

# 2021-2022 - SUMMER MENU

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Vegetable Risoni Soup OR Tossed Salad w Egg & Cheese * (LG)	Celery Soup (LG) OR Vegetable Frittata (LG)	Sweet Potato, Carrot & Bacon Soup (LG) OR Tomato Cucumber&Onion Salad(LG)*	Pea & Ham Soup (LG) OR Pasty Slice	Beef & Barley Soup OR Apple Coleslaw (LG) *
<b>MAIN</b>	Meatloaf & Veg OR Fish w Lemon Sauce & Veg (LG)	Roast Pork & Veg (LG) OR Chicken Cottage Pie (LG)	Dijon Mustard Chicken w Veg (LG) OR Beef Schnitzel & Veg	Lamb Stew (LG) OR Chicken Rissoles & Veg	Crumbed Fish & Veg or Salad OR Ham Steak & Veg OR Salad (LG)
<b>DESSERT</b>	Apricot Crumble	Fruit Salad * (LG)	Cheesecake	Carrot Cake	Peaches & Custard (LG)
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTRÉE</b>	Pumpkin & Potato Soup (LG) OR Beef & Mushroom Pie	Chicken & Veg Soup (LG) OR Tossed Salad w Egg & Cheese * (LG)	Tomato Soup (LG) OR Quiche Tarts	Potato & Leek Soup (LG) OR Curried Egg Pasta Salad *	Lentil Soup (LG) OR Sweet Potato & Bacon Slice
<b>MAIN</b>	Chicken Broccoli Cashew Stirfry*** (LG) OR Zucchini Slice	Beef Sausage & Veg (LG) OR Chicken Schnitzel & Veg	Thai Chicken Fillet & Veg (LG) OR Lasagne`	Roast Turkey & Veg (LG) OR Ravioli w Tomato Basil Sauce	Tuna Patties & Veg OR Salad(LG) OR Silverside w Pearl Barley Salad *
<b>DESSERT</b>	Fruit Salad * (LG)	Pear & Chocolate Mousse (LG)	Berry Pudding & Cream	Sago & Plum Sauce (LG)	Lemon Raspberry Magic Cake
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Zucchini & Broccoli Soup (LG) OR Corn Avocado Chickpea Salad (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 Potato Egg & Bacon Salad *
<b>MAIN</b>	Sausage & Veg Casserole (LG) OR Turkey Patties w cream Sauce & Veg	Roast Beef & Veg (LG) OR Chicken Kiev & Veg	Pumpkin Spinach & Ricotta Cannelloni OR Lemongrass Chicken & Rice (LG)	Chicken Stroganoff (LG) OR Steak & Kidney Pie & Veg	Baked Fish w Cherry Toms & Olives & Veg or Salad (LG) OR Quiche Lorraine w Veg or Salad
<b>DESSERT</b>	Irish Apple Cake	Fruit Salad * (LG)	German Custard Cake	Lemon Meringue Tart	Fruit Fool (LG)
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTRÉE</b>	Turkey Meatball Soup OR Sweet Potato & Zucchini Fritter	Cauliflower Soup (LG) OR Rhi's Chickpea Salad*(LG)	Pumpkin Soup (LG) OR Pumpkin Spinach & Feta Frittata	Chicken & Corn Soup (LG) OR Tossed Salad w Egg & Cheese * (LG)	Vegetable Soup (LG) OR Caramelised Mushroom Tarts
<b>MAIN</b>	Baked Chicken Breast & Veg (LG) OR Spaghetti Bolognese	Corned Silverside & Veg (LG) OR Tuna Mornay	Roast Lamb & Veg (LG) OR Butter Chicken & Rice (LG)	Pork Schnitzel & Veg OR Shepherd's Pie (LG)	Battered Fish & Veg or Salad OR Chicken & Mango Chutney Salad * (LG)
<b>DESSERT</b>	Fruit Salad * (LG)	Custard Tart	Cherry Cake	Apricot Upside-Down Cake	Apple Crumble

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