

## - BREAKFAST -

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

## - MORNING TEA -

- Monday** Jam pastries.
- Tuesday** Aunt Daisy's southern cheese rolls.
- Wednesday** Lemon poppy seed cake.
- Thursday** Assorted savouries.
- Friday** Hummingbird tea cakes.
- Saturday** Caramelised onion and relish pinwheels.
- Sunday** Cheese and bacon mousetraps.

## - 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

<b>Brioche</b>	A light, sweet yeast bread typically in the form of a small round roll.
<b>Budino</b>	A sweet Italian dish, usually rich and creamy like a custard or pudding.
<b>Clafoutis</b>	A type of flan made out of fruit, typically cherries, and then baked in a sweet batter.
<b>Hummingbird tea cakes</b>	A tropical pineapple-banana spiced cake.
<b>Joy bowls</b>	A protein powerhouse consisting of grains, nuts, vegetables and cheese, with a pesto dressing.
<b>Moussaka</b>	A Greek dish made from mince, aubergines and tomatoes, with cheese sauce.
<b>Sriracha</b>	A Thai hot sauce or chilli sauce made from a paste of chilli peppers, distilled vinegar, garlic, sugar and salt.
<b>Vol-au-vent</b>	A small hollow case of puff pastry, usually filled with savory ingredients.
<b>Welsh rarebit</b>	A savoury sauce of melted cheese and other ingredients poured over hot toast.

 GF

Gluten Free

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Gluten Free Option Available

*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.*

# delicious

## WINTER MENU WEEK 1



## - LUNCH -

<b>Monday</b>	Honey sriracha chicken (GF) or seafood hot pot. (GF)
<b>Tuesday</b>	Scalloped potatoes with steamed broccoli and sweet yams. Pork adobo or lamb moussaka. Mashed potatoes with glazed carrots, peas and roasted beetroot.
<b>Wednesday</b>	Beef and ale cobbler or baked salmon with horseradish cream sauce. (GF) Gourmet buttered potatoes with leeks and orange sweet potato.
<b>Thursday</b>	Roast lamb with mint jelly (GF) or chicken and mushroom pie. Roast potatoes, pumpkin, parsnips and green beans.
<b>Friday</b>	Salt and pepper crumbed fish with tartare sauce or beef rissoles with smokey barbecue sauce. Beer battered wedges and rainbow slaw.
<b>Saturday</b>	Sausages with balsamic onions or ham sirloin with pineapple confit. (GF) Cheesy bacon ranch potatoes with creamy silverbeet and carrots.
<b>Sunday</b>	Roast beef and Yorkshire pudding or seafood vol-au-vent. Roast sweet potato and roast potatoes with carrots and peas.

## - VEGETARIAN OPTION -

<b>Monday</b>	Mushroom, onion and goats cheese tart with rocket salad.
<b>Tuesday</b>	Moroccan chickpeas and couscous.
<b>Wednesday</b>	Pumpkin and cheese frittata with green salad. (GF)
<b>Thursday</b>	Provencal pancakes. (GF)
<b>Friday</b>	Joy bowls.
<b>Saturday</b>	Chickpea stuffed baked potato. (GF)
<b>Sunday</b>	Cauliflower and corn crumble.

## - LUNCH DESSERT -

<b>Monday</b>	Blueberry clafoutis or banana split with ice cream.
<b>Tuesday</b>	Chocolate budino or ice cream or sorbet.
<b>Wednesday</b>	Brandy snap baskets with lemon cream or fruit with ice cream.
<b>Thursday</b>	Prune and almond tart with custard or ice cream or sorbet.
<b>Friday</b>	Citrus sponge cheesecake or jellied fruit.
<b>Saturday</b>	Apple and blueberry crumble or ice cream or sorbet.
<b>Sunday</b>	Lemon self-saucing pudding or fruit with ice cream.

