

October – March 2021/22 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

Beef Schnitzel & Gravy

Tuna Roll

Chicken Cacciatore

Zucchini Slice

Mixed Grill

DESSERT

Fruit & Jelly

Chocolate Mousse

Lemon Raspberry Cake

Apple Tart

Lemon Curd Cupcake

WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL

Baked Fish

Lamb Rissoles

Roast Chicken

Spinach & Ricotta Cannelloni

Roast Pork

DESSERT

Cheesecake

Cherry Danish

Mango Slice

Raspberry & Passionfruit Cake

Banana Caramel Pie

WEEK 3

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL

Chicken Schnitzel

Sausage Roll

Tuna Patties

Chicken Carbonara

Roast Lamb

DESSERT

Lamington w Jam & Cream

Strawberry Mousse

Vanilla Square

Blueberry Turnover

Jelly Slice

WEEK 4

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL

Crumbed Fish

Swedish Meatballs

Quiche Lorraine

Chicken Roulade

Corned Beef

DESSERT

Cheesecake

Peach Crisp

Lemon Meringue Slice

Maple Pear Cake

Apricot Coconut Pie

\$14.00 per 2 course meal including delivery

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

Vegan and Gluten Free alternatives are available upon request

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

Diabetic desserts available Monday, Wednesday, Friday & Weekends

WEEKEND MENU

Roast Chicken

Crumbed Chicken

Vegetable Pattie

Corned Beef

Baked Potato with bacon, cheese & sour cream

Sweet & Sour Chicken with Rice

Zucchini Slice

Beef Sausages with Gravy

Cheese & Spinach Quiche

Schnitzel Parmigiana

Lamb Rissoles

Lasagna

Ham Steak & Egg

Spinach Omelette

Crumbed Fish

Ham or Chicken Salad

Beef & Mushroom Pie

Plus Dessert, Diabetic Desserts Fruit Salad or Soup & Roll

2021/22

* Meals are delivered between 9.30am and 1.30pm each weekday excluding Public Holidays

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

fresh food cooked daily