



April – September 2017 Menu

(\$13.50 per day / \$67.50 per 5 day week) Serving a 2 course meal every day

		Main Meal	Dessert
Week 1	Monday	Oven Baked Fish	Plum Pudding
	Tuesday	Moroccan Beef	Chocolate Pudding
	Wednesday	Crumbed Chicken	Apricot Charlotte
	Thursday	Chow Mein Mince with Rice	Vanilla Square
	Friday	Curried Sausage Casserole	Tropical Trifle
Week 2	Monday	Beef Schnitzel & Gravy	Cheesecake
	Tuesday	Honey Soy Chicken	Apple Charlotte
	Wednesday	Con-Carni	Honey & Coconut Torte
	Thursday	Pork Masala Casserole	Bread & Butter Pudding
	Friday	Chicken & Lentil Hotpot	Crème Caramel
Week 3	Monday	Oven Baked Fish	Fruit & Custard
	Tuesday	Sheppard's Pie	Golden Syrup Torte
	Wednesday	Creamy Chicken	Rice Pudding & Spiced Apples
	Thursday	Beef Korma with Rice	Fruit Crumble
	Friday	Mixed Grill	Chocolate Trifle
Week 4	Monday	Meatloaf	Cheesecake
	Tuesday	Mango Chicken	Lemon Pudding
	Wednesday	Roast Beef	Apple Rhubarb Sponge
	Thursday	Mediterranean Chicken	Bread & Butter Pudding
	Friday	Savoury Beef Casserole	Chocolate Mousse

Weekend Menu

\$13.50 per 2 course meal. Select from the choices below plus dessert OR fruit salad OR soup

Cold Meat Salad	Fish Cake
Vegetable Pattie	Oven Baked Fish
Schnitzel Parmigiana	Roast Chicken
Ham Steak & Pineapple	Crumbed Chicken
Beef Sausages with Gravy	Lasagna
Cheese & Spinach Quiche	Spaghetti Bolognese
Sweet & Sour Chicken & Rice	Cheese Omelette
Sweet & Sour Dim Sims & Rice	Spinach Omelette
Baked Potato with Bacon, Cheese & Sour Cream	

Soup or fresh fruit salads can be ordered in place of desserts

All the above meals are served with vegetables (or rice where stated)

Diabetic Desserts available Monday, Wednesday & Friday

*During the Winter Menu, cold meat salads are **only** available on Fridays & Weekends - please advise us the day before*

Meals are delivered between 10.30 & 1.00 each weekday, excluding some Public Holidays

2 course meal = 1 main meal with 1 dessert or fruit salad or soup