

2020/2021 - SUMMER MENU

Ph: 8241 0266

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Vegetable Risoni Soup OR Tossed Salad w Egg & Cheese * (LG)	Chicken & Veg Soup (LG) OR Vegetable Frittata (LG)	Sweet Potato, Carrot & Bacon Soup (LG) OR Rhi's Chickpea Salad (LG)	Pumpkin Soup (LG) OR Spinach & Ricotta Bites	Turkey Meatball Soup OR Potato, Egg & Bacon Salad * (LG)
MAIN	Tuna Mornay OR Chicken Cottage Pie (LG)	Roast Beef & Veg (LG) OR Ravioli w Tomato & Basil Sauce	Turkey Carbonara OR Corned Silverside & Veg (LG)	Beef Sausages & Veg (LG) OR Chicken Kiev & Veg	Crumbed Fish & Veg or Salad OR Ham Steak & Veg OR Salad (LG)
DESSERT	Apricot Crumble	Fruit Salad * (LG)	Cheesecake	Carrot Cake	Peaches & Custard (LG)
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Pumpkin & Potato Soup (LG) OR Cheese & Chive Scone	Celery Soup (LG) OR Tossed Salad w Egg & Cheese * (LG)	Tomato Soup (LG) OR Quiche Tarts	Pea & Ham Soup (LG) OR Curried Egg Pasta Salad *	Beef & Barley Soup OR Sweet Potato & Bacon Slice
MAIN	Chicken Broccoli Cashew Stirfry *** (LG) OR Beef Schnitzel & Veg	Sausage & Veg Casserole & Veg (LG) OR Turkey Patties w Cream Sauce & Veg	Pork Schnitzel & Veg OR Chicken & Leek Casserole & Veg (LG)	Roast Turkey & Veg (LG) OR Chicken Schnitzel & Veg	Fish Curry & Rice (LG) OR Lasagne & Salad
DESSERT	Fruit Salad * (LG)	Pear & Chocolate Mousse (LG)	Lemon Raspberry Magic Cake	Sago & Plum Sauce (LG)	Butterscotch Pudding & Cream
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Zucchini & Broccoli Soup (LG) OR Apple Coleslaw * (LG)	Sweet Potato Soup (LG) OR Caramelised Onion Tart	Chicken Noodle Soup OR Tossed Salad w Egg & Cheese * (LG)	Minestrone Soup OR Sausage Rolls	Carrot Soup (LG) OR Caprese Pesto Pasta Salad *
MAIN	Dijon Mustard Chicken & Veg (LG) OR Spaghetti Bolognese	Roast Pork & Veg (LG) OR Tuna Patties & Veg	Steak & Kidney Pie & Veg OR Thai Chicken Fillet & Veg (LG)	Lemongrass Chicken & Rice (LG) OR Beef Meatballs w Onion Gravy & Veg	Baked Fish w Cherry Toms & Olives & Veg or Salad (LG) OR Lamb Ragu Pasta
DESSERT	Irish Apple Cake	Fruit Salad * (LG)	Apple Crumble	Lemon Meringue Tart	Apricot Upside Down Cake
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Potato & Leek Soup (LG) OR Pumpkin Spinach & Feta Frittata (LG)	Lentil Soup OR Corn, Avocado, Chickpea Salad * (LG)	Cauliflower Soup (LG) OR Sweet Potato & Zucchini Fritter	Chicken & Corn Soup (LG) OR Tossed Salad w Egg & Cheese * (LG)	Vegetable Soup (LG) OR Pasty Slice
MAIN	Butter Chicken & Rice (LG) OR Zucchini Slice	Meatloaf w Gravy & Veg OR Baked Chicken Breast & Veg (LG)	Roast Lamb & Veg (LG) OR Pumpkin Spinach & Ricotta Cannelloni & Veg	Braised Beef w Onions & Veg OR Steamed Fish w Capers & Veg (LG)	Battered Fish & Veg or Salad OR Chicken & Mango Chutney Salad * (LG)
DESSERT	Fruit Salad * (LG)	Custard Tart	Orange & Poppyseed Cake	Fruit Fool (LG)	Scone w Jam & Cream

***Not available for frozen orders - (LG) Gluten Free – May contain traces of Gluten - ***Contains Nuts**