

## Dementia Care NZ Example Menu

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		Porridge, cereals, canned/stewed fruit, toast/bread and spreads						
Morning tea		Simple baked item such as scone, muffin, fruit loaf or bread based item such as sandwich, asparagus roll or toastie as per planning sheet						
Lunch:	Savoury	Fish Cakes or Fingers with Tartare Sauce	Eggs Lyonnaise	Mini pastry savouries & Asparagus Rolls	Cocktail sausages, bread & Tomato Sauce	Sliced Ham, kumara or potato salad	Poached or Scrambled Eggs on Toast	Tomato Soup & Pizza
	Minced Option	Salmon or Tuna in White sauce	As above, finely diced	Asparagus Mornay, finely diced (use cheese in sauce)	Savoury Mince	Kumara Bake, finely diced	Baked Cheese Custard	Chopped Spaghetti with Grated Cheese
	Pureed Option	Pureed Salmon/Tuna as above	As above, pureed	As above, pureed	As above, pureed	Kumara Bake	Baked Cheese Custard	As above, pureed
	Bread / Fruit	Bread and spreads / fresh fruit platter						
	Milk Dessert	Smooth milk pudding as per planning sheet, including garnish of pureed fruit where appropriate						
Afternoon tea		Cake, slice, loaf or biscuit as per planning sheet						
Dinner	Meat	Chicken Casserole	Ham steaks	Beef Stroganoff	Meat Loaf	Steamed Fish	Curried Sausages	Roast Lamb/Mutton
	Accompaniment		Pineapple Sauce		Gravy	Cheese sauce		Gravy, Mint Sauce
	Pureed	As above	Pureed Savoury Pork Mince	As above	As above	Steamed Fish	Curried Sausages	As above
	Potato	Mashed	Chips/mashed	Mashed	Scalloped	Wedges/mashed	Mashed potato	Roast/mashed
	Vegetables	As per planning sheet						
Dessert		Orange Jellywhip, Mandarin & Whipped Cream Garnish	Carrot Cake with Cream Cheese Icing	Ice cream & Wild Berry Sce	Chocolate Mousse & Pears	Apple shortcake & Whipped cream	Spanish Cream & Red Plums	Ice cream & Fruit salad
	Diabetic Dessert	Use sugar-free jelly	Small serve (not iced) with yoghurt	Berry Yoghurt	Use sugar-free Mousse & pears	Small serve	As above	1 scoop ice cream & fruit salad
Supper		Commercial biscuit, sandwiches, Milky Milo & other beverages						