

- BREAKFAST -

All week A variety of cereals/porridge/fruit/toast and a selection of spreads.

- MORNING TEA -

- Monday** Marshmallow shortcake.
- Tuesday** Aunt Daisy's southern cheese rolls.
- Wednesday** Hummingbird tea cakes.
- Thursday** Assorted savouries.
- Friday** Almond and raspberry friands. ^{GF}
- Saturday** Caramelised onion and relish pinwheels.
- Sunday** Fig and blue cheese tarts.

- AFTERNOON TEA -

All week A selection of fresh fruit and sandwiches with cakes/slices or biscuits.

- SUPPER -

All week Tea, Milo or cold drinks.
Small sandwiches, light muffins or biscuits.

glossary

- Alfredo** A pasta sauce, which consists of butter, cream, garlic and Parmesan cheese.
- Croquettes** A croquette is a small bread crumbed fried food roll.
- Egg florentine** A twist on the classic eggs benedict, eggs layered on top of a bed of spinach.
- Greek salad** A salad consisting of tomatoes olives, and feta cheese.
- Hummingbird tea cakes** A tropical pineapple-banana spiced cake.
- Joy bowls** A protein powerhouse consisting of grains, nuts, vegetables and cheese, with a pesto dressing.
- Moussaka** A Greek dish made from mince, aubergines and tomatoes, with cheese sauce.
- Vol-au-vent** A vol-au-vent is a small hollow case of puff pastry.
- Welsh rarebit** A savoury sauce of melted cheese and other ingredients poured over toast while hot.

^{GF} Gluten Free ^{*} Gluten Free Option

Note: All lunch and evening meal options are accompanied by the listed vegetables or salads, subject to produce availability. All Ryman menus are checked by a registered dietician. Most dishes are suitable for diabetics. Please check with the chef regarding any special dietary requirements.



HARVEST MENU
WEEK 1



- LUNCH -

Monday	Mediterranean chicken or monkfish hot pot and rice. Parsley buttered gourmet potatoes with steamed broccoli and carrots.
Tuesday	Sweet and sour pork with rice or lamb moussaka with traditional salad.
Wednesday	Braised steak with baby onions or salmon with lemon aioli. Mashed potatoes with sauteed courgettes and cauliflower with cheese sauce.
Thursday	Roast lamb with mint jelly ☼ or chicken and leek pie. Roast potatoes with roast pumpkin, parsnip and green beans.
Friday	Parmesan and lemon crumbed fish with tartare sauce or glazed meatloaf. Beer battered fries and Greek salad.
Saturday	Sausage with balsamic glaze or ham sirloin with pineapple confit. Balsamic roast vegetables and baked potatoes with sour cream.
Sunday	Roast beef and Yorkshire pudding or seafood vol-au-vent. Roast kumara and roast potatoes with carrots and peas.

- VEGETARIAN OPTION -

Monday	Barley risotto with mushrooms and garden salad.
Tuesday	French ratatouille with rice.
Wednesday	Pumpkin and cheese frittata with green salad. Ⓜ
Thursday	Courgettes stuffed with quinoa and tomatoes.
Friday	Joy bowls.
Saturday	Chickpea stuffed baked potato. ☼
Sunday	Spinach and ricotta filo, chutney and autumn salad.

- DESSERT -

Monday	Lemon tart with berry compote and cream or banana split with ice cream.
Tuesday	Apple and blueberry crumble or ice cream or sorbet.
Wednesday	Chocolate brandy snaps with seasonal fruit or fruit with ice cream.
Thursday	Rice pudding with apricots or ice cream or sorbet.
Friday	Strawberry sponge cheesecake or jellied fruit.
Saturday	Fruit custard flan or ice cream or sorbet.
Sunday	Chocolate mousse with berries Ⓜ or fruit with ice cream.

- SOUP -

Monday	Roasted tomato.
Tuesday	Chef's creation.
Wednesday	Green pea.
Thursday	Village favourite.
Friday	Chef Marko's beef goulash.
Saturday	Corn and bacon chowder.
Sunday	Mushroom.

