

<p>Winter Menu 23/04/2022 to 22/10/2022 <u>2 Week Rotation Menu</u> ** ALL MEALS ARE SERVED WITH 3X VEGETABLES ** ** ALL DESSERTS AVAILABLE IN DIABETIC OPTIONS **</p>	<p>NAME: RUN: JUICE: NONE / APPLE/ ORANGE MEALS: Mains/Salads \$7 Mini (half serve) \$4 Desserts \$2</p>
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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

<u>MONDAY</u>	<u>MONDAY</u>
WEEK 1	WEEK 2
<ul style="list-style-type: none"> <input type="checkbox"/> Creamy Chicken, Spinach & Parmesan <input type="checkbox"/> Beef Meatballs DF LG <input type="checkbox"/> Salad: Chicken / Ham / Salmon LG <input type="checkbox"/> Soup (\$1.50) Pumpkin LG DF <input type="checkbox"/> Sandwich (\$2.50) Ham & Cheese <input type="checkbox"/> Blueberry Muffin DIAB 	<ul style="list-style-type: none"> <input type="checkbox"/> Pork Steak & Onion Gravy DF LG <input type="checkbox"/> Chicken w/ Lentil & Tomato Sauce DF LG <input type="checkbox"/> Salad: Chicken / Ham / Salmon LG <input type="checkbox"/> Soup (\$1.50) Chicken & Corn DF LG <input type="checkbox"/> Sandwich (\$2.50) Salmon & Lettuce <input type="checkbox"/> Apple Rhubarb Tart
<u>TUESDAY</u>	<u>TUESDAY</u>
<ul style="list-style-type: none"> <input type="checkbox"/> Crumbed Fish & Wedges <input type="checkbox"/> Sausage w/ Cheesy Mushroom <input type="checkbox"/> Salad: Chicken / Ham / Salmon LG <input type="checkbox"/> Soup (\$1.50) Creamy Chicken & Mushroom <input type="checkbox"/> Sandwich (\$2.50) Chicken, Lettuce & Mayo <input type="checkbox"/> Custard & Fruit 	<ul style="list-style-type: none"> <input type="checkbox"/> Apricot Chicken <input type="checkbox"/> Beef, Bacon & Cheese Pie <input type="checkbox"/> Salad: Chicken / Ham / Salmon LG <input type="checkbox"/> Soup (\$1.50) Crème Asparagus LG <input type="checkbox"/> Sandwich (\$2.50) Roast Beef & Mustard <input type="checkbox"/> Cheesecake
<u>WEDNESDAY</u>	<u>WEDNESDAY</u>
<ul style="list-style-type: none"> <input type="checkbox"/> Roast Pork & Gravy DF LG <input type="checkbox"/> Roast Turkey & Cranberry Sauce DF LG <input type="checkbox"/> Salad: Chicken / Ham / Salmon LG <input type="checkbox"/> Soup (\$1.50) Beef & Bacon LG DF <input type="checkbox"/> Sandwich (\$2.50) Corned Meat & Pickles <input type="checkbox"/> Peach Cobbler 	<ul style="list-style-type: none"> <input type="checkbox"/> Roast Beef & Gravy DF LG <input type="checkbox"/> Roast Chicken & Gravy DF LG <input type="checkbox"/> Salad: Chicken / Ham / Salmon LG <input type="checkbox"/> Soup (\$1.50) Roasted Carrot DF LG <input type="checkbox"/> Sandwich (\$2.50) Egg, Lettuce & Mayo <input type="checkbox"/> Orange Poppyseed Slice DIAB
<u>THURSDAY</u>	<u>THURSDAY</u>
<ul style="list-style-type: none"> <input type="checkbox"/> Zucchini Meatballs VEG <input type="checkbox"/> Beef Stroganoff LG <input type="checkbox"/> Salad: Chicken / Ham / Salmon LG <input type="checkbox"/> Soup (\$1.50) Farmhouse Stock Pot LG DF <input type="checkbox"/> Sandwich (\$2.50) Turkey & Cranberry <input type="checkbox"/> Crème rice & Fruit 	<ul style="list-style-type: none"> <input type="checkbox"/> Sweet & Sticky Pork Rissoles DF LG <input type="checkbox"/> Vegetable Gnocchi & Broccoli Bake VEG <input type="checkbox"/> Salad: Chicken / Ham / Salmon LG <input type="checkbox"/> Soup (\$1.50) Chicken Curry <input type="checkbox"/> Sandwich (\$2.50) Ham Cheese & Tomato <input type="checkbox"/> Sticky Date & Custard DIAB
<u>FRIDAY</u>	<u>FRIDAY</u>
<ul style="list-style-type: none"> <input type="checkbox"/> Curried Prawns & Rice <input type="checkbox"/> Silverside & White Sauce <input type="checkbox"/> Salad: Chicken / Ham / Salmon LG <input type="checkbox"/> Salad: Chicken Caesar <input type="checkbox"/> Soup (\$1.50) Pea & Ham DF LG <input type="checkbox"/> Sandwich (\$2.50) Egg, Lettuce & Mayo <input type="checkbox"/> Apple Crumble 	<ul style="list-style-type: none"> <input type="checkbox"/> Tuna Casserole <input type="checkbox"/> Beef Steak & Dianne Sauce LG <input type="checkbox"/> Salad: Chicken / Ham / Salmon LG <input type="checkbox"/> Salad: Prawn Cocktail <input type="checkbox"/> Soup (\$1.50) Potato, Pumpkin & Bacon DF LG <input type="checkbox"/> Sandwich (\$2.50) Corned Beef & Pickles <input type="checkbox"/> Coffee Mousse Sponge
<p>UP & 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</p>	

