

## April – September 2021 Menu

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

### WEEK 1

Monday  
Tuesday  
Wednesday  
Thursday  
Friday

### MAIN MEAL

Chicken Schnitzel  
Rogan Josh  
Lamb Rissoles  
Tuna Potato Bake  
Roast Beef

### DESSERT

Cheesecake  
Apricot Yoghurt Cake  
Apple Strudel  
Butterscotch & Banana Pudding  
Fruit Cake

### WEEK 2

Monday  
Tuesday  
Wednesday  
Thursday  
Friday

### MAIN MEAL

Crumbed Fish  
Cottage Pie  
Chicken & Mushroom Pie  
Sausage Casserole  
Barbeque Pork

### DESSERT

Lamington w Jam & Cream  
Cinnamon Tea Cake  
Apple Crumble  
Jelly Slice  
Bread & Butter Pudding

### WEEK 3

Monday  
Tuesday  
Wednesday  
Thursday  
Friday

### MAIN MEAL

Schnitzel Parmigiana  
Butter Chicken  
Lamb Roast  
Spinach & Potato Pie  
Creamy Chicken

### DESSERT

Cheesecake  
Lemon Poppyseed Cake  
Mixed Berry Crumble  
Coffee Streusel Slice  
Banana Pudding

### WEEK 4

Monday  
Tuesday  
Wednesday  
Thursday  
Friday

### MAIN MEAL

Fish Gratin  
Italian Meatballs  
Quiche Lorraine  
Chicken Hot Pot  
Beef Pot Roast

### DESSERT

Cinnamon Donut  
Pear & Date Pudding  
Apricot Danish  
Fruit & Jelly  
ANZAC Cake

All the above meals are served with vegetables (or rice)  
Soup or fresh fruit salads can be ordered in place of dessert  
Diabetic desserts available Monday, Wednesday & Friday  
Meals & Desserts can be made gluten and dairy free upon request

### WEEKEND MENU

**\$14.00 per 2 course meal**

Roast Chicken	Sweet & Sour Chicken with Rice	Schnitzel Parmigiana	Spinach Omelette
Crumbed Chicken	Zucchini Slice	Lamb Rissoles	Crumbed Fish
Vegetable Pattie	Beef Sausages with Gravy	Lasagna	Ham or Chicken Salad
Corned Beef	Cheese & Spinach Quiche	Ham Steak & Egg	Beef & Mushroom Pie
Baked Potato with bacon, cheese & sour cream			

Plus Dessert, Fruit Salad or Soup & Roll

**2021**

- \* Meals are delivered between 10.30am and 1.30pm each weekday excluding some Public Holidays
- \* Meals can be delivered hot, cold or frozen, with reheating instructions supplied.