

2020 - WINTER MENU

Ph: 8241 0266

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Cauliflower Soup (LG) OR Spinach Bacon & Cheese Tart	Pumpkin & Potato Soup (LG) OR Carrot, Cheese & Chive Muffin	Chicken Noodle Soup (LG) OR Vegetable Frittata (LG)	Minestrone Soup OR Sweet Potato & Bacon Slice	Vegetable Soup (LG) OR Caramelised Onion Tarts
MAIN	Butter Chicken, Veg & Rice (LG) OR Braised Beef w Onion & Veg	Fish Curry & Rice (LG) OR Beef & Mushroom Pie & Veg	Roast Beef & Veg (LG) OR Ravioli w Tomato & Basil Sauce (V)	Beef Sausages & Veg (LG) OR Chicken w Risoni	Crumbed Fish & Veg OR Shepherd's Pie (LG)
DESSERT	Irish Apple Cake	Fruit Salad*(LG)	Pears & Choc Mousse (LG)	Butterscotch Pudding & Cream	Maltese Fruit Cake & Custard

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Vegetable Risoni Soup OR Tuna Corn & Cheese Tarts	Potato & Leek Soup (LG) OR Caramelised Mushroom Tarts	Lentil Soup (LG) OR Sausage Rolls	Sweet Potato Soup (LG) OR Quiche Tarts	Chicken & Corn Soup (LG) OR Cheese Bacon & Pasta Slice
MAIN	Beef Stew (LG) OR Pumpkin, Spinach & Ricotta Cannelloni & Veg (V)	Lemongrass Chicken & Rice (LG) OR Beef Meatballs, Onion Gravy & Veg	Chicken Cottage Pie (LG) OR Roast Pork & Veg (LG)	Lasagne` OR Baked Chicken Breast & Veg(LG)	Battered Fish & Veg OR Beef Schnitzel & Veg
DESSERT	Chocolate Pudding & Cream	Apple Crumble	Fruit Salad*(LG)	Banana Cake ***	Apricot Upsidedown Cake

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Tomato Soup (LG) OR Pumpkin Spinach Feta Frittata (LG)	Celery Soup (LG) OR Veg Pasta w Rose' Sauce	Carrot Soup (LG) OR Pizza Calzone`	Mushroom Soup (LG) OR Pasty Slice	Beef & Barley Soup (LG) OR Corn Fritters w SCS
MAIN	Tuna Patties & Veg OR Chicken & Leek Casserole (LG)	Roast Turkey & Veg (LG) OR Lamb Stew (LG)	Sausage & Veg Casserole (LG) OR Chicken Kiev & Veg	Vegetable Korma & Rice (V) OR Pork Schnitzel & Veg	Baked Fish w Cherry Tomatoes & Olives & Veg (LG) OR Spaghetti Bolognese
DESSERT	Apple Pie & Cream	Fruit Salad*(LG)	Creamed Rice (LG)	Cheesecake	Bread & Butter Pudding

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Sweet Potato Carrot & Bacon Soup (LG) OR Spinach Feta & Tomato Slice	Primavera Soup (LG) OR Pumpkin Scones	Chicken & Veg Soup (LG) OR Maltese Beef Pie	Pumpkin Soup (LG) OR Potato Egg & Bacon Rosti	Pea & Ham Soup (LG) OR Pumpkin Spinach & Ricotta Roll
MAIN	Beef Stroganoff & Pasta OR Dijon Mustard Chicken & Veg (LG)	Corned Silverside & Veg (LG) OR Chicken Schnitzel & Veg	Chicken, Broccoli & Cashew Stirfry *** (LG) OR Steamed Fish w Capers & Veg (LG)	Roast Lamb & Veg (LG) OR Zucchini Slice	Tuna Mornay OR Thai Chicken Fillet & Veg (LG)
DESSERT	Lemon Meringue Tart	Berry Pudding & Cream	Fruit Salad*(LG)	Apricot Crumble	Pear & Walnut Cake ***

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