

Two Week Rotating Winter Menu

21/04/2025 – 19/10/2025

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

NAME –

RUN -

| WEEK ONE | MONDAY Potato, Cauliflower, Peas | TUESDAY Potato, Carrot, Broccoli | WEDNESDAY Potato, Pumpkin, Beans | THURSDAY Potato, Sweet Potato, Peas | FRIDAY Potato, Broccoli, Corn |
|--|---|---|--|---|---|
| MAIN MEAL \$8.00 MINI MEAL \$4.50 | Lamb Curry DF/LG Sweet & Sour Pork Risssoles DF/LG | Potato & Tuna Patties Chicken & Asparagus Pie | Roast Lamb w/ Gravy DF/LG Roast Turkey w/ Gravy DF/LG | Beef Stroganoff w/ Pasta Cheesy Zucchini Fritters VEG | Chicken Florentine Fresh Salmon Lasagna |
| DESSERT \$2.50 FRUIT \$2.00 | Double Chocolate Muffin Fruit | Gingerbread Pudding w/ Custard LG Fruit | Sultana Cake w/ Custard Fruit | Carrot Cake Fruit | Apple Pie w/ Custard Fruit |
| SALAD MAIN \$8.00 MINI \$4.50 | Ham, Chicken, Salmon | Ham, Chicken, Salmon | Ham, Chicken, Salmon | Ham, Chicken, Salmon | Ham, Chicken, Salmon Herb & Garlic Chicken |
| SANDWICH \$3.50 | Chicken & Alfalfa | Turkey & Salad | Curried Egg & Lettuce | Ham & Cheese | Salmon, Onion & Tomato |
| SOUP \$2.00 | Chicken Noodle DF | White Bean DF/LG | Hamburger DF/LG | Rice, Barley & Bean DF | Beef Goulash DF |
| JUICE* \$0.50 UP & GO \$2.00 | Apple, Orange Vanilla, Choc | Apple, Orange Vanilla, Choc | Apple, Orange Vanilla, Choc | Apple, Orange Vanilla, Choc | Apple, Orange Vanilla, Choc |

***Juice is complimentary when purchasing two meal items on one day**

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

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

PLEASE TURN OVER AND FILL OUT MENU FOR WEEK TWO

Two Week Rotating Winter Menu

21/04/2025 – 19/10/2025

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

NAME –

RUN -

| WEEK TWO | MONDAY Potato, Carrot, Beans | TUESDAY Potato, Cauliflower, Broccoli | WEDNESDAY Potato, Carrot, Peas | THURSDAY Corn, Sweet Potato, Beans | FRIDAY Potato, Carrot, Broccoli |
|--|--|---|--|---|--|
| MAIN MEAL \$8.00 MINI MEAL \$4.50 | Pork Steak w/ Onion Gravy DF/LG Sausage Hot Pot LG | Tomato & Basil Chicken LG Beef Rissoles w/ Pepper Gravy DF/LG | Roast Beef w/ Gravy DF/LG Roast Pork w/ Gravy DF/LG | Minestrone Casserole VEG Lamb Ragu w/ Pasta | Savoury Mince DF/LG Curry Prawns w/ Rice DF/LG |
| DESSERT \$2.50 FRUIT \$2.00 | Bread & Butter Pudding w/ Custard Fruit | Cheesecake Fruit | Pecan Cake w/ Custard Fruit | Strawberry Tart Fruit | Apple Crumble w/ Custard Fruit |
| SALAD MAIN \$8.00 MINI \$4.50 | Ham, Chicken, Salmon | Ham, Chicken, Salmon | Ham, Chicken, Salmon | Ham, Chicken, Salmon | Ham, Chicken, Salmon Warm Bean & Crispy Potato |
| SANDWICH \$3.50 | Curried Egg & Lettuce | Tuna, Mayo & Lettuce | Corned Beef & Pickle | Roast Beef & Mustard | Chicken, Cheese & Tomato |
| SOUP \$2.00 | Pumpkin DF/LG | Ham & Corn DF | Coconut Chicken DF/LG | Spiced Carrot DF/LG | Chicken & Leek DF/LG |
| JUICE* \$0.50 UP & GO \$2.00 | Apple, Orange Vanilla, Choc | Apple, Orange Vanilla, Choc | Apple, Orange Vanilla, Choc | Apple, Orange Vanilla, Choc | Apple, Orange Vanilla, Choc |

***Juice is complimentary when purchasing two meal items on one day**

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

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

CHANGES TO MENU CAN BE DONE OVER THE PHONE - 6765 8999

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

NAME –

RUN -

MAIN MEALS \$8.00

MINI MEALS \$4.50

ALL MAIN MEALS ARE SERVED W/ 3 SET VEGETABLES

DF – DAIRY FREE LG – LOW GLUTEN VEG – VEGETARIAN

- Lamb Curry **DF/LG**
- Sweet & Sour Pork Rissoles **DF/LG**
- Potato & Tuna Patties
- Chicken & Asparagus Pie
- Roast Lamb w/ Gravy **DF/LG**
- Roast Turkey w/ Gravy **DF/LG**
- Beef Stroganoff w/ Pasta
- Cheesy Zucchini Fritters **VEG**
- Chicken Florentine
- Fresh Salmon Lasagna
- Pork Steak w/ Onion Gravy **DF/LG**
- Sausage Hot Pot **LG**
- Tomato & Basil Chicken **LG**
- Beef Rissoles w/ Pepper Gravy **DF/LG**
- Roast Beef w/ Gravy **DF/LG**
- Roast Pork w/ Gravy **DF/LG**
- Minestrone Casserole **VEG**
- Lamb Ragu w/ Pasta
- Savoury Mince **DF/LG**
- Curry Prawns w/ Rice **DF/LG**
- Crumbed Fish **DF**
- Chicken Schnitzel **DF**
- Chicken Parmigiana
- Chicken Cordon Bleu
- Meatballs & Gravy
- Meatballs & Spaghetti
- Meat Pie w/ Gravy
- Bangers & Mash **DF/LG**
- Corned Beef & White Sauce

DESSERTS \$2.50

- Double Chocolate Muffin
- Gingerbread Pudding w/ Custard **LG**
- Sultana Cake w/ Custard
- Carrot Cake
- Apple Pie w/ Custard
- Bread & Butter Pudding w/ Custard
- Cheesecake
- Pecan Cake w/ Custard
- Strawberry Tart
- Apple Crumble w/ Custard

SOUP \$2.00

- Chicken Noodle **DF**
- White Bean **DF/LG**
- Hamburger **DF/LG**
- Rice, Barley & Bean **DF**
- Beef Goulash **DF**
- Pumpkin **DF/LG**
- Ham & Corn **DF**
- Coconut Chicken **DF/LG**
- Spiced Carrot **DF/LG**
- Chicken & Leek **DF/LG**

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

