### Nursing Home Week 3, Thursday

#### Breakfast
- **Meal**: □ Small □ Medium □ Large
- **Cereals**
  - □ Sultana Bran □ All Bran
  - □ Cornflakes □ Weet-Bix
  - □ Rolled Oats □ Equal
  - □ Sugar □ Cold Milk
- **Bread**
  - □ White □ Wholemeal
  - □ Toasted
- **Spreads**
  - □ Margarine □ Butter
  - □ Marmalade □ Plum Jam
  - □ Strawberry □ Apricot Jam
- **Fruit**
  - □ Compost of fruit □ Prunes
- **Hot Breakfast**
  - □ Spaghetti
- **Hot Drinks**
  - □ Tea □ Coffee □ Milo
  - □ Milk □ Sugar □ Equal
- **Cold Drinks**
  - □ Juice □ Milk □ Cold Milo

#### Lunch
- **Meal**: □ Small □ Medium □ Large
- **Main Meal**
  - □ Beef Sausages & Gravy
  - □ Mashed Potato
  - □ Mashed Pumpkin
  - □ Braised Cabbage
- **Dessert**
  - □ Plain Sandwiches
  - □ Bread & Butter Custard
  - □ Ice-cream □ Custard
- **Hot Drinks**
  - □ Tea □ Coffee □ Milo
  - □ Milk □ Sugar □ Equal
- **Cold Drinks**
  - □ Juice □ Milk
  - □ Cordial □ Cold Milo

#### Tea
- **Meal**: □ Small □ Medium □ Large
- **Soup** □ Minestrone
- **Meal** □ Meatballs & Gravy □ Mix Vegetables
- □ Cold Meat □ Salad
- **Bread**
  - □ White □ Wholemeal
- **Spreads**
  - □ Margarine □ Butter
  - □ Marmalade □ Plum Jam
  - □ Vegemite □ Apricot Jam
  - □ Strawberry □ Honey
- **Hot Drinks**
  - □ Tea □ Coffee □ Milo
  - □ Milk □ Sugar □ Equal
- **Cold Drinks**
  - □ Juice □ Milk
  - □ Cordial □ Cold Milo
  - □ Fresh Fruit

#### Afternoon Tea with Cake or Biscuit
- □ Tea □ Coffee □ Hot Milo
  - □ Milk □ Sugar □ Equal
- □ Cold Milo □ Milk
  - □ Lemonade □ Juice

#### Supper with Cake or Biscuit
- □ Tea □ Coffee □ Hot Milo
  - □ Milk □ Sugar □ Equal
- □ Cold Milo □ Milk
  - □ Lemonade □ Juice
<table>
<thead>
<tr>
<th><strong>BREADFAST</strong></th>
<th><strong>NURSING HOME WEEK2 THURSDAY</strong></th>
<th><strong>TEA</strong></th>
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<tbody>
<tr>
<td><strong>Meal</strong> □ Small □ Medium □ Large</td>
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<td>Meal □ Small □ Medium □ Large</td>
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**Cereals**
- □ Sultana Bran □ All Bran
- □ Cornflakes □ Weet-Bix
- □ Rolled Oats □ Equal
- □ Sugar □ Cold Milk

**Bread**
- □ White □ Wholemeal □ Toasted

**Spreads**
- □ Margarine □ Butter
- □ Marmalade □ Plum Jam
- □ Strawberry □ Apricot Jam

**Fruit**
- □ Compote of fruit □ Prunes

**Hot Breakfast**
- Scrambled Egg

**Hot Drinks**
- □ Tea □ Coffee □ Milo
  - □ Milk □ Sugar □ Equal

**Cold Drinks**
- □ Juice □ Milk
- □ Cordial □ Cold Milo

**Morning tea served with Cake or Biscuit**
- □ Tea □ Coffee □ Hot Milo
  - □ Milk □ Sugar □ Equal

**Afternoon tea with Cake or Biscuit**
- □ Cold Milo □ Milk
  - □ Lemonade □ Juice

**Supper with Cake or Biscuit**
- □ Tea □ Coffee □ Hot Milo
  - □ Milk □ Sugar □ Equal

**Soup** □ Pea & Ham
**Meals** □ Chicken Fricassee & Mixed Vegetables
**Cold Meat** □ Salad
**Bread** □ White □ Wholemeal
**Spreads**
- □ Margarine □ Butter
- □ Marmalade □ Plum Jam
- □ Vegemite □ Apricot Jam
- □ Strawberry □ Honey

**Hot Drinks**
- □ Tea □ Coffee □ Milo
  - □ Milk □ Sugar □ Equal

**Cold Drinks**
- □ Juice □ Milk
  - □ Cordial □ Cold Milo

- □ Fresh Fruit