



# 2024/2025 - SUMMER MENU

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Beef & Barley Soup OR Tossed Salad w Egg & Cheese* (LG)(V)	Sweet Potato Soup (LG)(V) OR Carrot Cheese & Chive Muffin (V)	Chicken & Veg Soup(LG) OR Tomato Cucumber & Onion Salad*(LG)(V)	Pumpkin Soup (LG) OR Asparagus & Sundried Tomato Frittata (V)	Vegetable Soup (LG)(V) OR Potato Egg & Bacon Salad*
<b>MAIN</b>	Lasagn'e OR Chicken & Leek Casserole (LG) Lemon Meringue Tart	Roast Pork & Veg (LG) OR Potato Pie & Veg Fruit Salad* (LG)	Tuna Patties & Veg (LG) OR Meatloaf & Gravy Apricot Crumble	Zucchini Slice OR Beef Schnitzel & Veg Peaches & Custard	Tuna Pasta Salad OR Lite Chicken Korma & Rice (LG) Scone w Jam & Cream
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTRÉE</b>	Tomato Soup (LG) (V) OR Sweet Potato Bacon Slice	Sweet Potato Carrot & Bacon Soup (LG) OR Tossed Salad w Egg & Cheese* (LG)	Chicken Noodle Soup (LG) OR Quiche Tarts	Celery Soup (LG)(V) OR Curried Egg Pasta Salad*	Broccoli & Cheese Soup (LG)(V) OR Curry Puff
<b>MAIN</b>	Fish w Lemon Sauce & Veg (LG) OR Beef Meatballs Onion Gravy & Veg	Vegetable Pasta Bake (V) OR Thai Chicken Fillet & Veg (LG)	Steak & Kidney Pie & Veg OR Lemongrass Chicken & Rice (LG)	Roast Turkey & Veg (LG) OR Spaghetti Bolognese	Crumbed Fish w Veg OR Salad OR Ham Steak & Pineapple w Veg or Salad (LG)
<b>DESSERT</b>	Fruit Salad* (LG)	Pear & Choc Mousse	Lemon Raspberry Magic Cake	Apple Puff & Cream	Butterscotch Pudding & Cream
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Chicken & Corn Soup (LG) OR Apple Coleslaw *(LG)(V)	Pea & Ham Soup (LG) OR Cheese & Veg Roll (V)	Sweet Potato & Ginger Soup(LG)(V) OR Tossed Salad w Egg & Cheese* (LG)	Minestrone Soup (V) OR Pumpkin Scone & Butter (V)	Carrot Soup (LG) OR Corn Avocado & chickpea Salad*(LG) (V)
<b>MAIN</b>	Chicken Broccoli Cashew Stirfry (LG)*** OR Pork Schnitzel & Veg	Roast Beef & Veg (LG) OR Marinated Chicken & Veg	Chicken Schnitzel & Veg (LG) OR Beef Stroganoff & Pasta	Sausage & Veg Casserole (LG) OR Chicken Cottage Pie (LG)	Baked Fish w Cherry Tomatoes & Olives w Veg or Salad (LG) OR Quiche & Salad or Veg
<b>DESSERT</b>	Apple Crumble Cake	Fruit Salad* (LG)(V)	Nutty Apricot Cake ***	Baked Custard Tart (V)	Carrot Cake (V)
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTRÉE</b>	Vegetable Risoni Soup (V) OR Sausage Rolls	Cauliflower Soup (LG)(V) OR 4 Bean Mix Salad*V	Lentil Soup (LG) (V) OR Cheese & Chive Scone & Butter	Potato & Leek Soup(LG)(V) OR Tossed Salad w Egg & Cheese* (LG)	Pumpkin & Potato Soup (LG)(V) OR Caramelised Onion Tart
<b>MAIN</b>	Chicken Kiev & Veg OR Shepherd's Pie (LG)	Beef Sausages & Veg (LG) OR Tuna Mornay	Roast Lamb & Veg (LG) OR Mushroom Patties & Veg (V)	Baked Chicken Breast & Veg (LG) OR Beef Tortellini w Tomato Basil Sauce	Battered Fish w Veg or Salad OR Chicken Mango Chutney Salad * (LG)
<b>DESSERT</b>	Fruit Salad* (LG)(V)	Fruit Fool (V)	Chocolate Raspberry Brownie	Cheesecake (V)	Mixed Berry Jam Tart w Cream

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