- EVENING MEAL -

Monday	Welsh rarebit or savoury mince and mashed potatoes.
Tuesday	Kumara and pumpkin patties with chutney or cold meat. Garden salad with baby beetroot.
Wednesday	Chicken pasties or tuna croquettes with garlic aioli and salad garnish. Autumn roast vegetable salad with feta and almonds.
Thursday	Creamy mushrooms, toasted brioche or bacon and egg pie. Traditional salad.
Friday	Pulled pork bun with fries or fettuccine Alfredo. Traditional salad.
Saturday	Chicken pancakes or eggs florentine with spinach. Salad garnish.
Sunday	Leek, kumara and chorizo frittata Ⓜ or macaroni and cheese and salad.

delicious

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- MORNING TEA -

- Monday** Afghans.
- Tuesday** Creamy chicken vol-au-vent.
- Wednesday** Chef's creation.
- Thursday** Wholemeal cheese scones.
- Friday** Apple and bran muffins.
- Saturday** Savoury sausage rolls.
- Sunday** Cheese, bacon and onion tarts.

- AFTERNOON TEA -

All week A selection of fresh fruit and sandwiches with cakes/slices or biscuits.

- SUPPER -

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glossary

- Beef bourguignon** Beef bourguignon is a beef stew braised in red wine, stock, and flavoured with carrots, onions and garlic.
- Boulangere potatoes** A traditional French recipe with layers of potatoes cooked with thyme, rosemary and chicken stock.
- Buckwheat** A gluten free seed.
- Buddha bowl** A vegetarian meal served in a bowl with healthy grains like quinoa or rice, usually accompanied with tofu, chickpeas and vegetables.
- Chicken adobo** A Filipino dish of stewed meat with vinegar, garlic, soy sauce and spices.
- Colcannon** A traditional Irish dish of mashed potatoes with parsley or cabbage.
- Lava cake** A chocolate cake with a gooey centre, served hot.
- Pineapple flummery** A light and refreshing mousse type dessert with whipped milk and jelly.
- Vegetable chow mein** Chinese stir fried noodles with chopped vegetables.

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HARVEST MENU
WEEK 2



- LUNCH -

Monday	Lambs fry and bacon or chicken adobo. Parsley mashed potatoes with steamed broccoli and braised red cabbage.
Tuesday	Beef cheeks anise or baked fish with caper sauce. Colcannon, carrots and sauteed silverbeet with pine nuts.
Wednesday	Chef's creation.
Thursday	Roasted pork sirloin with fennel, apples and gravy [Ⓢ] or shepherd's pie. Roast potatoes, pumpkin, parsnips and sauteed courgettes.
Friday	Corned beef with mustard sauce or salmon cakes. Gourmet buttered parsley potatoes with carrots and green beans.
Saturday	Beef bourguignon or lamb meatballs. Boulangere potatoes with green cabbage and cauliflower with cheese sauce.
Sunday	Roast chicken with sage and onion stuffing or pork sausages with apples and gravy. Roast kumara, pumpkin and peas.

- VEGETARIAN OPTION -

Monday	Tofu and vegetable curry with rice. [Ⓜ]
Tuesday	Cos salad with avocado,egg, parmesan cheese and snow peas.
Wednesday	Chef's creation.
Thursday	Vegetable chow mein.
Friday	Vegetarian lasagne with buckwheat salad. [Ⓜ]
Saturday	Mediterranean vegetable and chickpea stew.
Sunday	Buddha bowl.

- DESSERT -

Monday	Pavlova with berry compote and cream [Ⓜ] or banana spilt with ice cream.
Tuesday	Chocolate lava cake or ice cream or sorbet.
Wednesday	Chef's creation or fruit with ice cream.
Thursday	Eton Mess [Ⓜ] or jellied fruit.
Friday	Lemon syrup yoghurt cake with cream or fruit with ice cream.
Saturday	Creme brulee or ice cream or sorbet.
Sunday	Pineapple flummery or fruit with ice cream.

- SOUP -

Monday	Carrot and parsnip.
Tuesday	Chef's creation.
Wednesday	Chef's creation.
Thursday	Summer sweetcorn.
Friday	Chicken, tomato and coconut.
Saturday	Soup of the day.
Sunday	Herb and tomato with sour cream and chives.

