

**NAME –**

**RUN -**

**Two Week Rotating Summer Menu**

**21/10/2024 – 20/04/2025**

**MAIN MEALS ARE SERVED WITH W/ 3 VEGETABLES**

**DF – DAIRY FREE LG – LOW GLUTEN VEG – VEGETARIAN**

**PLEASE CIRCLE MEAL SIZE**

**MAIN OR MINI AND MEAL CHOICE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK ONE | MONDAY  Potato, Sweet Potato,  Broccoli | TUESDAY  Potato, Corn,  Peas | WEDNESDAY  Potato, Carrot,  Cauliflower | THURSDAY  Potato, Pumpkin, Beans | FRIDAY  Potato, Sweet Potato, Peas |
| MAIN MEAL $8.00  MINI MEAL  $4.50 | Chicken Cacciatore  Korean Beef w/ Rice | Mexican Pork Meatballs  Chicken Pot  Pie | Roast Beef w/ Gravy **LG**  Roast Turkey w/ Gravy **LG** | Brocc & Cauli Mac n’ Cheese **VEG**  Smoked Chicken w/ BBQ Sauce | Beef Steak w/ Mushroom Gravy  Coconut Fish Curry w/ Rice |
| DESSERT $2.50  FRUIT $2.00 | Apple Pie w/ Custard  Fruit | Mixed Berry Tart  Fruit | Trifle  Fruit | Raspberry Blondie Cake  Fruit | Espresso Slice w/ Custard  Fruit |
| SALAD  MAIN $8.00  MINI $4.50 | Ham, Chicken,  Salmon | Ham, Chicken,  Salmon | Ham, Chicken,  Salmon  Asian Pork | Ham, Chicken,  Salmon  Stuffed Mushroom | Ham, Chicken,  Salmon  Prawn Cocktail |
| SANDWICH $3.50 | Salmon & Cream Cheese | Ham, Cheese & Pickle | Corned Beef & Swiss Cheese | Roast Beef & Mustard | Pesto Chicken |
| SOUP $2.00 | Ramen Noodle | Lamb & Barley | Baked Feta & Tomato | Mushroom & Potato | Carrot & Ginger |

**Alternative Daily Options Include:** Crumbed Fish, Chicken Schnitzel & Gravy, Chicken Parmigiana, Chicken Cordon Bleu, Meatballs & Spaghetti, Meatballs & Gravy, Meat Pie & Gravy, Bangers & Mash.

**Alternative Daily Sandwich Options:** Ham Cheese Tomato, Egg Lettuce Mayo, Chicken Lettuce Mayo.

**Drinks Menu**

**Fruit Juice $.50 -** Apple ◊ Orange ◊ Mixed ◊ – Or Complimentary when more than one meal ordered same day.

**UP & GO Protein Drinks $2.00 -** Vanilla ◊ Chocolate ◊ Mixed ◊

**PLEASE TURN OVER AND FILL OUT MENU FOR WEEK TWO**

A blue and purple text on a black background

Description automatically generated

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**PLEASE CIRCLE MEAL SIZE**

**MAIN OR MINI AND MEAL CHOICE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK TWO | MONDAY  Potato, Cauliflower, Beans | TUESDAY  Potato, Carrot, Broccoli | WEDNESDAY  Potato, Pumpkin,  Peas | THURSDAY  Potato, Sweet Potato,  Corn | FRIDAY  Potato, Carrot,  Peas |
| MAIN MEAL  $8.00  MINI MEAL  $4.50 | Thai Turkey Meatballs  Honey Mustard Chicken | Oven Baked Crumbed Fish  Chinese BBQ Pork Steak | Roast Lamb w/ Gravy **LG**  Roast Chicken w/ Gravy **LG** | Spinach & Mushroom Quiche **VEG**  Teriyaki Beef w/ Noodles | Silverside w/ Parsley Sauce  Tuna Bake |
| DESSERT $2.50  FRUIT $2.00 | Tropical Rice Pudding  Fruit | Cheesecake  Fruit | Lemon Ricotta Cake  Fruit | Anzac Tart w/ Custard  Fruit | Apple Ginger Slice  Fruit |
| SALAD  MAIN $8.00  MINI $4.50 | Ham, Chicken,  Salmon | Ham, Chicken,  Salmon | Ham, Chicken,  Salmon  Chicken Burrito Bowl | Ham, Chicken,  Salmon  Sticky Beef | Ham, Chicken,  Salmon  Bacon, Cheese, Rice Slice |
| SANDWICH $3.50 | Chicken, Cheese & Mayo | Turkey & Salad | Ham & Relish | Curried Egg & Lettuce | Chicken & Salad |
| SOUP $2.00 | Chunky Vegetable | Beef & Mushroom | Potato, Leek & Chorizo | Broccoli & Pea | Thai Pumpkin |

