

NAME –

RUN -

Summer Menu 23/10/23 – 21/04/24

Two Week Rotating

ALL MAIN MEALS ARE SERVED W/ 3 VEGETABLES

DF – DAIRY FREE LG – LOW GLUTEN VEG – VEGETARIAN

PLEASE CIRCLE MEAL SIZE

MAIN OR **MINI** AND MEAL CHOICE

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL \$8.00 MINI MEAL \$4.50	Pork Steak w/ Garlic Onion Sauce DF/LG Lamb Irish Stout Stew DF/LG	Devilled Sausages & Mash DF/LG Turkey Rissoles w/ Cranberry Sauce	Roast Beef w/ Gravy DF/LG Roast Chicken w/ Gravy DF/LG	Falafel w/ Ratatouille DF/LG/VEG Chicken & Ricotta Meatballs w/ Spinach Sauce	Curry Prawns w/ Rice Beef Stir-fry DF
DESSERT \$2.50 FRUIT \$2.00	Caramel Slice Fruit	Fruit & Custard LG Fruit	Raspberry Crumb Bar Fruit	Lemon Custard Cake Fruit	Sticky Date w/ Butter Scotch Sauce Fruit
SALAD MAIN \$8.00 MINI \$4.50	Ham, Chicken, Salmon	Ham, Chicken, Salmon	Ham, Chicken, Salmon Chicken & Sweet Potato	Ham, Chicken, Salmon Roast Meat	Ham, Chicken, Salmon Quiche Lorraine
SANDWICH \$3.50	Chicken, Lettuce & Mayo	Ham, Cheese & Tomato	Curried Egg & Lettuce	Corned Meat, Pickle & Cheese	Devon & Cheese
SOUP \$2.00	Beef Goulash DF/LG	Short Soup DF	Chicken Noodle & Veg DF	Moroccan Sweet Potato DF/LG	Creamy Carrot & Red Lentil DF/LG

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 / UP & GO Protein Drinks \$2.00

PLEASE TURN OVER AND FILL OUT MENU FOR WEEK TWO

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MAIN OR MINI AND MEAL CHOICE

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL \$8.00 MINI MEAL \$4.50	Curry Beef w/ Rice DF/LG Chicken Marsala LG	Pork Rissolle w/ Honey Mustard Sauce DF Seafood Pie	Roast Lamb w/ Gravy DF/LG Roast Pork w/ Gravy DF/LG	Beef Bourguignon DF/LG Spinach Balls w/ Bell Pepper Sauce VEG	Corned Beef w/ Cheese Sauce Steam Fish w/ Tartare Sauce
DESSERT \$2.50 FRUIT \$2.00	Blueberry Tart Fruit	Cheesecake Fruit	Carrot Cake Fruit	Pecan Flan Fruit	Apple Muffin Fruit
SALAD MAIN \$8.00 MINI \$4.50	Ham, Chicken, Salmon	Ham, Chicken, Salmon	Ham, Chicken, Salmon Spiced Pump & Cauliflower VEG	Ham, Chicken, Salmon Smoked Chicken & Tomato Tart	Ham, Chicken, Salmon Prawn
SANDWICH \$3.50	Ham, Cheese & Pickle	Turkey & Cranberry	Egg & Alfalfa	Tuna, Lettuce & Onion	Roast Beef & Mustard
SOUP \$2.00	Turkey & Rice DF/LG	Mediterranean DF	Pumpkin, Cauliflower Curry DF/LG	Beef & Mushroom DF/LG	Creamy Chicken & Veg

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 / UP & GO Protein Drinks \$2.00

CHANGES TO MENU CAN BE DONE OVER THE PHONE

6765 8999



FROZEN 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

ALL MAIN MEALS ARE SERVED W/ 3 VEGETABLES

DF – DAIRY FREE LG – LOW GLUTEN VEG – VEGETARIAN

- Pork Steak w/ Garlic Onion Sauce **DF/LG**
- Lamb Irish Stout Stew **DF/LG**
- Devilled Sausages & Mash **DF/LG**
- Turkey Rissoles w/ Cranberry Sauce
- Roast Beef w/ Gravy **DF/LG**
- Roast Chicken w/ Gravy **DF/LG**
- Falafel w/ Ratatouille **DF/LG/VEG**
- Chicken & Ricotta Meatballs w/ Spinach Sauce
- Curry Prawns w/ Rice
- Beef Stir-fry **DF**
- Curry Beef w/ Rice **DF/LG**
- Chicken Marsala **LG**
- Pork Rissole w/ Honey Mustard Sauce **DF**
- Seafood Pie
- Roast Lamb w/ Gravy **DF/LG**
- Roast Pork w/ Gravy **DF/LG**
- Beef Bourguignon **DF/LG**
- Spinach Balls w/ Bell Pepper Sauce **VEG**
- Corned Beef w/ Cheese Sauce
- Steam Fish w/ Tartare

- Crumbed Fish
- Chicken Schnitzel
- Chicken Parmigiana
- Chicken Cordon Bleu
- Meatballs & Gravy **DF**
- Meatballs & Spaghetti **DF**
- Meat Pie w/ Gravy
- Bangers & Mash **DF**

DESSERTS \$2.50

- Caramel Slice
- Fruit & Custard **LG**
- Raspberry Crumble Bar
- Lemon Custard Cake
- Sticky Date w/ Butter Scotch Sauce
- Blueberry Tart
- Cheesecake
- Carrot Cake
- Pecan Flan
- Apple Muffin

SOUP \$2.00

- Beef Goulash **DF/LG**
- Short Soup **DF**
- Chicken Noodle & Veg **DF**
- Moroccan Sweet Potato **DF/LG**
- Creamy Carrot & Red Lentil **DF/LG**
- Turkey & Rice **DF/LG**
- Mediterranean **DF**
- Pumpkin, Cauliflower Curry **DF/LG**
- Beef & Mushroom **DF/LG**
- Creamy Chicken & Vegetable

PIES & SAUSAGE ROLLS \$4.50

- Plain Beef **DF**
- Chicken & Leek
- Creamy Vegetable
- Steak & Kidney **DF**
- Cottage
- Beef, Bacon & Cheese
- Curried Beef **DF**
- Pepper Steak **DF**
- Lamb & Rosemary
- Plain Sausage Roll

