

WINTER 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

<u>MONDAY 2 JUNE</u> A. HONEY MUSTARD CHICKEN (GF) B. SAVOURY MINCE (DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 3 JUNE</u> A. ROAST CHICKEN (DF/GF) B. BEEF STROGANOFF (GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 4 JUNE</u> A. CHICKEN SAUSAGES (DF/GF) B. MEATLOAF (DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 5 JUNE</u> A. SILVERSIDE & WHITE SAUCE (GF) B. CHICKEN CASSEROLE (DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 6 JUNE</u> A. CRUMBED (DF)/STEAMED (GF/DF)/BATTERED FISH & CHIPS B. MEATBALLS & SPAGHETTI (DF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 9 JUNE</u> <u>KING'S BDAY PUBLIC HOLIDAY: NO MEAL DELIVERY</u> WOULD YOU LIKE A FROZEN MEAL? YES ☐ NO ☐	<u>TUESDAY 10 JUNE</u> A. CHICKEN SCHNITZEL (DF) B. SPINACH & CHEESE ROLL C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 11 JUNE</u> A. CHICKEN RISSOLE (DF) B. ZUCCHINI & BACON SLICE (GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 12 JUNE</u> A. BEEF & VEGETABLE CASSEROLE (DF/GF) B. CURRIED MINCE (DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 13 JUNE</u> A. CRUMBED (DF)/STEAMED (GF/DF)/BATTERED FISH & CHIPS B. BRAISED STEAK & ONION (DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 16 JUNE</u> A. SAUSAGES & GRAVY (DF/GF) B. LAMB RISSOLE (DF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 17 JUNE</u> A. ROAST BEEF (DF/GF) B. CURRIED PRAWNS & RICE (DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 18 JUNE</u> A. SWEET LAMB CURRY & RICE (DF/GF) B. BACON & EGG PIE C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 19 JUNE</u> A. APRICOT CHICKEN & RICE (DF/GF) B. SPAGHETTI BOLOGNESE (DF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 20 JUNE</u> A. CRUMBED (DF)/STEAMED (GF/DF)/BATTERED FISH & CHIPS B. CHICKEN MORNAY PIE C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 23 JUNE</u> A. COCONUT CHICKEN CURRY & RICE (DF/GF) B. SAUSAGE HOT POT (DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 24 JUNE</u> A. ROAST LAMB (DF/GF) B. SWEET & SOUR PORK (DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 25 JUNE</u> A. LAMBS FRY & BACON (DF/GF) B. COTTAGE PIE (DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 26 JUNE</u> A. SAVOURY MINCE (DF/GF) B. CHICKEN PARMIGIANA C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 27 JUNE</u> A. CRUMBED (DF)/STEAMED (GF/DF)/BATTERED FISH & CHIPS B. ASIAN CHICKEN & RICE (DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP

WINTER 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

<u>MONDAY 30 JUNE</u> A. STEAK & KIDNEY _(DF/GF) B. SALMON PATTIES C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 1 JULY</u> A. ROAST CHICKEN _(DF/GF) B. BEEF CURRY & RICE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 2 JULY</u> A. LASAGNE B. SILVERSIDE & WHITE SAUCE _(GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 3 JULY</u> A. BUTTER CHICKEN & RICE _(DF/GF) B. MEAT PIE & MUSHY PEAS _(DF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 4 JULY</u> A. CRUMBED _(DF) /STEAMED _(GF/DF) / BATTERED FISH & CHIPS B. BEEF & RED WINE CASSEROLE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 7 JULY</u> A. CURRIED MINCE _(DF/GF) B. HONEY SOY CHICKEN & RICE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 8 JULY</u> A. ROAST PORK _(DF/GF) B. IRISH LAMB STEW _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 9 JULY</u> A. QUICHE LORRAINE B. DEVILLED SAUSAGES _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 10 JULY</u> A. CHICKEN RISSOLE _(DF) B. BEEF & VEGETABLE CASSEROLE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 11 JULY</u> A. CRUMBED _(DF) /STEAMED _(GF/DF) / BATTERED FISH & CHIPS B. HONEY MUSTARD CHICKEN _(GF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 14 JULY</u> A. BEEF STROGANOFF _(GF) B. CHINESE MINCE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 15 JULY</u> A. ROAST BEEF _(DF/GF) B. TUNA MORNAY PASTA C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 16 JULY</u> A. CHICKEN SAUSAGES _(DF/GF) B. BEEF & VEG STIR FRY & RICE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 17 JULY</u> A. SPINACH & BACON PIE B. SWEET LAMB CURRY & RICE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 18 JULY</u> A. CRUMBED _(DF) /STEAMED _(GF/DF) / BATTERED FISH & CHIPS B. MEATLOAF _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 21 JULY</u> A. SAUSAGES & GRAVY _(DF/GF) B. BEEF & VEG CASSEROLE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 22 JULY</u> A. ROAST LAMB _(DF/GF) B. COCONUT CURRY CHICKEN & RICE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 23 JULY</u> A. LAMBS FRY & BACON _(DF/GF) B. BEEF RISSOLE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 24 JULY</u> A. COTTAGE PIE _(DF/GF) B. SILVERSIDE & WHITE SAUCE _(GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 25 JULY</u> A. CRUMBED _(DF) /STEAMED _(GF/DF) / BATTERED FISH & CHIPS B. SPAGHETTI BOLOGNESE _(DF) C. SANDWICH or SALAD D. DESSERT or SOUP