## - SOUP -

<b>Monday</b>	Cauliflower cheese. (GF)
<b>Tuesday</b>	Chicken and brown rice.
<b>Wednesday</b>	Green pea.
<b>Thursday</b>	Asparagus.
<b>Friday</b>	Winter vegetable broth. (GF)
<b>Saturday</b>	Corn and bacon chowder.
<b>Sunday</b>	Mushroom. (GF)

## - EVENING MEAL -

<b>Monday</b>	Welsh rarebit or winter sausage casserole. Creamy garlic mash.
<b>Tuesday</b>	Sweet potato and pumpkin patties with chutney (GF) or macaroni and cheese with bacon. Garden salad with baby beetroot.
<b>Wednesday</b>	Coconut chicken curry with rice (GF) or tuna croquettes with garlic aioli and salad garnish.
<b>Thursday</b>	Creamy mushrooms with toasted brioche or ricotta smoked bacon and onion flan. Traditional salad.
<b>Friday</b>	Barbeque pulled pork bun or artichoke, pesto and walnut pasta. Crunchy lettuce salad.
<b>Saturday</b>	Chicken schnitzel melt or cheese and chive omelette. Wedges and green salad.
<b>Sunday</b>	Leek, sweet potato and chorizo frittata with salad (GF) or cold meats, potato salad and iceberg lettuce.

## - EVENING DESSERT -

<b>Monday</b>	Pineapple delight with cream.
<b>Tuesday</b>	Berry mousse.
<b>Wednesday</b>	Custard tarts.
<b>Thursday</b>	Lemon sponge with blueberry compote.
<b>Friday</b>	Toffee caramel ice cream with chocolate crumble.
<b>Saturday</b>	Yoghurt and fruit.
<b>Sunday</b>	Jellied fruit with whipped cream.



## - BREAKFAST -

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## - MORNING TEA -

Monday	Raspberry friands. <small>(GF)</small>
Tuesday	Creamy chicken vol-au-vent.
Wednesday	Chocolate brownie.
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.
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## - SUPPER -

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

<b>Boulangere potatoes</b>	A traditional French recipe of layers of potatoes cooked with thyme, rosemary and chicken stock.
<b>Buddha bowl</b>	A vegetarian meal served in a bowl with healthy grains like quinoa or rice. Usually accompanied with tofu, chickpeas and vegetables.
<b>Colcannon</b>	A traditional Irish dish of mashed potatoes with parsley, bacon and cabbage.
<b>Meringata</b>	Italian dessert consisting of layers of meringue and vanilla cream.
<b>Pasta puttanesca</b>	An Italian pasta dish with a tomato-based sauce, which also includes garlic, black olives, anchovies and olive oil.
<b>Panna cotta</b>	A cold Italian dessert made with double cream, often served with caramel syrup.
<b>Raspberry flummery</b>	A light and refreshing mousse type dessert with whipped milk and jelly.
<b>Vol-au-vent</b>	A small hollow case of puff pastry, usually filled with savory ingredients.



Gluten Free



Gluten Free Option Available

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## WINTER MENU WEEK 2



## - LUNCH -

<b>Monday</b>	Lambs fry and bacon  or Thai chicken and rice. 
<b>Tuesday</b>	Parsley mashed potatoes with steamed broccoli, braised cabbage and honey yams. Beef cheeks anise  or smoked fish and parsley sauce. Colcannon, carrots and sauteed greens.
<b>Wednesday</b>	French onion lamb chops or chicken kiev. Mashed potatoes with peas and swedes.
<b>Thursday</b>	Apple and spice roast pork  or spaghetti bolognese. Roast potatoes, pumpkin, parsnips and brussel sprouts.
<b>Friday</b>	Classic silverside and Nana's mustard sauce  or flake tempura. Thick cut chips and Greek salad.
<b>Saturday</b>	Beef and mushroom goulash  or lamb meatballs. Boulangere potatoes with roasted beetroot and cauliflower topped with a cheese sauce.
<b>Sunday</b>	Roast chicken with sage and onion stuffing or pork sausages with gravy. Roast potatoes, roast sweet potato, pumpkin and peas.

## - VEGETARIAN OPTION -

<b>Monday</b>	Tofu and vegetable curry with rice.  Sweet and sour tofu stir fry vegetables with ginger. 
<b>Tuesday</b>	Indian pastie with mint yoghurt.
<b>Wednesday</b>	Vegetable chow mein.
<b>Thursday</b>	Vegetarian lasagne with farro salad. 
<b>Friday</b>	Pasta puttanesca.
<b>Saturday</b>	Buddha bowl. 

## - LUNCH DESSERT -

<b>Monday</b>	Meringata with raspberry coulis or banana split with ice cream.
<b>Tuesday</b>	Chocolate mud pots with chocolate sauce or ice cream or sorbet.
<b>Wednesday</b>	Bread and butter pudding with cream or fruit with ice cream.
<b>Thursday</b>	Rhubarb Mess  or jellied fruit.
<b>Friday</b>	Lemon roll or fruit with ice cream.
<b>Saturday</b>	Coconut panna cotta with raspberry coulis  or ice cream or sorbet.
<b>Sunday</b>	Raspberry flummery  or fruit with ice cream.

