

**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 | MONDAYPotato, Sweet Potato,Broccoli | TUESDAYPotato, Corn, Peas | WEDNESDAYPotato, Carrot, Cauliflower | THURSDAYPotato, Pumpkin, Beans | FRIDAYPotato, Sweet Potato, Peas |
| MAIN MEAL $8.00MINI MEAL $4.50 | Chicken CacciatoreKorean Beef w/ Rice | Mexican Pork MeatballsChicken 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 GravyCoconut Fish Curry w/ Rice |
| DESSERT $2.50FRUIT $2.00 | Apple Pie w/ CustardFruit | Mixed Berry TartFruit | TrifleFruit | Raspberry Blondie CakeFruit | Espresso Slice w/ CustardFruit |
| SALAD MAIN $8.00MINI $4.50 | Ham, Chicken,Salmon | Ham, Chicken,Salmon | Ham, Chicken,SalmonAsian Pork | Ham, Chicken,SalmonStuffed Mushroom | Ham, Chicken,SalmonPrawn 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**



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

**PLEASE CIRCLE MEAL SIZE**

**MAIN OR MINI AND MEAL CHOICE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK TWO | MONDAYPotato, Cauliflower, Beans | TUESDAYPotato, Carrot, Broccoli | WEDNESDAYPotato, Pumpkin, Peas | THURSDAYPotato, Sweet Potato,Corn | FRIDAYPotato, Carrot,Peas |
| MAIN MEAL $8.00MINI MEAL $4.50 | Thai Turkey MeatballsHoney Mustard Chicken | Oven Baked Crumbed FishChinese BBQ Pork Steak | Roast Lamb w/ Gravy **LG**Roast Chicken w/ Gravy **LG** | Spinach & Mushroom Quiche **VEG**Teriyaki Beef w/ Noodles  | Silverside w/ Parsley SauceTuna Bake |
| DESSERT $2.50FRUIT $2.00 | Tropical Rice PuddingFruit | CheesecakeFruit | Lemon Ricotta CakeFruit | Anzac Tart w/ CustardFruit | Apple Ginger SliceFruit |
| SALADMAIN $8.00MINI $4.50 | Ham, Chicken,Salmon | Ham, Chicken,Salmon | Ham, Chicken,SalmonChicken Burrito Bowl | Ham, Chicken,SalmonSticky Beef | Ham, Chicken,SalmonBacon, 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 $8.00MINI 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
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