NAME:

RUN:

FROZEN MENU

How many frozen meals for each weekend? _____ Mains _____ Minis _____ Desserts _____ Soups

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

<p><input type="checkbox"/> <u>MAINS \$7</u> <input type="checkbox"/> <u>MINIS \$4</u> all served with 3x serves of vegetables</p> <ul style="list-style-type: none"> <input type="checkbox"/> Creamy Chicken, Spinach & Parmesan <input type="checkbox"/> Beef Meatballs LG DF <input type="checkbox"/> Crumbed Fish & Wedges <input type="checkbox"/> Sausage w/ Cheesy Mushroom <input type="checkbox"/> Roast Pork & Gravy DF LG <input type="checkbox"/> Roast Turkey & Cranberry Sauce DF LG <input type="checkbox"/> Zucchini Meatballs VEG <input type="checkbox"/> Beef Stroganoff LG <input type="checkbox"/> Curried Prawns & Rice <input type="checkbox"/> Silverside & White Sauce <input type="checkbox"/> Pork Steak & Onion Gravy DF LG <input type="checkbox"/> Chicken w/ Lentil & Tomato Sauce DF LG <input type="checkbox"/> Apricot Chicken <input type="checkbox"/> Beef, Bacon & Cheese Pie <input type="checkbox"/> Roast Beef & Gravy DF LG <input type="checkbox"/> Roast Chicken & Gravy DF LG <input type="checkbox"/> Sweet & Sticky Pork Rissoles DF LG <input type="checkbox"/> Vegetable Gnocchi & Broccoli Bake VEG <input type="checkbox"/> Tuna Casserole <input type="checkbox"/> Beef Steak & Dianne Sauce LG <input type="checkbox"/> Chicken Schnitzel & Gravy <input type="checkbox"/> Chicken Parmigiana <input type="checkbox"/> Chicken Cordon Bleu <input type="checkbox"/> Meatballs & Spaghetti <input type="checkbox"/> Meatballs & Gravy <input type="checkbox"/> Meat Pie & Gravy <input type="checkbox"/> Bangers & Mash <p>DF= DAIRY FREE</p> <p>LG= LOW GLUTEN</p> <p>VEG= VEGETARIAN</p>	<p><u>DESSERTS \$2</u> o DIABETIC</p> <ul style="list-style-type: none"> <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Custard & Fruit <input type="checkbox"/> Peach Cobbler <input type="checkbox"/> Crème Rice & Fruit <input type="checkbox"/> Apple Crumble <input type="checkbox"/> Apple Rhubarb Tart <input type="checkbox"/> Cheesecake <input type="checkbox"/> Orange Poppyseed Slice <input type="checkbox"/> Sticky Date & Custard <input type="checkbox"/> Coffee Mousse Sponge <p><u>SOUPS \$1.50</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Pumpkin LG DF <input type="checkbox"/> Creamy Chicken & Mushroom <input type="checkbox"/> Beef & Bacon LG DF <input type="checkbox"/> Farmhouse Stock Pot LG DF <input type="checkbox"/> Pea & Ham LG DF <input type="checkbox"/> Chicken & Corn LG DF <input type="checkbox"/> Crème Asparagus LG <input type="checkbox"/> Roasted Carrot DF LG <input type="checkbox"/> Chicken Curry <input type="checkbox"/> Potato, Pumpkin & Bacon DF LG <p><u>PIES & SAUSAGE ROLLS: \$4.25</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Plain Beef *DF <input type="checkbox"/> Chicken & Leek <input type="checkbox"/> Creamy Vegetable <input type="checkbox"/> Steak & Kidney *DF <input type="checkbox"/> Cottage <input type="checkbox"/> Beef Bacon & Cheese <input type="checkbox"/> Curried Beef *DF <input type="checkbox"/> Pepper Steak *DF <input type="checkbox"/> Chicken & Mushroom <input type="checkbox"/> Sausage Rolls
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