## - SOUP -

<b>Monday</b>	Herb and tomato with sour cream.
<b>Tuesday</b>	Creamy mushroom.
<b>Wednesday</b>	Carrot and lentil.
<b>Thursday</b>	Sweetcorn.
<b>Friday</b>	Chicken, tomato and coconut.
<b>Saturday</b>	Pumpkin and nutmeg.
<b>Sunday</b>	Cream of broccoli. 

## - EVENING MEAL -

<b>Monday</b>	Hoki hash with poached eggs or Swiss cheese and tomato tart. Broccoli and quinoa salad.
<b>Tuesday</b>	Pork schnitzel melt with mashed potatoes and salad garnish or home-made baked beans on toast. 
<b>Wednesday</b>	Slow cooked meatballs or salmon and vegetable pattie with tartare sauce. Traditional salad and mashed potatoes.
<b>Thursday</b>	Crumbed chicken with aioli and garden salad. or scrambled eggs on toast. Criss cut fries.
<b>Friday</b>	Turkey and brie quiche or ham and gruyere cheese croquettes. Traditional salad.
<b>Saturday</b>	All day breakfast  or vegetarian all day breakfast.
<b>Sunday</b>	Corn fritters with guacamole and salsa  or cottage pie. Traditional salad.

## - EVENING DESSERT -

<b>Monday</b>	Chocolate mousse with pears.
<b>Tuesday</b>	Custard cannoli with berry coulis.
<b>Wednesday</b>	Peaches and cream.
<b>Thursday</b>	Creme caramel.
<b>Friday</b>	Stewed winter fruit with clotted cream.
<b>Saturday</b>	Strawberry mousse.
<b>Sunday</b>	Pineapple delight with custard.



## - BREAKFAST -

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

## - MORNING TEA -

- Monday** Ginger loaf.
- Tuesday** Aunt Daisy's southern cheese rolls.
- Wednesday** Devonshire tea.
- Thursday** Berry friand. (GF)
- Friday** Chef Joe's sausage roll.
- Saturday** Assorted savouries.
- 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

<b>Boulangere potatoes</b>	A traditional French recipe of layers of potatoes cooked with thyme, rosemary and chicken stock.
<b>Budino</b>	A sweet Italian dish, usually rich and creamy like a custard or pudding.
<b>Chassuer</b>	A French hunters' dish with mushrooms, tomatoes and onions.
<b>Devonshire tea</b>	A light meal of scones with jam and cream.
<b>Dhansak</b>	An Indian dish of meat or vegetables cooked with lentils.
<b>Gado-gado</b>	Indonesian vegetable dish with peanut sauce.
<b>Hungry Planet pie</b>	High protein, plant-based meat substitute with herbs and spices.
<b>Joy bowls</b>	A protein powerhouse consisting of grains, nuts, vegetables and cheese, with a pesto dressing.
<b>Korma</b>	A dish originating in the Indian subcontinent. Traditionally mild spiced curry with a thick sauce.
<b>Tiramisu</b>	A dessert consisting of layers of sponge soaked in coffee with chocolate and mascarpone cheese.



Gluten Free



Gluten Free Option Available

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## WINTER MENU WEEK 3



## - LUNCH -

<b>Monday</b>	Salmon with lemon aioli ★ or pickled pork with apple gravy. GF Scalloped potatoes with honey yams and green beans.
<b>Tuesday</b>	Oriental braised beef or roast turkey with cranberry sauce. Garlic mashed potatoes with savoy cabbage and pumpkin.
<b>Wednesday</b>	Chicken chasseur or lamb steak with redcurrant jus. GF Boulangere potatoes with roasted beetroot, cauliflower, and a cheese sauce.
<b>Thursday</b>	Roast beef and horseradish ★ or country sausages with onions and gravy. Roast potatoes, sweet potato, parsnips and green beans.
<b>Friday</b>	Salt and pepper crumbed fish and chips or sweet and sticky chicken. GF Chips and traditional salad.
<b>Saturday</b>	Smokey brisket or pork korma and rice. Smashed gourmet potatoes with creamed silverbeet, yams and butter beans.
<b>Sunday</b>	Roast lamb leg with gravy GF or smoked fish cakes with tomato relish. Roast potatoes and carrots with beans and pumpkin.

