

2025 - WINTER MENU

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Lentil Soup (LG) OR Pumpkin Scone & Butter (V)	Sweet Potato Soup (LG) (V) OR Chicken Sausage Rolls	Carrot Soup (LG)(V) OR Vegemite & Cheese Scrolls (V)	Beef & Barley Soup OR Vegetable Frittata (LG) (V)	Sweet Potato Carrot Bacon Soup (LG) OR Curry Puff (V)
MAIN	Shepherd's Pie (LG) OR Chicken Schnitzel & Veg	Roast Beef & Veg (LG) OR Tuna Mornay	Beef Tortellini w Tomato Basil Sauce OR Baked Chicken Breast & Veg (LG)	Beef Meatballs w Onion Gravy & Veg (LG) OR Butter Chicken & Rice (LG)	Baked Fish w Cherry Tomatoes & Veg (LG) OR Lamb Stew (LG)
DESSERT	Chocolate, Raspberry & Walnut Brownie ***	Fruit Salad* (LG)(V)	Apricot Upside Down Cake	Danish	Golden Syrup Cake

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Pumpkin Soup (LG) (V) OR Quiche Tarts	Potato & Leek Soup (LG) (V) OR Pumpkin Spinach & Feta Tarts (V)	Chicken Noodle Soup OR Carrot Cheese & Chive Muffin (V)	Cauliflower Soup (LG) (V) OR Pasty Slice	Chicken & Veg Soup (LG) OR Beef & Mushroom Pie
MAIN	Lamb & Rosemary Pie & Veg OR Chicken Cottage Pie (LG)	Pork Schnitzel & Veg OR Fish w Lemon Sauce & Veg (LG)	Roast Turkey & Veg (LG) OR Baked Rice (LG)	Vegetarian Lasagna (V) OR Light Chicken Korma & Rice (LG)	Tuna Patties & Veg (LG) OR Spaghetti Bolognese
DESSERT	Fruit Salad* (LG)(V)	Apple & Rhubarb Crumble	Lemon Meringue Tart	Blueberry Pudding & Cream	Cheesecake

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Celery Soup (LG) (V) OR Sweet Potato Bacon Slice	Sweet Potato & Ginger Soup (LG) (V) OR Sausage Rolls	Tomato Soup (LG) (V) OR Tuna & Chive Slice w SCS	Mushroom Soup (LG) (V) OR Cheese & Chive Scone (V)	Vegetable Soup (LG) (V) OR Pizza Scrolls
MAIN	Potato Pie & Veg OR Chicken Broccoli Cashew Stirfry (LG) ***	Pork Cassoulet OR Thai Chicken & Veg (LG)	Sausage & Veg Casserole (LG) OR Zucchini Slice	Beef Schnitzel & Veg OR Roast Pork & Veg (LG)	Crumbed Fish & Veg OR Chicken & Leek Casserole (LG)
DESSERT	Irish Apple Cake	Fruit Salad* (LG)(V)	Apple Puff	Maltese Fruit Cake & Custard	Baked Custard Tart

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Pea & Ham Soup (LG) OR Caramelised Onion Tart (V)	Minestrone Soup (V) OR Cheese & Veg Roll (V)	Chicken & Corn Soup (LG) OR Spinach & Ricotta Bites (V)	Pumpkin & Potato Soup (LG) (V) OR Beef, Bacon & Cheese Pie	Vegetable Risoni Soup (V) OR Asparagus & Sundried Tomato Frittata (LG) (V)
MAIN	Honey Mustard Chicken (LG) OR Braised Beef w Onions & Mash (LG)	Corned Silverside & Veg (LG) OR Pork Rissoles & Veg	Quiche & Veg OR Roast Lamb & Veg (LG)	Massaman Beef Curry & Rice (LG) OR Pumpkin Spinach Ricotta Cannelloni & Veg (V)	Battered Fish & Veg OR Marinated Chicken & Veg (LG)
DESSERT	Fruit Salad* (LG)(V)	Bread & Butter Pudding	Creamed Rice (LG)(V)	Plum Cobbler & Cream	Apple Peach Brown Betty

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

This kitchen supplies meals that contain Gluten and Nuts on occasion and therefore we cannot guarantee a total Nut or Gluten Free environment