



AUTUMN 2025

**PLEASE CIRCLE
EACH OF YOUR
CHOICES**

**All hot meals, salads and sandwiches are made fresh daily. Sweets are also home cooked. All meals include a variety of vegetables and gravy.
GF = GLUTEN FREE
DF = DAIRY FREE**

<p><u>MONDAY 10 MARCH</u></p> <p>A. HONEY MUSTARD CHICKEN (GF) B. SAVOURY MINCE(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>TUESDAY 11 MARCH</u></p> <p>A. ROAST CHICKEN (GF/DF) B. SPAGHETTI BOLOGNAISE(DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 12 MARCH</u></p> <p>A. CRUMBED STEAK(DF) B. TUNA MORNAY PASTA C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>THURSDAY 13 MARCH</u></p> <p>A. SALMON PATTIES B. BEEF & RED WINE CASSEROLE(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 14 MARCH</u></p> <p>A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED FISH/CHIPS B. CURRIED BEEF SAUSAGES(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>
<p><u>MONDAY 17 MARCH</u></p> <p>A. BRAISED STEAK & ONION GRAVY (GF/DF) B. APRICOT CHICKEN & RICE(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>TUESDAY 18 MARCH</u></p> <p>A. ROAST PORK (GF/DF) B. CHINESE MINCE(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 19 MARCH</u></p> <p>A. QUICHE LORRAINE B. BUTTER CHICKEN & RICE(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>THURSDAY 20 MARCH</u></p> <p>A. CURRIED PRAWNS & RICE(GF/DF) B. CORNED SILVERSIDE & WHITE SAUCE(GF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 21 MARCH</u></p> <p>A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED FISH/CHIPS B. MEATBALLS & SPAGHETTI (DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>
<p><u>MONDAY 24 MARCH</u></p> <p>A. STEAK & KIDNEY (GF/DF) B. CHICKEN RISSOLE(DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>TUESDAY 25 MARCH</u></p> <p>A. ROAST BEEF (GF/DF) B. SWEET & SOUR CHICKEN & RICE(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 26 MARCH</u></p> <p>A. MEATLOAF(GF/DF) B. SWEET LAMB CURRY & RICE(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>THURSDAY 27 MARCH</u></p> <p>A. CHICKEN MORNAY PIE B. SAUSAGE HOTPOT(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 28 MARCH</u></p> <p>A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED FISH/CHIPS B. BEEF & VEG CASSEROLE (GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>
<p><u>MONDAY 31 MARCH</u></p> <p>A. BEEF STROGANOFF(GF) B. CHICKEN SAUSAGES(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>TUESDAY 1 APRIL</u></p> <p>A. ROAST LAMB (GF/DF) B. CHICKEN CASSEROLE C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 2 APRIL</u></p> <p>A. COTTAGE PIE(GF/DF) B. ASIAN CHICKEN & RICE(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>THURSDAY 3 APRIL</u></p> <p>A. CURRIED MINCE(GF/DF) B. SWEET & SOUR PORK(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 4 APRIL</u></p> <p>A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED FISH/CHIPS B. IRISH LAMB STEW(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>



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<p><u>MONDAY 7 APRIL</u></p> <p>A. DEVILLED SAUSAGES_(GF/DF) B. CURRIED CHICKEN & RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>TUESDAY 8 APRIL</u></p> <p>A. ROAST CHICKEN_(DF) B. LAMBS FRY & BACON_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 9 APRIL</u></p> <p>A. SILVERSIDE & WHITE SAUCE_(GF) B. APRICOT CHICKEN & RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>THURSDAY 10 APRIL</u></p> <p>A. ZUCCHINI & BACON SLICE_(GF) B. BEEF & VEG STIR FRY_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 11 APRIL</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. BEEF SAUSAGES & GRAVY_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>
<p><u>MONDAY 14 APRIL</u></p> <p>A. STEAK & KIDNEY_(GF/DF) B. HONEY MUSTARD CHICKEN_(GF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>TUESDAY 15 APRIL</u></p> <p>A. ROAST PORK_(GF/DF) B. BRAISED STEAK & ONION_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 16 APRIL</u></p> <p>A. HONEY SOY CHICKEN & RICE_(GF/DF) B. MEAT PIE & MUSHY PEAS_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>THURSDAY 17 APRIL</u></p> <p>A. LAMB RISSOLE_(DF) B. SPAGHETTI BOLOGNAISE_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 18 APRIL</u></p> <p>GOOD FRIDAY PUBLIC HOLIDAY, NO MEAL DELIVERY. SEE BACK PAGE FOR FROZEN OPTIONS & ORDERING.</p>
<p><u>MONDAY 21 APRIL</u></p> <p>EASTER MONDAY PUBLIC HOLIDAY, NO MEAL DELIVERY. SEE BACK PAGE FOR FROZEN OPTIONS & ORDERING.</p>	<p><u>TUESDAY 22 APRIL</u></p> <p>A. CHICKEN SCHNITZEL_(DF) B. CHEESE & SPINACH ROLL C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 23 APRIL</u></p> <p>A. BEEF & RED WINE CASSEROLE_(GF/DF) B. LASAGNE C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>THURSDAY 24 APRIL</u></p> <p>A. MEATBALLS & GRAVY_(DF) B. SWEET LAMB CURRY & RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 25 APRIL</u></p> <p>ANZAC DAY PUBLIC HOLIDAY, NO MEAL DELIVERY. SEE BACK PAGE FOR OPTIONS & ORDERING.</p>
<p><u>MONDAY 28 APRIL</u></p> <p>A. BEEF SAUSAGES & GRAVY_(GF/DF) B. COCONUT CHICKEN CURRY & RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>TUESDAY 29 APRIL</u></p> <p>A. ROAST LAMB_(GF/DF) B. BACON & EGG PIE C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 30 APRIL</u></p> <p>A. CHICKEN SAUSAGES_(GF/DF) B. COTTAGE PIE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>THURSDAY 1 MAY</u></p> <p>A. BEEF STROGANOFF_(GF) B. CURRIED MINCE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 2 MAY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. BEEF RISSOLE_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>



