

2017/18 - SUMMER MENU

Ph: 8241 0266

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Pea & Ham Soup (LG) OR Frittata	Potato & Leek Soup(LG) OR Rhi's Chick Pea Salad* (LG)	Beef & Barley Soup OR Carrot, Cheese & Chive Muffin	Cauliflower Soup OR Pasta Salad*	Vegetable Risoni Soup OR Corn Fritters w Sweet Chilli
MAIN	Chicken Chasseur & Veg OR Shepherd's Pie	Roast Turkey & Veg (LG) OR Spaghetti Bolognese	Pork Schnitzel & Veg OR Baked Chicken Breast & Veg (LG)	Chicken Stir fry OR Beef Sausages & Veg	Crumbed Fish & Veg OR Calabrese Lasagne & Salad*
DESSERT	Apricot Crumble	Fruit Salad*(LG)	Cheesecake	Cherry Cake	Lemon Meringue Tart

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Chicken & Corn Soup (LG) OR Tossed Salad w Egg & Cheese* (LG)	Pumpkin Soup (LG) OR Sausage Rolls	Pasta Fagiolo Soup OR Chicken & Sesame Slaw* (LG)*	Chicken Noodle Soup OR Savoury Muffin	Vegetable Soup (LG) OR Pizza Tarts
MAIN	Lamb w Sesame Seeds & Noodles OR Chicken Schnitzel & Veg	Chicken Cottage Pie (LG) OR Corned Beef Salad w Marmalade Dressing*	Fish Pie w Three Veg OR Beef Meatballs & Veg	Roast Pork & Veg (LG) OR Zucchini Slice	Steamed Fish w Capers & Veg (LG) OR Chicken Salad w Mango Chutney & Yoghurt*
DESSERT	Fruit Salad*(LG)	Berry Pudding	Sago Pudding w Plum Sauce	Apple Crumble	Bread & Butter Pudding

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Sweet Potato, Carrot & Bacon Soup (LG) OR Caramelised Onion & Cheese Tart	Primavera Soup (LG) OR Bean & Rocket Salad*	Pumpkin & Potato Soup(LG) OR Cheese, Bacon & Pasta Slice	Lentil Soup (LG) OR Coconut & Lemongrass Chicken Salad*	Mushroom Soup (LG) OR Sweet Potato & Bacon Slice
MAIN	Sausage & Veg Casserole (LG) OR Baked Fish w Cherry Tomatoes, Olives & Veg (LG)	Roast Lamb & Veg (LG) OR Baked Macaroni	Veal Parmigiana & Veg OR Chicken Casserole (LG)	Dijon Mustard Chicken & Veg OR Corned Silverside & Veg	Italian Tuna Pasta OR Beef Lentil Bake w Salad*
DESSERT	Irish Apple Cake	Fruit Salad*(LG)	Chocolate Pudding	Cheesecake	Pear & Choc Mousse (LG)

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Tomato Soup (LG) OR Corn, Avocado & Chickpea Salad*	Broccoli Soup (LG) OR Spinach, Bacon & Cheese Tart	Sweet Potato Soup (LG) OR Potato, Egg & Bacon Salad*	Chicken Broth (LG) OR Pasty Slice	Carrot Soup (LG) OR Tossed Salad w Egg & Cheese (LG) *
MAIN	Lemongrass Chicken & Rice OR Beef Stroganoff & Pasta	Roast Beef & Veg (LG) OR Tuna Mornay	Meatloaf & Veg OR Chicken & Leek Casserole	Beef Schnitzel & Veg OR Thai Chicken Fillet & Veg (LG)	Battered Fish & Veg OR Quiche & Salad*
DESSERT	Fruit Salad*(LG)	Fruit Fool (LG)	Creamed Rice (LG)	Pear & Walnut Cake	Scones w Jam & Cream

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