

# 2022/2023 - SUMMER MENU

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Pumpkin & Potato Soup (LG)(V) OR Tossed Salad w Egg & Cheese* (LG)	Celery Soup (LG) (V) OR Vegetable Frittata (LG)	Sweet Potato, Carrot & Bacon Soup (LG) OR Tomato Cucumber & Onion Salad*(V)	Potato & Leek Soup (LG) (V) OR Pasty Slice	Beef & Barley Soup (LG) OR Apple Coleslaw (V)*
<b>MAIN</b>	Tuna Mornay OR Chicken Cottage Pie (LG)	Roast Pork & Veg (LG) OR Massaman Beef Curry & Rice	Shepherd's Pie (LG) OR Pumpkin Spinach & Ricotta Cannelloni & Veg (V)	Lamb Stew (LG) OR Chicken Rissoles & Veg	Tuna Patties w Veg OR Salad OR Ham Steak Pineapple & Veg OR Salad (LG)
<b>DESSERT</b>	Fruit Salad* (LG) (V)	Custard Tart	Cheesecake	Carrot Cake	Scone w Jam & Cream

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTRÉE</b>	Tomato Soup (LG) (V) OR Pumpkin Spinach & Feta Frittata	Chicken Noodle Soup OR Tossed Salad w Egg & Cheese* (LG)	Mushroom Soup (LG) (V) OR Quiche Tarts	Sweet Potato Soup (LG) (V) OR Potato Egg & Bacon Salad *	Carrot Soup (LG) (V) OR Caramelised Onion Tart
<b>MAIN</b>	Chicken Broccoli Cashew Stirfry *** (LG) OR Pork Schnitzel & Veg	Beef Meatballs Onion Gravy & Veg OR Ravioli w Tomato Basil Sauce (V)	Dijon Mustard Chicken (LG) OR Lasagne`	Roast Turkey & Veg (LG) OR Beef Stroganoff	Crumbed Fish & Veg OR Salad OR Veg Korma & Rice (LG) (V)
<b>DESSERT</b>	Pears & Chocolate Mousse (LG)	Fruit Salad* (LG) (V)	Apricot Macadamia Slice***	Sago & Plum Sauce (LG)	Lemon Raspberry Magic Cake

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Zucchini & Broccoli Soup (LG) (V) OR Corn Avocado Chickpea Salad*(LG)(V)	Chicken & Veg Soup (LG) OR Sweet Potato Bacon Slice	Cauliflower Soup (LG) (V) OR Tossed Salad w Egg & Cheese* (LG)	Minestrone Soup OR Sausage Rolls	Lentil Soup (LG) OR Curried Egg & Pasta Salad *
<b>MAIN</b>	Beef Sausages & Veg (LG) OR Chicken Schnitzel & Veg	Roast Beef & Veg (LG) OR Chicken Kiev & Veg	Thai Chicken Fillet & Veg (LG) OR Turkey Carbonara	Fish w Lemon Sauce & Veg (LG) OR Beef & Mushroom Pie & Veg	Baked Fish w Cherry Tomatoes & Olives & Veg OR Salad (LG) OR Quiche Lorraine & Veg OR Salad
<b>DESSERT</b>	Berry Pudding & Cream	German Custard Cake	Fruit Salad* (LG)	Apple Crumble	Lemon Meringue Tart

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTRÉE</b>	Vegetable Risoni Soup (LG) OR Cheese & Veg Roll	Pea & Ham Soup (LG) OR Mixed Bean Salad* (LG) (V)	Pumpkin Soup (LG) (V) OR Tuna & Chive Slice	Chicken & Corn Soup (LG) OR Tossed Salad w Egg & Cheese* (LG)	Vegetable Soup (LG) (V) OR Cheese & Chive Scone
<b>MAIN</b>	Baked Chicken Breast & Veg (LG) OR Beef Schnitzel & Veg	Lemongrass Chicken & Rice (LG) OR Spaghetti Bolognese	Roast Lamb & Veg (LG) OR Butter Chicken Veg & Rice (LG)	Marinated Chicken & Veg (LG) OR Zucchini Slice	Battered Fish w Veg OR Salad OR Chicken & Mango Chutney Salad * (LG)
<b>DESSERT</b>	Apple Pastry Puff w Cream	Fruit Salad* (LG)	Apricot Upside-Down Cake	Peaches & Custard (LG)	Blueberry Muffin

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