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<p><u>MONDAY 5 MAY</u></p> <p>A. CHICKEN RISSOLE_(DF) B. SWEET & SOUR PORK & RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>TUESDAY 6 MAY</u></p> <p>A. ROAST CHICKEN_(GF/DF) B. STEAK & KIDNEY_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 7 MAY</u></p> <p>A. CURRIED CHICKEN & RICE_(GF/DF) B. BEEF & VEG CASSEROLE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>THURSDAY 8 MAY</u></p> <p>A. SILVERSIDE & WHITE SAUCE_(GF) B. CHICKEN CASSEROLE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 9 MAY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. MEATBALLS & SPAGHETTI_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>
<p><u>MONDAY 12 MAY</u></p> <p>A. SALMON PATTIES B. ASIAN CHICKEN & RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>TUESDAY 13 MAY</u></p> <p>A. ROAST PORK_(GF/DF) B. MEATLOAF_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 14 MAY</u></p> <p>A. SAUSAGE HOTPOT_(GF/DF) B. TUNA MORNAY PASTA C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>THURSDAY 15 MAY</u></p> <p>A. HONEY MUSTARD CHICKEN_(GF) B. LAMBS FRY & BACON_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 16 MAY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. SAVOURY MINCE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>
<p><u>MONDAY 19 MAY</u></p> <p>A. IRISH LAMB STEW_(GF/DF) B. CURRIED SAUSAGES_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>TUESDAY 20 MAY</u></p> <p>A. ROAST BEEF_(GF/DF) B. BEEF & VEG STIR FRY_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 21 MAY</u></p> <p>A. PIE & MUSHY PEAS_(DF) B. APRICOT CHICKEN/RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>THURSDAY 22 MAY</u></p> <p>A. CHICKEN PARMIGIANA B. SPINACH & BACON PIE C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 23 MAY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. SWEET LAMB CURRY & RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>
<p><u>MONDAY 26 MAY</u></p> <p>A. CURRIED PRAWNS & RICE_(GF/DF) B. CHINESE MINCE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>TUESDAY 27 MAY</u></p> <p>A. ROAST LAMB_(GF/DF) B. COCONUT CHICKEN CURRY & RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 28 MAY</u></p> <p>A. CHICKEN MORNAY PIE B. BEEF RISSOLE_(GF/DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>THURSDAY 29 MAY</u></p> <p>A. BEEF CURRY & RICE_(GF/DF) B. QUICHE LORRAINE C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 30 MAY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. LASAGNE C. SANDWICH or SALAD D. DESSERT or SOUP</p>



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FROZEN MEAL OPTIONS FOR PUBLIC HOLIDAYS OVER EASTER AND ANZAC DAY

PLEASE **CIRCLE** YOUR CHOICE FOR EACH DAY IF REQUIRED. MEALS WILL BE DELIVERED FROZEN IN THE DAYS PRIOR TO THESE PUBLIC HOLIDAYS.

GOOD FRIDAY APRIL 18 TH (FROZEN)	EASTER MONDAY APRIL 21 ST (FROZEN)	ANZAC DAY FRIDAY APRIL 25 TH (FROZEN)
A. SEAFOOD MORNAY PIE B. STEAMED FISH IN CURRY SAUCE _(GF/DF) C. MEATLOAF _(GF/DF)	A. CURRIED PRAWNS & RICE _(GF/DF) B. IRISH LAMB STEW _(GF/DF)	A. SAVOURY MINCE _(GF/DF) B. ASIAN CHICKEN & RICE _(GF/DF)

PLEASE NOTE: COPIES OF MENUS WILL BE SENT OUT TO ALL CLIENTS WHEN THIS MENU COMMENCES.