WINTER 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

<u>MONDAY 28 JULY</u> A. ASIAN CHICKEN & RICE_(DF/GF) B. BEEF & RED WINE CASSEROLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 29 JULY</u> A. ROAST CHICKEN_(DF/GF) B. SAUSAGE HOT POT_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 30 JULY</u> A. SWEET & SOUR PORK_(DF/GF) B. CRUMBED STEAK_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 31 JULY</u> A. MEATBALLS & GRAVY_(DF/GF) B. CHICKEN CASSEROLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 1 AUGUST</u> A. CRUMBED_(DF)/STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. SWEET LAMB CURRY_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 4 AUGUST</u> A. IRISH LAMB STEW_(DF/GF) B. CURRIED PRAWNS_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 5 AUGUST</u> A. ROAST PORK_(DF/GF) B. BEEF & VEG STIR FRY & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 6 AUGUST</u> A. APRICOT CHICKEN & RICE_(DF/GF) B. STEAK & KIDNEY_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 7 AUGUST</u> A. CHICKEN PARMIGIANA B. VEGIE QUICHE_(GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 8 AUGUST</u> A. CRUMBED_(DF)/STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. BRAISED STEAK & ONION_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 11 AUGUST</u> A. SWEET & SOUR CHICKEN & RICE_(DF/GF) B. CURRIED BEEF SAUSAGES_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 12 AUGUST</u> A. ROAST BEEF_(DF/GF) B. HONEY MUSTARD CHICKEN_(GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 13 AUGUST</u> A. MEATLOAF_(DF/GF) B. TUNA MORNAY PASTA C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 14 AUGUST</u> A. CHICKEN RISSOLE_(DF) B. LASAGNE C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 15 AUGUST</u> A. CRUMBED_(DF)/STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. MEATPIE & MUSHY PEAS_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 18 AUGUST</u> A. COCONUT CHICKEN CURRY & RICE_(DF/GF) B. SALMON PATTIES C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 19 AUGUST</u> A. ROAST LAMB_(DF/GF) B. SAVOURY MINCE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 20 AUGUST</u> A. CHICKEN SAUSAGES_(DF/GF) B. QUICHE LORRAINE C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 21 AUGUST</u> A. LAMBS FRY & BACON_(DF/GF) B. SILVERSIDE & WHITE SAUCE_(GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 22 AUGUST</u> A. CRUMBED_(DF)/STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. COTTAGE PIE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP

WINTER 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

<u>MONDAY 25 AUGUST</u>	<u>TUESDAY 26 AUGUST</u>	<u>WEDNESDAY 27 AUGUST</u>	<u>THURSDAY 28 AUGUST</u>	<u>FRIDAY 29 AUGUST</u>
A. ZUCCHINI SLICE WITH BACON _(GF) B. STEAK & KIDNEY _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	A. ROAST CHICKEN _(DF/GF) B. BEEF & RED WINE CASSEROLE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	A. HONEY SOY CHICKEN _(DF/GF) B. SAUSAGE HOT POT _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	A. BEEF RISSOLE _(DF/GF) B. CURRIED PRAWNS & RICE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	A. CRUMBED _(DF) / STEAMED _(GF/DF) / BATTERED FISH & CHIPS B. CHINESE MINCE _(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP

NOTE: COPIES OF MENUS WILL BE SENT TO ALL CLIENTS

WOULD YOU LIKE ORANGE JUICE? YES ☐ NO ☐

WOULD YOU LIKE WEEKEND MEALS (FROZEN)? YES ☐ NO ☐