## - VEGETARIAN OPTION -

<b>Monday</b>	Spinach, ricotta and pine nut filo.
<b>Tuesday</b>	Lemon, parmesan and rocket risotto with salad. GF
<b>Wednesday</b>	Spinach and feta ravioli.
<b>Thursday</b>	Sweet onion and cheese flan.
<b>Friday</b>	Vegetable turnovers with lentil salad.
<b>Saturday</b>	Hungry Planet pie.
<b>Sunday</b>	Pumpkin and vegetable frittata with farro salad.

## - LUNCH DESSERT -

<b>Monday</b>	Citrus sponge cheesecake or banana split with ice cream.
<b>Tuesday</b>	Coconut sago with lime GF or ice cream or sorbet.
<b>Wednesday</b>	Brandy steamed pudding with custard or fruit with ice cream.
<b>Thursday</b>	Tiramisu or jellied fruit.
<b>Friday</b>	Spiced fig cake or fruit with ice cream.
<b>Saturday</b>	Croissant bread and butter pudding or ice cream or sorbet.
<b>Sunday</b>	Chocolate budino or fruit with ice cream.

## - SOUP -

<b>Monday</b>	Cauliflower cheese. GF
<b>Tuesday</b>	Zucchini and mint.
<b>Wednesday</b>	Tomato and herb with sour cream and chives.
<b>Thursday</b>	Lamb shank.
<b>Friday</b>	Cream of cauliflower
<b>Saturday</b>	Corn and bacon chowder.
<b>Sunday</b>	Pea and ham.

## - EVENING MEAL -

<b>Monday</b>	Bubble and squeak or corn and manchego cheese patties with garden salad.
<b>Tuesday</b>	Steamed vegetables with Gado-gado and mashed potatoes GF or macaroni and cheese with bacon.
<b>Wednesday</b>	Smoked salmon with egg gratin or pumpkin and coconut dhansak with mashed potatoes GF
<b>Thursday</b>	Creamy mushrooms on brioche or lamb moussaka and salad.
<b>Friday</b>	Country style beef pie or fettuccine Alfredo and garden salad.
<b>Saturday</b>	Chicken parmigiana or asparagus and gruyere cheese tart. Green bean, feta and tomato salad with lemon dressing.
<b>Sunday</b>	Vegetable rosti with poached eggs and hollandaise sauce GF or cold meat and potatoes. Traditional salad.

## - EVENING DESSERT -

<b>Monday</b>	Apricot sponge with custard.
<b>Tuesday</b>	Fruit and yoghurt.
<b>Wednesday</b>	Black forest.
<b>Thursday</b>	Vanilla pudding with berries.
<b>Friday</b>	Chocolate bavarian.
<b>Saturday</b>	Apple and rhubarb tart with custard.
<b>Sunday</b>	French crepes with berries.



## - BREAKFAST -

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

## - MORNING TEA -

- Monday** Key lime and coconut tea cakes. (GF)
- Tuesday** Wholemeal cheese scones.
- Wednesday** Cinnamon doughnut.
- Thursday** Date scones.
- 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

<b>Adobo</b>	A Filipino dish of stewed meat with vinegar, garlic, soy sauce and spices.
<b>Buddha bowl</b>	A vegetarian meal served in a bowl with healthy grains like quinoa or rice. Usually accompanied with tofu, chickpeas and vegetables.
<b>Dahl</b>	A thick stew made from lentils, onions and spices.
<b>Gammon roast</b>	A cut of meat from the hind legs of a pig. It is cured the same way as bacon.
<b>Hungry Planet koftas</b>	High protein, plant-based meat substitute with herbs and spices.
<b>Rogan Josh</b>	An Indian spiced lamb dish, in a rich tomato-based sauce.
<b>Key lime tea cakes</b>	Small iced cakes with a zesty lime flavour.
<b>Meringata</b>	Italian dessert consisting of layers of meringue and vanilla cream.
<b>Tzatziki</b>	A Greek side dish of yogurt with cucumber, garlic, and mint.



