



**AUTUMN 2024**

**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><b><u>MONDAY 4 MARCH</u></b></p> <p>A. HONEY MUSTARD CHICKEN (GF)            B. SAVOURY MINCE(GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>TUESDAY 5 MARCH</u></b></p> <p>A. ROAST LAMB (GF/DF)            B. COTTAGE PIE (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>WEDNESDAY 6 MARCH</u></b></p> <p>A. CHICKEN SCHNITZEL (DF)            B. TUNA MORNAY PASTA            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>THURSDAY 7 MARCH</u></b></p> <p>A. SALMON PATTIES            B. BEEF &amp; RED WINE CASSEROLE(GF/DF)            C. SANDWICH or SALAD            D. DESERT or SOUP</p>	<p><b><u>FRIDAY 8 MARCH</u></b></p> <p>A. CRUMBED/STEAMED/ BATTERED FISH /CHIPS            B. BEEF SAUSAGES (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>
<p><b><u>MONDAY 11 MARCH</u></b></p> <p>A. BRAISED STEAK &amp; ONION GRAVY (GF/DF)            B. CHEESE AND SPINACH ROLL            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>TUESDAY 12 MARCH</u></b></p> <p>A. ROAST CHICKEN (GF/DF)            B. CHINESE MINCE(GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>WEDNESDAY 13 MARCH</u></b></p> <p>A. QUICHE LORRAINE            B. COCONUT CHICKEN CURRY AND RICE(GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>THURSDAY 14 MARCH</u></b></p> <p>A. CURRIED PRAWNS &amp; RICE(GF/DF)            B. CORNED SILVERSIDE &amp; WHITE SAUCE(GF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>FRIDAY 15 MARCH</u></b></p> <p>A. CRUMBED/STEAMED/ BATTERED FISH/CHIPS            B. MEATBALLS &amp; SPAGHETTI(DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>
<p><b><u>MONDAY 18 MARCH</u></b></p> <p>A. STEAK &amp; KIDNEY (GF/DF)            B. CHICKEN RISSOLE(DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>TUESDAY 19 MARCH</u></b></p> <p>A. ROAST PORK (GF/DF)            B. CHICKEN SAUSAGES (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>WEDNESDAY 20 MARCH</u></b></p> <p>A. MEATLOAF(GF/DF)            B. SWEET LAMB CURRY(GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>THURSDAY 21 MARCH</u></b></p> <p>A. CHICKEN MORNAY PIE            B. SAUSAGE HOT POT(GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>FRIDAY 22 MARCH</u></b></p> <p>A. CRUMBED/STEAMED/ BATTERED FISH/CHIPS            B. BEEF &amp; VEG CASSEROLE (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>
<p><b><u>MONDAY 25 MARCH</u></b></p> <p>A. BEEF RISSOLE (DF)            B. HAM STEAK &amp; PINEAPPLE(GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>TUESDAY 26 MARCH</u></b></p> <p>A. ROAST BEEF (GF/DF)            B. PIE &amp; MUSHY PEAS(DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>WEDNESDAY 27 MARCH</u></b></p> <p>A. COTTAGE PIE(GF/DF)            B. ASIAN CHICKEN &amp; RICE(GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>THURSDAY 28 MARCH</u></b></p> <p>A. CURRIED MINCE(GF/DF)            B. SWEET &amp; SOUR PORK(GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>FRIDAY 29 MARCH</u></b></p> <p><b><u>GOOD FRIDAY</u></b>  <b><u>PUBLIC HOLIDAY</u></b>  <b><u>NO MEALS</u></b></p>



