



The Peninsula Villages Dining *Experience*



Your Life, Your Choice, Our Communities

YOUR LIFE
YOUR CHOICE
OUR COMMUNITIES



Here at Peninsula Villages, we offer more than just meals to our aged care residents; we offer a dining experience. In consultation with dieticians, our team of experienced chefs and cooks prepare nutritious, home-style meals on-site every day.

To ensure variety, we prepare seasonal menus for residents using the finest ingredients. Our ethos for our menus is based on providing flavoursome, nutritious meals that foster an enjoyment of food by our residents.

Meals include breakfast, lunch, dinner and dessert, with optional sweets after lunch. Additional snacks, fruit, tea and coffee is also available to the residents throughout our facilities.

All menus are prepared and reviewed by our consultant dietician and meals are adapted for residents' changing needs, allergies and requirements. We also have specific dishes that are gluten free, vegetarian or dairy free.



Sample *menu*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fruit, yoghurt, cereal, toast, spread and scrambled egg						
HOT BREAKFAST	Baked beans	Crumpet	Raisin toast	Poached egg	Hash brown and grilled tomato	Variety of Danish	Bacon and scrambled egg
MORNING TEA	Chef selection of cake/ slice/ fruit/ yoghurt/ custard, cheese and biscuit/sweet biscuit						
LUNCH	Chicken schnitzel with chicken gravy	Braised steak with Diane sauce	Roast turkey with gravy and cranberry sauce	Lamb tagine (Moroccan stew)	Steamed hokki fillet with hollandaise sauce	Beef bourguignon	Roast lamb with gravy and mint sauce
STARCH	Mash potato	Chips	Roast potato	Pearl cous cous	Steamed chats potato	Mash potato	Roast potato
VEG	Red cabbage & green beans	Broccoli & carrot	Roast pumpkin and brussels sprouts	Dried apricot, dates, olives, carrot, potato & chick peas	Broccoli & steamed carrot	Greens beans	Roast pumpkin and peas
DESSERT	Salted caramel cheesecake	Peaches & custard	Black forest cake	Hot waffle with ice cream and chocolate sauce	Speciality ice cream	Sticky date pudding with whipped cream	Tiramisu
AFTERNOON TEA	Chef selection of cake/ slice/ fruit/ yoghurt/ custard, cheese and biscuit/sweet biscuit						
DINNER	Sausage roll with sauce of your choice and side salad	Fish cocktail with sweet sour sauce & fried rice	Crispy ham and cheese croissant with cauliflower gratin	Beef rissoles with mash & onion gravy	Asparagus, pea & spinach risotto baked	Chicken cacciatore with penne	House made frittata with side salad
SOUP	Cream of chicken soup	Pumpkin and coconut with coriander soup	Broccoli and cheddar soup	Lamb and vegetable soup	Chicken and corn soup	Creamy pumpkin soup	cauliflower soup
DESSERT	Choice of fresh fruit, ice cream, fruit cup, dessert cup, yoghurt						



Alternate *menu*

LUNCH & DINNER

At Breakfast time you can order the following item for your meal.

- ~ Flame Grilled Chicken breast ~
- ~ Beef Lasagne (G/F) ~
- ~ Pumpkin Arancini (G/F) ~
- ~ Beef Pie (G/F available) ~
- ~ Fritters (2 per person) ~
- ~ Fish Cocktail ~
- ~ Croissant of your choice ~
- ~ Toasties of Your Choice (G/F available) ~
- ~ Sandwich of your Choice (G/F available) ~
- ~ Salad of your Choice (G/F) ~

If you feel like something that is not on the menu, please let the staff know we will try to accommodate your request. Thank you



Mid meal

OPTION AVAILABLE 24/7

- ~ Yoghurt (*variety of flavours*) ~
- ~ Hard cheese (*slice or cube*) ~
- ~ Custard (*chocolate or vanilla*) ~
- ~ Flavoured Milk (*variety of flavours, added Sustagen available*) ~
- ~ Variety of biscuits and crackers ~
- ~ Variety of cakes and baked goods ~
- ~ Ice cream ~
- ~ Variety of spreads on bread ~
- ~ Fresh fruit and fruit cups ~
- ~ Puree fruit ~
- ~ Screemies Ice Cream No Melt (*vanilla, strawberry, salted caramel*) ~
- ~ Variety of sandwiches

For more options, refer to the alternate menu and communicate to the catering team what is needed and update nutrition assessment if necessary.

About our *Chef*

A glass of wine over a fresh, French-inspired lunch. Sounds more Riviera than Residential Care, but that's exactly what Chef Stephan Blant is proud to bring to care residents of Peninsula Villages on an ongoing basis.

A third-generation French chef, Stephan trained with his father in Switzerland, before moving to Australia ten years ago. Despite speaking no English when he arrived, Stephan landed a role working as a Chef de Partie at a popular tourist restaurant in Darling Harbour where he honed his cooking skills and practiced his English.

After working across the country, including in exclusive hotels in Hayman Island and Daydream Island, he relocated to his wife's hometown of Umina to start their family.

"We returned to the Coast and I got my first job as a Chef with the Salvation Army at a local rehabilitation centre. It was there that I discovered how rewarding it was to work with vulnerable people," said Stephan.

"Later on, I decided to move across into working with aged care residents and was fortunate enough to get the job at Peninsula Villages."

Stephan brings both his French heritage and fine dining background to his work and loves to add a touch of the Mediterranean to his menu items.

"My first instinct in the kitchen is to go to my comfort zone, with French and Mediterranean cuisine. We like to make sure there is plenty of choice for residents, so alongside traditional meals, I try to incorporate foods that I love."

Of course, the most important aspect of any French meal is a good bottle of wine. Despite not being a wine drinker himself, Stephan ensures that the residents are served high quality wine that meets their tastes.

"We organise wine tastings," he says. "As I don't drink wine, we gather the residents together to sample various wines and then together, we decide what wines we'll serve that season with their meals. We also make sure there is Muscat and Champagne for special occasions."

