

**SUMMER MENU 24/10/22 to 21/04/23****2 Week Rotation Menu**

\*\* ALL MEALS ARE SERVED WITH 3X VEGETABLES \*\*

\*\* ALL DESSERTS AVAILABLE IN DIABETIC OPTIONS \*\*

**NAME:** \_\_\_\_\_ **RUN:** \_\_\_\_\_**JUICE:** NONE / APPLE/ ORANGE**MEALS:** Mains/Salads \$8.00 Mini (half serve) \$4.50Desserts \$2.50 Soups \$1.50 Sandwiches \$3.50**Alternative Daily Options to the set menu:** Crumbed Fish; Chicken Schnitzel & Gravy; Chicken Parmigiana; Chicken Cordon Bleu; Meatballs & Spaghetti; Meatballs & Gravy; Meat Pie & Gravy; Bangers & Mash\* **DF- DAIRY FREE LG- LOW GLUTEN VEG- VEGETARIAN** \***Daily sandwich options** -HCT-Ham Cheese Tomato; ELM- Egg Lettuce Mayo; CLM-Chicken, Lettuce Mayo**MONDAY****WEEK 1**

- Pork In Honey Garlic Sauce **DF LG**
- Chicken Thigh Fillets w/ Italian Marinara Sauce
- Salad:** Chicken / Ham / Salmon **LG**
- Soup:** Curry Seafood
- Sandwich:** Ham, Cheese & Tomato
- Lamington Muffin **DIAB**

**MONDAY****WEEK 2**

- Chicken Meatballs w/ Creamy Mustard
- Lamb Ragu & Pasta **DF**
- Salad:** Chicken / Ham / Salmon **LG**
- Soup:** Pea & Mint **DF LG**
- Sandwich:** Corned Beef & Pickles
- Choc Brownie **DIAB**

**TUESDAY**

- Beef & Mushroom Pie w/ Veg **DF**
- Steam Fish & Dill Sauce
- Salad:** Chicken / Ham / Salmon **LG**
- Soup:** Pumpkin
- Sandwich:** Tuna & Mayo
- Cheesecake

**TUESDAY**

- Sweet & Sour Pork Sausages **DF LG**
- Savoury Mince **DF LG**
- Salad:** Chicken / Ham / Salmon **LG**
- Soup:** Tom & Basil
- Sandwich:** Ham & Cheese
- Yoghurt & Muesli

**WEDNESDAY**

- Roast Lamb & Gravy **DF LG**
- Roast Turkey & Cranberry Sauce **DF LG**
- Salad:** Chicken / Ham / Salmon **LG**
- Salad:** Sticky Pork w/ Crispy Noodles
- Soup:** Roast Veg Soup **DF LG**
- Sandwich:** Egg, Lettuce & Mayo
- Pineapple Dream Slice **DIAB**

**WEDNESDAY**

- Roast Pork & Gravy **DF LG**
- Roast Chicken & Gravy **DF LG**
- Salad:** Chicken / Ham / Salmon **LG**
- Salad:** Mediterranean Tuna Salad
- Soup:** Smokey Potato & Bacon
- Sandwich:** Chicken, Lettuce & Mayo
- Mousse & Fruit

**THURSDAY**

- Sweet Onion & Cauliflower Tart **VEG**
- Chicken w/ Cheese & Bacon Sauce
- Salad:** Chicken / Ham / Salmon **LG**
- Salad:** Pesto Chicken
- Soup:** Thai Sweet Potato
- Sandwich:** Roast Beef & Mustard
- Passion Fruit Slice **DIAB**

**THURSDAY**

- Feta, Spinach & Sweet Corn Slice **VEG**
- Turkey Korma **DF**
- Salad:** Chicken / Ham / Salmon **LG**
- Salad:** Quiche Lorraine
- Soup:** Zucchini, Leek & Pot **DF LG**
- Sandwich:** Turkey & Cranberry
- Apple Berry Tart

**FRIDAY**

- Beef Steak w/ Pepper Sauce **LG**
- Tuna Potato Pie **LG**
- Salad:** Chicken / Ham / Salmon **LG**
- Salad:** Prawn Cocktail
- Soup:** Summer Minestrone **DF**
- Sandwich:** Chicken, Cheese & Mayo
- Mint Butterfly Cupcake **DIAB**

**FRIDAY**

- Fish Cakes **DF LG**
- Silverside w/ White Sauce
- Salad:** Chicken / Ham / Salmon **LG**
- Salad:** Caesar Salad
- Soup:** Chicken & Basil
- Sandwich:** Curried Egg
- Lemon Coconut Slice **DIAB**

UP &amp; GO PROTEIN DRINKS ARE ALSO AVAILABLE \$2.00 each - circle options below.

VANILLA/CHOCOLATE

M T W TH F SA SU

PLEASE TURN PAGE OVER FOR FROZENS

## FROZEN MEALS

How many frozen meals for each weekend?

\_\_\_ Mains \_\_\_ Minis \_\_\_ Desserts \_\_\_ Soups \_\_\_ Pies

**PLEASE SPECIFY WHAT YOU WOULD LIKE FOR FROZENS, OTHERWISE THEY WILL BE RANDOMLY SELECTED FROM YOUR MENU.**

**MAINS \$8.00**     **MINIS \$4.50**  
all served with 3x serves of vegetables

- Pork In Honey Garlic Sauce **DF LG**
- Chicken Thigh Fillets w/ Italian Marinara Sauce
- Beef & Mushroom Pie w/ Veg **DF**
- Steam Fish & Dill Sauce
- Roast Lamb & Gravy **DF LG**
- Roast Turkey & Cranberry Sauce **DF LG**
- Sweet Onion & Cauliflower Tart **VEG**
- Chicken w/ Cheese & Bacon Sauce
- Beef Steak w/ Pepper Sauce **LG**
- Tuna Potato Pie **LG**
- Chicken Meatballs w/ Creamy Mustard
- Lamb Ragu & Pasta **DF**
- Sweet & Sour Pork Sausages **DF LG**
- Savoury Mince **DF LG**
- Roast Pork & Gravy **DF LG**
- Roast Chicken & Gravy **DF LG**
- Feta, Spinach & Sweet Corn Slice **VEG**
- Turkey Korma **DF**
- Fish Cakes **DF LG**
- Silverside w/ White Sauce
  
- Chicken Schnitzel & Gravy
- Chicken Parmigiana
- Chicken Cordon Bleu
- Meatballs & Spaghetti
- Meatballs & Gravy
- Meat Pie & Gravy
- Bangers & Mash

**DF= DAIRY FREE**

**LG= LOW GLUTEN**

**VEG= VEGETARIAN**

**DESSERTS \$2.50**

- Lamington Muffin - **DIAB**
- Cheesecake
- Pineapple Dream Slice - **DIAB**
- Passion Fruit Slice - **DIAB**
- Mint Butterfly Cupcake - **DIAB**
- Choc Brownie - **DIAB**
- Yoghurt & Muesli
- Mousse & Fruit
- Apple Berry Tart
- Lemon Coconut Slice

**SOUPS \$1.50**

- Curry Seafood
- Pumpkin **DF LG**
- Roast Veg Soup **DF LG**
- Thai Sweet Potato
- Summer Minestrone **DF**
- Pea & Mint **DF LG**
- Tomato & Basil **DF LG**
- Smokey Potato & Bacon **DF LG**
- Zucchini, Leek & Pot **DF LG**
- Chicken & Basil **DF LG**

**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**
- Chicken & Mushroom
- Sausage Rolls