

October – March 2020/21 Menu

(\$14.00 per day / \$70.00 per 5-day week) Delivering a 2-course meal daily
 Pick your favourites or enjoy everyday

WEEK 1

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL

Pork Schnitzel

Chicken Cacciatore

Corned Beef

Frittata

Mixed Grill

DESSERT

Cinnamon Donut

Chocolate Mousse

Lemon Bars

Jelly Slice

Dutch Apple Dessert

WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL

Crumbed Fish

Swedish Meatballs

Chicken Roulade

Cornish Pasty

Roast Pork

DESSERT

Cheesecake

Lemon Raspberry Cake

Fruit Trifle

Golden Syrup Dumplings

Banana Caramel Pie

WEEK 3

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL

Chicken Schnitzel

Spinach & Ricotta Ravioli

Tuna Patties

Risotto

Roast Beef

DESSERT

Fruit & Jelly

Caramel Apple Slice

Tropical Dream Bars

Strawberry Mousse

Pineapple Angel Cake

WEEK 4

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL

Oven Baked Fish

Creamy Chicken

Lamb Rissoles

Zucchini Slice

Beef & Mushroom Pie

DESSERT

Cheesecake

Apricot Coconut Slice

Vanilla Square

Bread and Apple Pudding

Tropical Trifle

All the above meals are served with vegetables (or rice)
 Cold Meat Salads are available in place of meals on Mondays and Fridays
 Soup or fresh fruit salads can be ordered in place of dessert
 Diabetic desserts available Monday, Wednesday & Friday & Weekends

WEEKEND MENU

\$14.00 per 2 course meal

Roast Chicken	Sweet & Sour Chicken with Rice	Schnitzel Parmigiana	Spinach Omelette
Crumbed Chicken	Chicken Patties	Lasagna	Crumbed Fish
Vegetable Pattie	Beef Sausages with Gravy	Lamb Rissoles	Cold Meat Salad
Pork Chipolatas	Cheese & Spinach Quiche	Ham Steak & Pineapple	Beef & Mushroom Pie
Baked Potato with bacon, cheese & sour cream			

Plus Dessert, Diabetic Desserts Fruit Salad or Soup & Roll

2020/21

* Meals are delivered between 10.30am and 1.30pm each weekday excluding some Public Holidays

* Meals can be delivered hot, cold or frozen, in oven and microwave safe containers.

fresh food cooked daily