




WEEKLY MENU example

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
LUNCH									
Main Meal 1	Irish Stew Lamb, potato, Carrot & onion stew	Steamed Fish with Mediterranean Sauce	Beef & Vegetable Casserole	Chicken Schnitzels	Battered Fish, Chips & Tartare Sauce	Beef Bourguignon Casserole Beef, mushroom, carrot, tomato & onions in a wine sauce	Roast Loin of Pork w Apple Sauce & Gravy		
Main Meal 2	Honey Mustard Chicken	Crumbed Brains & Bacon	Chinese Style Plum Pork	Lamb Kofta Balls	Homemade Beef Pies	Stuffed Chicken Thighs	Vegetable & Lentil Curry		
Dessert	Sticky Date Pudding w Custard Cream Sauce	Warm Semolina Cake with Syrup	Peach Cobbler	Vanilla Sponge with Berries & Cream	Warm Sago Plum Pudding with Custard	Pineapple Upside Down Cake	Pear & Rhubarb Crumble with Custard		
DINNER									
Soup	French Onion	Chicken & Sweet Corn	Country Vegetable & Barley	Cream of Pumpkin	Potato & Leek	Cream of Tomato	<u>Take Home Meal</u>		
Main Meal 1	Asparagus, Tomato & Cheese Frittata	Pasta Bake with Mozzarella Cheese	Shepherd's Pie with Vegetables	Curried Sausages with Potato Mash	Salmon Mornay with Crusty Topping	Spinach & Fetta Slice with Salad	Assorted Sandwiches		
Sandwiches Dessert	Raspberry Jelly & Whipped Cream	Stewed Apples & Ice cream	<u>A fresh selection of sandwiches offered daily as an alternative to hot choices</u>		French Vanilla Mousse	Jellied Fruit	Ice Cream Sundae	Pavlova with Fruit & Whipped Cream	Orange & Poppyseed Muffins

**Glengollan Village
Activities Planner
September 2019**

Monday 30th						Sunday 1st
11:00am Fun Exercise 1:30pm Art & Craft						Father's Day
Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Saturday 7th	Sunday 8th
11:00am Fun Exercise 1:30pm Art & Craft	11:00am Trivia 1:30pm Carpet Bowls	11:00am Fun Exercise 1:30pm Bingo 3:00pm Knitting Group (VLH)	11:00am Trivia 1:30pm Bunnings	10:30am Community Singers (MCW) 11:00am Fun Exercise (VLH) 1:30pm Happy Hour	1:30pm Movie	11:30am Songs of Praise 1:30pm Movie
Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th	Sunday 15th
11:00am Fun Exercise 1:30pm Art & Craft	11:00am Quiz/Word Games 1:30pm Music with Ivy (VLH)	11:00am Fun Exercise 1:30pm Bingo 3:00pm Knitting Group (VLH)	9:30am Mobile Library 11:00am Baptist Church Service (VLH) 1:30pm Walking Group	10:30am Community Singers (MCW) 11:00am Fun Exercise (VLH) 1:30pm Happy Hour	1:30pm Movie	11:30am Songs of Praise 1:30pm Movie
Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st	Sunday 22nd
11:00am Fun Exercise 1:30pm Art & Craft	11:00am Brain Drain 2:00pm Resident/Relative Meeting (VLH)	11:00am Catholic Communion (VLH) 1:30pm Bingo 3:00pm Knitting Group (VLH)	11:00am Quiz/Word Games 1:30pm Relaxation Group	10:30am Community Singers (MCW) 11:00am Fun Exercise (VLH) 1:30pm Happy Hour	1:30pm Movie	11:30am Songs of Praise 1:30pm Movie
Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th
11:00am Fun Exercise 1:30pm Art & Craft	11:00am Trivia 1:30pm Bingo	11:00am Fun Exercise 1:30pm The Happy Wanderers (VLH) 3:00pm Knitting Group (VLH) 3:00pm In-House Shopping (Green Dining)	9:30am Mobile Library 11:00am Church of Christ Service (VLH) 1:30pm Footy Tipping Presentations & Happy Hour (VLH)	Activity Free Day AFL Grand Final Parade on TV	AFL Grand Final - pre match and game on TV	11:30am Songs of Praise 1:30pm Movie

**Glengollan Village - Squire Wing
Activities Planner
September 2019**

Monday 30th						Sunday 1st
11:00am Fun Exercise 1:30pm Art & Craft 3.30pm Individual Roles & Activities						Father's Day
Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Saturday 7th	Sunday 8th
11:00am Fun Exercise 1:30pm Art & Craft 3.30pm Individual Roles & Activities	11:00am Quiz/Word Games 1:30pm Reminiscence 3:30pm Individual Roles & Activities	11:00am Fun Exercise / Walking Group 1:30pm Bingo 3:30pm Individual Roles & Activities	11:00am Baptist Church Service (VLH) 1:30pm Reading Group 3:30pm Individual Roles & Activities	10:30am Community Singers (MCW) 1.30pm Happy Hour 3:30pm Individual Roles & Activities	11:00am Walking Group 1:30pm Puzzles 3.30pm Individual Roles & Activities	11:30am Songs of Praise 1:30pm Movie 3.30pm Individual Roles & Activities
Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th	Sunday 15th
11:00am Fun Exercise 1:30pm Art & Craft 3.30pm Individual Roles & Activities	11:00am Trivia 1:30pm Bus Outing (Squire) 3.30pm Individual Roles & Activities	11:00am Fun Exercise / Walking Group 1:30pm Bingo 3.30pm Individual Roles & Activities	11:00am Brain Drain 1:30pm 3.30pm Individual Roles & Activities	10:30am Community Singers (MCW) 1.30pm Happy Hour 3:30pm Individual Roles & Activities	11:00am Walking Group 1:30pm Movie 3.30pm Individual Roles & Activities	11:30am Songs of Praise 1:30pm Karaoke 3.30pm Individual Roles & Activities
Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st	Sunday 22nd
11:00am Fun Exercise 1:30pm Art & Craft 3.30pm Individual Roles & Activities	11:00am Quiz/Word Games 1:30pm Karaoke 3.30pm Individual Roles & Activities	11:00am Catholic Communion (VLH) 1:30pm Bingo 3.30pm Individual Roles & Activities	11:00am Church of Christ Service (VLH) 1:30pm 3.30pm Individual Roles & Activities	10:30am Community Singers (MCW) 1:30pm Happy Hour 3.30pm Individual Roles & Activities	11:00am Reminiscence 1:30pm Hand Pampering 3.30pm Individual Roles & Activities	11:30am Songs of Praise 1:30pm Poetry/Stories 3.30pm Individual Roles & Activities
Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th
11:00am Fun Exercise 1:30pm Art & Craft 3.30pm Individual Roles & Activities	11:00am Trivia 1:30pm Poetry/Stories 3.30pm Individual Roles & Activities	11:00am Fun Exercise / Walking Group 1:30pm Bingo 3.30pm Individual Roles & Activities	11:00am Brain Drain 1:30pm Ball Games 3.30pm Individual Roles & Activities	10:30am Community Singers (MCW) 1:30pm Happy Hour 3.30pm Individual Roles & Activities	11:00am Quiz & Word Games 1:30pm Movie 3.30pm Individual Roles & Activities	11:30am Songs of Praise 1:30pm Poetry/Stories 3.30pm Individual Roles & Activities