- EVENING MEAL -

Monday	Coronation turkey salad or Swiss cheese and tomato tart. Salad garnish.
Tuesday	Pork schnitzel, tomato sauce with crisscut fries and salad garnish or home-made baked beans on toast.
Wednesday	Chef's creation.
Thursday	Chicken tenders with lime aioli and garden salad. or caesar salad.
Friday	Quiche Lorraine or crumbed fish and chips. Traditional salad.
Saturday	All day breakfast [Ⓢ] or vegetarian all day breakfast.
Sunday	Corn fritters with guacamole and salsa [Ⓢ] or cottage pie and salad.

delicious

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- MORNING TEA -

- Monday** Sugar buns.
- Tuesday** Assorted savouries.
- Wednesday** Berry friands. ^{GF}
- Thursday** Pikelets with jam and cream.
- Friday** Delicious ginger loaf.
- Saturday** Aunt Daisy's southern cheese rolls.
- Sunday** Roast vegetable savoury muffins.

- AFTERNOON TEA -

All week A selection of fresh fruit and sandwiches with cakes/slices or biscuits.

- SUPPER -

All week Tea, Milo or cold drinks.
Small sandwiches, light muffins or biscuits.

glossary

- Boulangere potatoes** A traditional French recipe for layers of potatoes cooked with thyme, rosemary and chicken stock.
- Canadian date cake** A golden syrup twist on a traditional date cake.
- Egg florentine** A twist on the classic eggs benedict, eggs layered on top of a bed of spinach.
- Friands** A small almond cake, typically with additional ingredients such as coconut, chocolate, fruit or nuts.
- Goulash** A thick stew or soup usually containing paprika, it can be made as a meat dish or vegetarian option.
- Joy bowls** A protein powerhouse consisting of grains, nuts, vegetables and cheese, with a pesto dressing.
- Moussaka** A Greek dish made from mince, aubergines and tomatoes, with cheese sauce.
- Quinoa** A gluten free, high protein grain.

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HARVEST MENU
WEEK 3



- LUNCH -

Monday	Salmon with lemon aioli or ham sirloin with pineapple confit. Scalloped potatoes with honey carrots and beans.
Tuesday	Braised steak with baby onions or fish pie. Garlic mashed potatoes with savoy cabbage and pumpkin.
Wednesday	Chicken chasseur or lamb steak with plum sauce. Boulangere potatoes with sauteed courgettes, cauliflower with cheese sauce.
Thursday	Roast beef and horseradish or country sausages with onions and gravy. Roast potatoes, kumara, parsnips and green beans.
Friday	Parmesan and lemon crumbed fish or sweet and sticky chicken. Chips and traditional salad.
Saturday	Smokey brisket or turkey, cranberry and brie pie. Smashed gourmet potatoes with crispy sage with creamed silverbeet and butter beans.
Sunday	Roast lamb leg with gravy or potato and smoked fish cakes with tomato relish. Roasted potatoes with roast carrots, peas and pumpkin.

- VEGETARIAN OPTION -

Monday	Spinach, ricotta and pine nut filo.
Tuesday	Lemon, parmesan and rocket risotto with salad.
Wednesday	Joy bowl.
Thursday	Sweet onion and feta cheese flan.
Friday	Vegetable turnovers with lentil salad.
Saturday	Courgettes with quinoa and tomatoes.
Sunday	Pumpkin and vegetable frittata.

- DESSERT -

Monday	Strawberry sponge cheesecake or banana split with ice cream.
Tuesday	Chocolate brandy snaps with seasonal fruits or ice cream or sorbet.
Wednesday	Creme brulee ^{GF} or fruit with ice cream.
Thursday	Lemon tart or jellied fruit.
Friday	Canadian date cake with ice cream or fruit with ice cream.
Saturday	Blueberry bread and butter pudding or ice cream or sorbet.
Sunday	Chocolate mousse with berries or fruit with ice cream.

- SOUP -

Monday	Chef Marko's beef goulash.
Tuesday	Chef's creation.
Wednesday	Cream of cauliflower.
Thursday	Village favourite.
Friday	Tomato herb soup with sour cream and chives.
Saturday	Corn and bacon chowder.
Sunday	Pea and ham.

