



## Spring Menu 2023

### SOUP

M	Potato & Leek
Tu	Beef & Veg
W	Broccoli & Ham
Th	Pumpkin & Tomato
F	Chicken & Veg

### Week 1 (2/10/23)

Shepherd's Pie
Bacon & Asparagus Quiche
Tuscan Chicken
Meatloaf Wellington
BBQ Roast Pork

### DESSERT

Vanilla Slice
Cinnamon Pear Strudel
Chocolate Cake
Banoffee Pie
Blueberry Lemon Cake

### SOUP

M	Beef & Vegetable
Tu	Cauliflower
W	Potato & Bacon
Th	Chicken & Corn
F	Minestrone

### Week 2 (9/10/23)

Crumbed Whiting
Parmesan Ravioli
Teriyaki Roast Chicken
Beef Diane Rissoles
Minted Roast Lamb

### DESSERT

Fruit & Jelly
Lemon Meringue
Strawberry Cake
Pear & Custard Slice
Cherry Crumble Cake

### SOUP

M	Broccoli & Ham
Tu	Chicken & Veg
W	Potato & Leek
Th	Tomato & Chickpea
F	Leek & Bacon

### Week 3 (16/10/23)

Pork Schnitzel Parmigiana
Chicken Mignon
Tuna Patties
Homemade Cornish Pasties
Mixed Grill

### DESSERT

Cheesecake
Coconut Tart
Mango Slice
Apricot Crumble
Spiced Plum Cake

### SOUP

M	Pea & Ham
Tu	Pumpkin
W	Beef & Veg
Th	Chicken & Corn
F	Lentil & Spinach

### Week 4 (23/10/23)

Rosemary & Lamb Pie
Pork & Sage Meatballs
Chicken Milanese
Spinach & Potato Slice
Roast Beef

### DESSERT

Fruit Tart
Apple Crumble
Raspberry Slice
Peach Pie
Trifle

Gluten Free, Dairy Free and vegan variations of meals are always available upon request.

\*Not happy with our meal of the day? – Choose from our favourites menu instead\*

### FAVOURITES MENU

Roast Chicken	Corned Beef	Lamb Rissoles	Lasagna	Ham / Chicken Salad
Cheese & Spinach Quiche	Pork Croquettes	Crumbed Fish	Beef/Chicken Schnitzel	

### WEEKEND MENU

Roast Chicken	Sweet & Sour Chicken with Rice	Baked Potato	Pork Croquettes
Lamb Rissoles	Beef/Chicken Schnitzel	Spinach & Ricotta Ravioli	Crumbed Fish
BBQ Sausages	Lasagna	Ham or Chicken Salad	Beef Pie
Corned Beef	Cheese & Spinach Quiche	Bacon & Mushroom Omelette	

*Tasty, Fresh and No Stress*