



MACASA
Meals Service

2017 - 4 WEEK MENU

Ph: 8241 0266

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Cauliflower (LG) OR Cannellini Bean & Tuna Salad (LG)*	Pea & Ham (LG) OR Spinach & Feta Muffin	Beef & Barley OR Bean & Rocket Salad (LG) *	Potato & Leek(LG) OR Pasta Salad*	Vegetable Risoni OR Corn Fritters w Sweet Chilli
MAIN	Chicken Korma & Rice (LG) OR Pork Schnitzel & Veg	Roast Turkey & Veg (LG) OR Lamb Ragu & Pasta	Spaghetti Bolognese OR Baked Chicken Breast & Veg (LG)	Chicken Stir fry OR Beef Sausages & Veg	Crumbed Fish & Veg OR Chicken Salad w Mango Chutney & Yoghurt (LG)*
DESSERT	Apple Crumble	Fruit Salad (LG)	Berry Pudding	Creamed Rice (LG)	Lemon Meringue Tart

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Pumpkin (LG) OR Vegetable Frittata (LG)	Chicken & Corn (LG) OR Pearl Couscous w Beetroot & Pumpkin Salad*	Pasta Fagiole (LG) OR Chicken w Sesame Slaw (LG) *	Chicken Noodle (LG) OR Carrot Cheese & Chive Muffin	Vegetable (LG) OR Tossed Salad w Egg & Cheese (LG)*
MAIN	Maltese Beef Pie (LG) OR Chicken Schnitzel & Veg	Chicken Cottage Pie OR Baked Rice (LG)	Tuna Mornay OR Beef Meatballs & Veg	Roast Lamb & Veg (LG) OR Turkey Patties & Veg	Steamed Fish w Capers & Veg(LG) OR Beef & Barley Salad w Marmalade Dressing*
DESSERT	Fruit Salad* (LG)	Apricot Crumble	Cherry Cake	Sago & Plum Pudding (LG)	Fruit Fool (LG)

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Zucchini (LG) OR Roast Vegetable Couscous*	Primavera (LG) OR Savoury Muffin	Pumpkin & Potato (LG) OR Corn Fritters w Sweet Chilli	Lentil (LG) OR Corn Avocado & Chickpea Salad*	Mushroom OR Sweet Potato & Bacon Slice*
MAIN	Sesame Lamb & Bean Noodles OR Baked Fish w Cherry Tomatoes, Olives & Veg (LG)	Roast Pork & Veg (LG) OR Lemongrass Chicken & Rice (LG)	Corned Silverside & Veg (LG) OR Chicken Casserole (LG)	Baked Chicken Alfredo OR Veal Parmigiana & Veg (LG)	Tuna Patties & Veg OR Turkey & Avocado Salad(LG) *
DESSERT	Irish Apple Cake	Fruit Salad	Pear & Rhubarb Crumble	Chocolate Pudding	Bread & Butter Pudding

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Vegetable (LG) OR Carrot Cheese & Chive Muffin	Chickpea (LG) OR Chicken & Pasta Salad*	Sweet Potato (LG) OR Quiche of the day	Chicken Broth (LG) OR Potato Salad w Egg & Bacon*	Pumpkin (LG) OR Tossed Salad w Egg & Cheese (LG) *
MAIN	Butter Chicken, Veg & Rice OR Beef Stroganoff	Roast Beef & Veg (LG) OR Fish Pie w Three Veg	Zucchini Slice OR Chicken Carbonara (Pasta)	Beef Schnitzel OR Thai Chicken Fillet & Veg (LG)	Battered Fish & Veg OR Lamb & Pearl Couscous Salad*
DESSERT	Fruit Salad* (LG)	Pears & Chocolate Mousse (LG)	Trifle**	Cheesecake & Peaches	Carrot Cake

***Not available for frozen orders **No Custard for frozen orders (LG) Gluten Free –May contain traces of Gluten**