

Winter Menu 30/05/2021 to 23/10/2021 2 Week Rotation Menu ** ALL MEALS ARE SERVED WITH 3X VEGETABLES ** ** ALL DESSERTS AVAILABLE IN DIABETIC OPTIONS **	Name: JUICE: NONE / APPLE/ ORANGE MEALS: Mains/Salads \$7 Mini (half serve) \$4 Desserts \$2 (GF-GLUTEN FREE DF-DAIRY FREE)
Alternative Daily Options to the set menu: Crumbed Fish; Chicken Schnitzel and Gravy; Chicken Parmigiana; Chicken Cordon Bleu; Meatballs and Spaghetti; Meatballs and Gravy; Meat Pie, and Gravy, Bangers & Mash	
Daily sandwich options -HCT-Ham Cheese Tomato; ELM- Egg Lettuce Mayo; CLM-Chicken, Lettuce Mayo	
MONDAY WEEK 1 <input type="checkbox"/> Chicken Stroganoff *GF <input type="checkbox"/> Meatloaf & Gravy *GF <input type="checkbox"/> Salad: Chicken / Ham / Salmon <input type="checkbox"/> Soup (\$1.50) – Potato & Leek *GF <input type="checkbox"/> Sandwich (\$2.50) Ham & Pickles <input type="checkbox"/> Sticky Date & Cust DIAB Date Slice & Cust	MONDAY WEEK 2 <input type="checkbox"/> Beef Steak w/ Dianne Sauce *GF <input type="checkbox"/> Chicken w/ Leek & Bacon Sauce <input type="checkbox"/> Salad: Chicken / Ham / Salmon <input type="checkbox"/> Soup (\$1.50) – Pea & Ham *DF, GF <input type="checkbox"/> Sandwich (\$2.50) Ham & Cheese <input type="checkbox"/> Peach Strudel
TUESDAY <input type="checkbox"/> Crumbed Fish *DF <input type="checkbox"/> Pork Steak w/ Lemon Mustard Sauce <input type="checkbox"/> Salad: Chicken / Ham / Salmon <input type="checkbox"/> Soup (\$1.50) – Seafood Chowder *GF <input type="checkbox"/> Sandwich (\$2.50) Chicken, Lettuce & Mayo <input type="checkbox"/> Mousse & Fruit	TUESDAY <input type="checkbox"/> Curried Sausages <input type="checkbox"/> Beef & Mushroom Stir fry *DF <input type="checkbox"/> Salad: Chicken / Ham / Salmon <input type="checkbox"/> Soup (\$1.50)– Chicken & Lentil *DF, GF <input type="checkbox"/> Sandwich (\$2.50) Egg, Lettuce & Mayo <input type="checkbox"/> Cheesecake
WEDNESDAY <input type="checkbox"/> Roast Chicken & Gravy *DF, GF <input type="checkbox"/> Vegetable Quiche *GF <input type="checkbox"/> Salad: Chicken / Ham / Salmon <input type="checkbox"/> Soup (\$1.50) – Minestrone *DF <input type="checkbox"/> Sandwich (\$2.50) Egg, Lettuce & Mayo <input type="checkbox"/> Apricot Slice *GF	WEDNESDAY <input type="checkbox"/> Roast Pork & Gravy <input type="checkbox"/> Vegetable Pasta Bake <input type="checkbox"/> Salad: Chicken / Ham / Salmon <input type="checkbox"/> Soup (\$1.50) – Cauliflower & Bacon <input type="checkbox"/> Sandwich (\$2.50) Chicken, Lett & Mayo <input type="checkbox"/> Carrot Cake DIAB Carrot cake
THURSDAY <input type="checkbox"/> Beef Casserole *DF, GF <input type="checkbox"/> Spinach & Broccoli Crepe <input type="checkbox"/> Salad: Chicken / Ham / Salmon <input type="checkbox"/> Soup (\$1.50) – Curried Tom & Coconut*DF,GF <input type="checkbox"/> Sandwich (\$2.50) Turkey & Cranberry <input type="checkbox"/> Crème Rice/Stewed Fruit *GF	THURSDAY <input type="checkbox"/> Coconut Chicken <input type="checkbox"/> Porcupine Meatballs *DF <input type="checkbox"/> Salad: Chicken / Ham / Salmon <input type="checkbox"/> Soup (\$1.50) – Pumpkin *GF <input type="checkbox"/> Sandwich (\$2.50) Ham, Cheese & Tom <input type="checkbox"/> Bread/Butter Pudd DIAB B/B Pudd
FRIDAY <input type="checkbox"/> Tuna Lasagne <input type="checkbox"/> Satay Chicken *DF, GF <input type="checkbox"/> Salad: Chicken / Ham / Salmon <input type="checkbox"/> Salad: Prawn Cocktail *DF, GF <input type="checkbox"/> Soup (\$1.50) – Crème of Mushroom *GF <input type="checkbox"/> Sandwich (\$2.50) Corned Beef & Pickle <input type="checkbox"/> Apple Sour Crème Slice	FRIDAY <input type="checkbox"/> Salmon Patties <input type="checkbox"/> Silverside & Parsley Sauce <input type="checkbox"/> Salad: Chicken / Ham / Salmon <input type="checkbox"/> Salad: Chicken Caesar *DF <input type="checkbox"/> Soup (\$1.50) – Beef & Vegetable*DF,GF <input type="checkbox"/> Sandwich (\$2.50) Salmon & Lettuce <input type="checkbox"/> Apple Pie DIAB Apple Pie
How many frozen meals for the weekend? ____ Mains ____ Minis ____ Desserts ____ Soups Please specify required meals or they will be supplied randomly from your selected menu. Pies are also available @ \$4.25 each Plain Beef; Chicken & leek; Creamy Vegetable. Steak & Kidney; Cottage; Curried Chicken; Beef Bacon & Cheese; Curried beef; Pepper Steak / Sausage Rolls	

UP & GO PROTEIN DRINKS ARE ALSO AVAILABLE \$2.00 each - circle options below.
VANILLA CHOCOLATE ICED COFFEE M T W TH F SA SU