**Alternative Daily Options Include:** Crumbed Fish, Chicken Schnitzel & Gravy, Chicken Parmigiana, Chicken Cordon Bleu, Meatballs & Spaghetti, Meatballs & Gravy, Meat Pie & Gravy, Bangers & Mash.

**Alternative Daily Sandwich Options:** Ham Cheese Tomato, Egg Lettuce Mayo, Chicken Lettuce Mayo.

**CHANGES TO MENU CAN BE DONE OVER THE PHONE**

**6765 8999**



**NAME –**

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**FROZEN WINTER MENU**

**WEEKEND MEALS DELIVERED FRIDAY**

HOW MANY MEALS FOR WEEK ONE? MAINS …. MINIS .... DESSERTS …. SOUPS …. PIES ….

HOW MANY MEALS FOR WEEK TWO? MAINS .… MINIS …. DESSERTS …. SOUPS …. PIES ….

|  |  |
| --- | --- |
| MAIN MEALS $8.00  MINI MEALS $4.50 | DESSERTS $2.50 |
| ALL MAIN MEALS ARE SERVED W/ 3 SET VEGETABLES DF – DAIRY FREE LG – LOW GLUTEN VEG – VEGETARIAN   * Chicken Cacciatore * Korean Beef w/ Rice * Mexican Pork Meatballs * Chicken Pot Pie * Roast Beef w/ Gravy LG * Roast Turkey w/ Gravy LG * Brocc & Cauli Mac ‘N Cheese VEG * Smoked Chicken w/ BBQ Sauce * Beef Steak w/ Mushroom Gravy * Coconut Fish Curry w/ Rice * Thai Turkey Meatballs * Honey Mustard Chicken * Oven Baked Crumb Fish * Roast Lamb w/ Gravy LG * Roast Chicken w/ Gravy LG * Spinach & Mushroom Quiche VEG * Teriyaki Beef w/ Noodles * Silverside w/ Parsley Sauce * Tuna Bake * Crumbed Fish * Chicken Schnitzel * Chicken Parmigiana * Chicken Cordon Bleu * Meatballs & Gravy * Meatballs & Spaghetti DF * Meat Pie w/ Gravy * Bangers & Mash | * Apple Pie w/ Custard * Mixed Berry Tart * Trifle * Raspberry Blondie Cake * Espresso Slice w/ Custard * Tropical Rice Pudding * Cheesecake * Lemon Ricotta Cake * Anzac Slice w/ Custard * Apple Ginger Slice |
| **SOUP $2.00** |
| * Ramen Noodle * Lamb & Barley * Baked Feta & Tomato * Mushroom & Potato * Carrot & Ginger * Chunky Vegetable * Beef & Mushroom * Potato, Leek & Chorizo * Broccoli & Pea * Thai Pumpkin   **PIES & SAUSAGE ROLLS $4.50**   * Plain Beef * Chicken Pot Pie * Creamy Potato, Onion & Cheese * Steak & Kidney * Cottage * Beef, Bacon & Cheese * Curried Beef * Pepper Steak * Lamb & Rosemary * Plain Sausage Roll |