

# 2023 - WINTER MENU

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Celery Soup (LG) (V) OR Pumpkin Scone & Butter	Pea & Ham Soup (LG) OR Chicken Sausage Rolls	Minestrone Soup (LG) (V) OR Tuna & Chive Parcel w SCS	Pumpkin Soup (LG) (V) OR Vegetable Frittata (LG) (V)	Chicken & Veg Soup (LG) OR Caramelised Mushroom Tart (V)
<b>MAIN</b>	Lamb Stew (LG) OR Chicken Schnitzel & Veg	Roast Beef & Veg (LG) OR Tuna Mornay	Ravioli w Tomato Basil Sauce (V) OR Baked Chicken Breast & Veg (LG)	Beef Meatballs & Onion Gravy & Veg OR Butter Chicken Veg & Rice (LG) (V)	Crumbed Fish & Veg OR Sausage & Veg Casserole (LG)
<b>DESSERT</b>	Apple & Peach Brown Betty & Cream	Fruit Salad* (LG)	Citrus Self Saucing Pudding & Cream	Irish Apple Cake	Apricot Upside Down Cake

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Lentil Soup (LG) (V) OR Quiche Tarts	Chicken Noodle Soup OR Pumpkin Spinach & Feta Frittata (LG)	Sweet Potato Soup (LG) (V) OR Carrot Cheese & Chive Muffin	Cauliflower Soup (LG) (V) OR Pasty Slice	Vegetable Soup (LG) (V) OR Beef & Mushroom Pie
<b>MAIN</b>	Beef Stirfry & Noodles OR Pork Schnitzel & Veg (LG)	Lemongrass Chicken & Rice (LG) OR Fish w Lemon Sauce & Veg (LG)	Roast Turkey & Veg (LG) OR Pork Ragu	Chicken Kiev & Veg OR Veg Korma & Rice (LG) (V)	Baked Fish w Cherry Tomatoes,Olives & Veg (LG) OR Lasagné
<b>DESSERT</b>	Fruit Salad* (LG)	Bread & Butter Pudding	Creamed Rice (LG)	Butterscotch Pudding & Cream	Maltese Fruit Cake & Custard

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Beef & Barley Soup (LG) OR Sweet Potato Bacon Slice	Sweet Potato Carrot & Bacon Soup (LG) OR Cheese & Veg Roll	Tomato Soup (LG) OR Sausage Rolls	Zucchini Broccoli Soup (LG) (V) OR Potato Rosti	Potato & Leek Soup (LG) (V) OR Pizza Calzone
<b>MAIN</b>	Steak & Kidney Pie & Veg OR Dijon Mustard Chicken (LG)	Chicken Broccoli & Cashew Stirfry (LG) *** OR Beef Schnitzel & Veg	Thai Chicken & Veg (LG) OR Zucchini Slice	Roast Pork & Veg (LG) OR Shepherd's Pie (LG)	Tuna Patties & Veg (LG) OR Spaghetti Bolognese
<b>DESSERT</b>	Berry Pudding & Cream	Fruit Salad* (LG)	Apple & Rhubarb Crumble	Cheesecake	Lemon Meringue Tart

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTRÉE</b>	Mushroom Soup (LG) (V) OR Caramelised Onion Tart (V)	Carrot Soup (LG) (V) OR Spinach Feta & Tomato Slice (V)	Pumpkin & Potato Soup (LG) (V) OR Spinach & Ricotta Bites	Chicken & Corn Soup (LG) OR Cheese Bacon Pasta Slice	Vegetable Risoni Soup (V) OR Corn Fritters w SCS
<b>MAIN</b>	Fish Pie w Veg Topping (LG) OR Braised Beef w Onions & Mash	Corned Silverside & Veg (LG) OR Chicken Cottage Pie (LG)	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)
<b>DESSERT</b>	Fruit Salad* (LG)	Pear & Walnut Cake ***	Lemon Raspberry Magic Cake	Apricot Crumble	Apple Pie & Cream

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