Gluten Free



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## WINTER MENU WEEK 4



## - LUNCH -

<b>Monday</b>	Silverside with Nana's mustard sauce <small>(GF)</small> <b>or</b> coconut fish curry.
	Parsley potatoes, honey carrots and cauliflower with cheese sauce.
<b>Tuesday</b>	Lamb Rogan Josh with rice <b>or</b> potato top mince pie.
	Green beans with cumin carrots and roasted beetroot.
<b>Wednesday</b>	Braised sausages with baby onions <b>or</b> hoisin salmon.
	Parsley mashed potatoes with parsnips and brussel sprouts.
<b>Thursday</b>	Roast chicken with sage stuffing and gravy <b>or</b> veal scallopini.
	Buttered gourmet potatoes with roast vegetable medley and beans.
<b>Friday</b>	Battered fish <b>or</b> quiche Lorraine. <small>(GF)</small>
	Beer battered chips and salad.
<b>Saturday</b>	Beef goulash <b>or</b> chicken adobo and rice. <small>(GF)</small>
	Mashed potatoes with broccoli and sweet potatoes.
<b>Sunday</b>	Roast pork and apple sauce <small>(GF)</small> <b>or</b> Persian lamb with orange couscous.
	Roast potatoes, pumpkin and peas.

## - VEGETARIAN OPTION -

<b>Monday</b>	Cauliflower and chickpea curry. <small>(GF)</small>
<b>Tuesday</b>	Buddha bowl.
<b>Wednesday</b>	Vegetable korma.
<b>Thursday</b>	Spinach and tomato dahl. <small>(GF)</small>
<b>Friday</b>	Goat's cheese and cherry tomato flan with salad.
<b>Saturday</b>	Spinach and ricotta tortellini with salad.
<b>Sunday</b>	Cos salad with avocado, egg, parmesan and snow peas. <small>(GF)</small>

## - LUNCH DESSERT -

<b>Monday</b>	Meringata with raspberry coulis <b>or</b> strawberry ice cream sundae.
<b>Tuesday</b>	Apple strudel with cream <b>or</b> ice cream or sorbet.
<b>Wednesday</b>	Lemon sago <b>or</b> fruit with ice cream.
<b>Thursday</b>	Pana cotta with raspberry coulis <small>(GF)</small> <b>or</b> jellied fruit.
<b>Friday</b>	Black Doris plum upside down cake <b>or</b> fruit with ice cream.
<b>Saturday</b>	Apple and blueberry pie <b>or</b> ice cream or sorbet.
<b>Sunday</b>	Trifle with whipped cream <b>or</b> fruit with ice cream.

## - SOUP -

<b>Monday</b>	Roast pumpkin. <small>(GF)</small>
<b>Tuesday</b>	Roast carrot and lentil.
<b>Wednesday</b>	Leek and potato.
<b>Thursday</b>	Mинestrone.
<b>Friday</b>	Butter chicken laksa.
<b>Saturday</b>	Tomato and white bean.
<b>Sunday</b>	Vegetable broth. <small>(GF)</small>

## - EVENING MEAL -

<b>Monday</b>	Lemon and herb crumbed chicken thighs <b>or</b> corn fritters with guacamole and salsa. <small>(*)</small>
	Hash browns and traditional salad.
<b>Tuesday</b>	Hoki hash with poached eggs <b>or</b> pork ribs with southern style sauce and rainbow slaw. <small>(*)</small>
	Crisscut fries.
<b>Wednesday</b>	Pumpkin gnocchi <b>or</b> penne pasta with chorizo, feta and napolitan sauce.
<b>Thursday</b>	Pumpkin and cheese frittata <small>(GF)</small> <b>or</b> Hungry Planet koftas with tzatziki. <small>(GF)</small>
	Greek broccoli and quinoa salad.
<b>Friday</b>	Sweet potato and lentil patties with chutney <b>or</b> mushroom strudel.
	Baby beets, rocket, almonds and feta salad.
<b>Saturday</b>	All day breakfast <b>or</b> vegetarian all day breakfast.
<b>Sunday</b>	Vegetarian quiche with salad <b>or</b> smoked chicken, cranberry and brie croissants.

## - EVENING DESSERT -

<b>Monday</b>	Jellied fruit with whipped cream.
<b>Tuesday</b>	Strawberry mousse.
<b>Wednesday</b>	Poached pears.
<b>Thursday</b>	Butterscotch pudding.
<b>Friday</b>	Profiteroles.
<b>Saturday</b>	Rich chocolate mousse with berry coulis.
<b>Sunday</b>	Baked custard.

