MACASA
Meals Service

2023/2024 - SUMMER MENU

Ph: 8241 0266

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Chicken & Veg Soup (LG) OR Tossed Salad w Egg & Cheese* (LG)	Vegetable Risoni Soup (LG) (V) OR Vegetable Frittata (LG)	Beef & Barley Soup OR Tomato Cucumber & Onion Salad*(LG((V)	Sweet Potato, Carrot & Bacon Soup (LG) OR Spinach & Ricotta Bites	Vegetable Soup (LG) OR Potato Egg & Bacon Salad (V)*
MAIN	Beef Meatballs & Onion Gravy & Veg (LG) OR Chicken Schnitzel & Veg	Roast Pork & Veg (LG) OR Chicken Broccoli Cashew Stirfry (LG) ***	Tuna Patties & Veg (LG) OR Lasagne'	Chicken Kiev& Veg (LG) OR Lamb Stew (LG)	Tuna Pasta Salad OR Ham Steak Pineapple w Veg OR Salad (LG)
	Scone w Jam & Cream	Fruit Salad* (LG)(V)	Cheesecake	Banana Cake w Frosting	Peaches & Custard

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Tomato Soup (LG) (V) OR Caramelised Onion Tart	Sweet Potato Soup (LG) OR Tossed Salad w Egg & Cheese (LG)	Chicken & Corn Soup (LG)) OR Quiche Tarts	Carrot Soup (LG) OR Curried Egg Pasta Salad	Cream of Broccoli Soup (LG) OR Sweet Potato Bacon Slice
MAIN	Dijon Mustard Chicken (LG) OR Beef Stirfry & Noodles	Zucchini Slice OR Chicken Cottage Pie (LG)	Lamb Patties w yoghurt sauce & Veg(LG) OR Spinach Pumpkin Ricotta Cannelloni(V)	Roast Turkey & Veg (LG) OR Chunky Pork Pie & Veg	Crumbed Fish w Veg OR Salad OR Chicken & Mango Chutney Salad * (LG)
DESSERT	Fruit Salad* (LG)(V)	Orange Cake	Apricot Crumble	Golden Syrup Cake	Berry Pudding & Creams

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Pea & Ham Soup (LG) OR Apple Coleslaw *(LG)(V)	Chicken Noodle Soup OR Tuna & Chive Slice	Cauliflower Soup (LG) (V) OR Tossed Salad w Egg & Cheese* (LG)	Minestrone Soup (V) OR Sausage Rolls	Lentil Soup (LG) OR Four Bean Mix Salad*
MAIN	Fish w Lemon Sauce & Veg (LG) OR Pork Schnitzel & Veg	Roast Beef & Veg (LG) OR Turkey Carbonara	Marinated Chicken & Veg (LG) OR Ravioli w Tomato & Basil Sauce (V)	Lemongrass Chicken & Rice (LG) OR Beef Schnitzel & Veg	Baked Fish w Cherry Tomatoes & Olives w Veg or Salad (LG) OR Spaghetti Bolognese
DESSERT	Apple Crumble Cake	Fruit Salad* (LG)(V)	Apricot Upside-down Cake	Sago & Plum Sauce	Carrot Cake

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Potato & Leek Soup (LG) M OR Pumpkin Spinach & Feta Frittata	Celery Soup OR Corn Avocado&Chickpea Salad*LG/V	Pumpkin Soup (LG) (V) OR Cheese & Chive Scone	Roast Red Capsicum Soup OR Tossed Salad w Egg & Cheese* (LG)	Pumpkin & Potato Soup (LG) OR Cheese & Veg Roll
MAIN	Thai Chicken Fillet & Veg (LG) OR Shepherd's Pie (LG)	Beef Sausages & Veg (LG) OR Tuna Mornay	Roast Lamb & Veg (LG) OR Quiche & Veg	Baked Chicken Breast & Veg (LG) OR Steak & Kidney Pie & Veg	Battered Fish w Veg or Salad OR BLAT & Chicken Salad * (LG)
DESSERT	Fruit Salad* (LG)	Lemon Meringue Tart	Custard Tart	Pears & Choc Mousse	German Custard Cake

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

BLAT = Bacon,Lettuce,Avocado,Tomato