- EVENING MEAL -

Monday	Corned beef hash with poached eggs or macaroni and cheese.
Tuesday	Bacon and egg pie or village choice. Traditional salad.
Wednesday	Penne pasta with herb and tomato sauce or creamy mushrooms on brioche toast. Traditional salad.
Thursday	Scrambled egg on toast or lamb moussaka and salad.
Friday	Pea pie pud with gravy or fettuccine Alfredo.
Saturday	Chicken pancakes or asparagus and gruyere tart. Greek salad.
Sunday	Eggs florentine or cold meat. Traditional salad.

delicious

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- MORNING TEA -

Monday Key lime and coconut tea cakes.
Tuesday Cheese scones.
Wednesday Village choice.
Thursday Afghans.
Friday Casey’s marshmallow shortcake.
Saturday Savoury mousetraps.
Sunday Onion confit, bacon and cheese tarts.

- AFTERNOON TEA -

All week A selection of fresh fruit and sandwiches with cakes/slices or biscuits.

- SUPPER -

All week Tea, Milo or cold drinks.
Small sandwiches, light muffins or biscuits.

glossary

- Beef bourguignon** Beef bourguignon is a beef stew braised in red wine, stock, and flavoured with carrots, onions and garlic.
- Buddha bowl** A vegetarian meal served in a bowl with healthy grains like quinoa or rice, usually accompanied with tofu, chickpeas and vegetables.
- Lava Cake** A caramel cake with a gooey centre, served hot.
- Chicken adobo** A Filipino dish of stewed meat with vinegar, garlic, soy souce and spices.
- Navarin of lamb** A French lamb stew packed with onions, peas, and root vegetables.
- Onion confit** A delicious sweet-savory onion jam originating from France.
- Quinoa** A gluten free, high protein grain.
- Ragout stew** A stew which can be cooked with or without meat and includes tomatoes, squash, and other vegetables.
- Tiramisu** A dessert consisting of layers of sponge soaked in coffee with chocolate and mascarpone cheese.

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HARVEST MENU
WEEK 4



- LUNCH -

Monday	Corned beef with mustard sauce or baked fish with caper sauce. Scalloped potatoes, honey carrots and cauliflower with cheese sauce.
Tuesday	Lamb and pearl barley casserole or cottage pie. Mashed potatoes with pumpkin and broccoli.
Wednesday	Village choice.
Thursday	Roast chicken with sage stuffing and gravy or devilled sausages. Roast potatoes with roast vegetable medley and beans.
Friday	Pickled pork or teriyaki salmon. Butter gourmet potatoes, carrots and green beans.
Saturday	Beef bourguignon or chicken adobo and rice. Mashed potatoes with braised red cabbage and cauliflower with cheese sauce.
Sunday	Roast pork and apple sauce or navarin of lamb. Roast potatoes, pumpkin and peas.

- VEGETARIAN OPTION -

Monday	Spaghetti with roast vegetables and white beans.
Tuesday	Buddha bowl.
Wednesday	Village choice.
Thursday	Mediterranean stew.
Friday	Goats cheese and cherry tomato flan with salad.
Saturday	Spinach and ricotta tortellini with salad.
Sunday	Cos salad with avocado, egg, parmesan and snow peas.

- DESSERT -

Monday	Pavlova with berry compote and cream or strawberry ice cream sundae.
Tuesday	Caramel lava cake or ice cream or sorbet.
Wednesday	Village choice or fruit with ice cream.
Thursday	Tiramisu or jellied fruit.
Friday	Black Doris plum upside down cake or fruit with ice cream.
Saturday	Apple and blueberry pie or ice cream or sorbet.
Sunday	Trifle with whipped cream or fruit with ice cream.

- SOUP -

Monday	Roast pumpkin.
Tuesday	Chef's creation.
Wednesday	Leek and potato.
Thursday	Village favourite.
Friday	Kumara and yellow lentil.
Saturday	Soup of the day.
Sunday	Vegetable broth.

- EVENING MEAL -

Monday	Lemon and herb crumbed chicken thighs or corn fritters with guacamole and salsa. ☼ Traditional salad.
Tuesday	Hoki hash with poached eggs or pork schnitzel with braised red cabbage. Crisscut fries.
Wednesday	Village choice.
Thursday	Pumpkin and cheese frittata or lamb salad.
Friday	Crumbed fish and chips or mushroom strudel. Beetroot, rocket, almonds and feta salad.
Saturday	All day breakfast or vegetarian all day breakfast.
Sunday	Coronation turkey salad or vegetarian quiche and salad.

delicious