus Seasonal Vegetables

Freshly Prepared Nicoise Salad (DF, GF)

Raspberry & Apple Crumble with Custard Sauce or Ice-Cream,  
Assorted Jelly (*D*)

### Dinner

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Cream of Mushroom Soup (GF)

Pork Stir Fry (GF, DF) or Baked Macaroni Cheese (V)

Served with Mashed Potato & Seasonal Vegetables

Freshly Prepared Cobb Salad

Choc Bread & Butter Pudding "Bettelman" or Ice-Cream,  
Assorted Jelly (*D*)

SAMPLE MENU



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## TUESDAY | SAMPLE MENU

### Lunch

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Zucchini, Turmeric, Potato Soup (GF)

YUM CHA: Pork Bun, Veg Dumpling, Seafood Gyoza, Soy,  
Vinegar & Tea or Fettucine with Tomato & Garlic Crumbs (V)

Served with Mashed Potatoes & Seasonal Vegetables

Freshly Prepared Potato Salad (GF)

Chef's Choice or Ice-Cream, Assorted Jelly (D)

### Dinner

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Crab Chowder Soup (GF)

Roasted Sliced Lamb, Mint Sauce (GF, DF) or Asian stir-Fry  
Vegetable with Tofu (GF,DF,V)

Served with Mashed Potato & Seasonal Vegetables

Freshly Prepared Iceberg, Chili Pork Salad (DF,GF,SH)

Hummingbird Slice or Ice-Cream, Assorted Jelly (D)



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## WEDNESDAY | SAMPLE MENU

### Lunch

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Chicken, Saffron, Corn Soup (GF)

Fisherman's Pie or Beef Stir Fry with Oyster Sauce  
Served with Mashed Potato & Seasonal Vegetables

Freshly Prepared Three Beans Salad (GF,V,DF)

Pear Conde or Ice-Cream, Assorted Jelly (D)

### Dinner

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Beef & Vegetable Soup (GF,DF)

Spring Vegetable Casserole (GF) or Butter Chicken (GF)

Served with Mashed Potato & Seasonal Vegetables

Freshly Prepared Faro, Salsa Verde Salad (GF,V)

Meringue Lemon Pie or Ice-Cream, Assorted Jelly (D)



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## THURSDAY | SAMPLE MENU

### Lunch

Tasty Cheese & Crackers, Seasonal Fresh Fruits

5 Spiced Carrots & Lentil Soup

Peri-Peri Pork Ribs (GF,DF) or Tortilla Veg Pizza (V)

Served with Mashed Potato & Seasonal Vegetables

Freshly Prepared Pumpkin Salad (GF)

Butterscotch, Sticky Date or Ice-Cream, Assorted Jelly (D)

### Dinner

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Brown Rice & Chickpea Soup

Portuguese Chicken (GF,DF) or Chefs Choice

Served with Mash Potato & Seasonal Vegetables

Freshly Prepared Turkey Salad (GF,DF)

Warm Coconut Sago & Mango or Ice-Cream, Assorted Jelly (D)

SAMPLE MENU



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## FRIDAY | SAMPLE MENU

### Lunch

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Beef & Barley Soup

Battered Flathead or Chick Peas & Baked Beans Nachos (V,GF)

Served with Mashed Potato or Chips, plus Seasonal Vegetables

Freshly Prepared Mexican Salad (GF, DF, SH)

Cheesecake Brownie Swirls or Ice-Cream, Assorted Jelly (D)

### Dinner

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Potato, White Wine, Leek Soup (GF)

Grilled Beef Patties, Green Pepper Sauce (GF) or Red Chicken  
Curry, Lychee

Served with Mashed Potato & Seasonal Vegetables

Freshly Prepared Chicken-Curry-Avocado Salad (GF,DF)

Chefs Selection Or Ice-Cream, Assorted Jelly (D)



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## SATURDAY | SAMPLE MENU

### Lunch

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Cream of Celery Soup

White Wine Chicken Fricassee or Spinach & Feta Filo Pastry (V)

Served with Mashed Potato & Seasonal Vegetables

Freshly Prepared Quinoa Salad (GF, V, DF)

Buko (coconut) fruit Salad (GF) or Ice-Cream, Assorted Jelly (D)

### Dinner

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Pea & Ham Soup (GF)

Beef Korma (GF, DF) or Ginger & Shallot Basa

Served with Mashed Potato & Seasonal Vegetables

Freshly Prepared Salmon Balsamic Salad (GF,DF)

Orange & Rosewater Pannacotta or Ice-Cream, Assorted Jelly (D)



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## **SUNDAY** | SAMPLE MENU

### Lunch

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Guinness & Bread Soup

Roast Turkey with Cranberry (GF,DF) or Chick Pea & Lentil Stew  
(GF)

Served with Mashed Potato

Freshly Prepared Roast Veg Salad (GF, V)

Choc Chip Brownie or Ice-Cream, Assorted Jelly (D)

### Dinner

Tasty Cheese & Crackers, Seasonal Fresh Fruits

Cream of Broccoli Soup (GF)

Lamb/Chickpea Tagine (GF)

or Prawn GYOZA Pickled Ginger, Green Shallot

Served with Mashed Potato & Seasonal Vegetables

Fresh Prepared Greek Rice Salad (GF, V)

Blueberry Jelly Cheesecake or Ice-Cream, Assorted Jelly (D)

SAMPLE MENU