**AUTUMN 2024**

**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 1 APRIL</u></p> <p><b><u>EASTER MONDAY</u></b> <b><u>PUBLIC HOLIDAY</u></b> <b><u>NO MEALS</u></b></p>	<p><u>TUESDAY 2 APRIL</u></p> <p>A. CHICKEN SCHNITZEL (DF)            B. SALMON PATTIES            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 3 APRIL</u></p> <p>A. SPINACH &amp; CHEESE ROLL            B. APRICOT CHICKEN &amp; RICE (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>THURSDAY 4 APRIL</u></p> <p>A. SILVERSIDE &amp; WHITE SAUCE (GF)            B. BEEF &amp; VEG STIR FRY (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>FRIDAY 5 APRIL</u></p> <p>A. CRUMBED/STEAMED/ BATTERED FISH/CHIPS            B. SAUSAGES &amp; GRAVY (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>
<p><u>MONDAY 8 APRIL</u></p> <p>A. STEAK &amp; KIDNEY (GF/DF)            B. ZUCCHINI SLICE WITH BACON (GF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>TUESDAY 9 APRIL</u></p> <p>A. ROAST CHICKEN (GF/DF)            B. MEAT PIE &amp; MUSHY PEAS (DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 10 APRIL</u></p> <p>A. HONEY SOY CHICKEN &amp; RICE (GF/DF)            B. BRAISED STEAK &amp; ONION (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>THURSDAY 11 APRIL</u></p> <p>A. LAMB RISSOLE (DF)            B. CURRIED PRAWNS (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>FRIDAY 12 APRIL</u></p> <p>A. CRUMBED/STEAMED/ BATTERED FISH/CHIPS            B. SAVOURY MINCE (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>
<p><u>MONDAY 15 APRIL</u></p> <p>A. SPAGHETTI BOLOGNAISE (DF)            B. CHICKEN SAUSAGES (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>TUESDAY 16 APRIL</u></p> <p>A. ROAST PORK (GF/DF)            B. BEEF STROGANOFF (GF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 17 APRIL</u></p> <p>A. LAMBS FRY &amp; BACON (GF/DF)            B. LASAGNE            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>THURSDAY 18 APRIL</u></p> <p>A. BEEF &amp; RED WINE CASSEROLE (GF/DF)            B. SWEET LAMB CURRY &amp; RICE (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>FRIDAY 19 APRIL</u></p> <p>A. CRUMBED/STEAMED/ BATTERED FISH/CHIPS            B. HONEY MUSTARD CHICKEN (GF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>
<p><u>MONDAY 22 APRIL</u></p> <p>A. SAUSAGES &amp; ONION GRAVY (GF/DF)            B. COCONUT CHICKEN CURRY &amp; RICE (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>TUESDAY 23 APRIL</u></p> <p>A. ROAST BEEF (GF/DF)            B. TUNA MORNAY PASTA            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 24 APRIL</u></p> <p>A. CHICKEN PARMIGIANA            B. COTTAGE PIE (GF/DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><u>THURSDAY 25 APRIL</u></p> <p><b><u>ANZAC DAY</u></b>  <b><u>PUBLIC HOLIDAY</u></b>  <b>WOULD YOU LIKE A FROZEN MEAL?</b>            YES <input type="checkbox"/> NO <input type="checkbox"/></p>	<p><u>FRIDAY 26 APRIL</u></p> <p>A. CRUMBED/STEAMED/ BATTERED FISH/CHIPS            B. BEEF RISSOLE (DF)            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>



**AUTUMN 2024**

**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><b><u>MONDAY 29 APRIL</u></b></p> <p>A. CHICKEN RISSOLE<sub>(DF)</sub>            B. SPAGHETTI BOLOGNESE<sub>(DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>TUESDAY 30 APRIL</u></b></p> <p>A. ROAST LAMB<sub>(GF/DF)</sub>            B. STEAK &amp; KIDNEY<sub>(GF/DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>WEDNESDAY 1 MAY</u></b></p> <p>A. CURRIED CHICKEN &amp; RICE<sub>(GF/DF)</sub>            B. BEEF &amp; VEG CASSEROLE<sub>(GF/DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>THURSDAY 2 MAY</u></b></p> <p>A. SILVERSIDE &amp; WHITE SAUCE<sub>(GF)</sub>            B. CHICKEN CASSEROLE<sub>(GF/DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>FRIDAY 3 MAY</u></b></p> <p>A. CRUMBED/STEAMED/ BATTERED FISH/CHIPS            B. MEATBALLS &amp; SPAGHETTI<sub>(DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>
<p><b><u>MONDAY 6 MAY</u></b></p> <p>A. SALMON PATTIES            B. ASIAN CHICKEN &amp; RICE<sub>(GF/DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>TUESDAY 7 MAY</u></b></p> <p>A. ROAST CHICKEN<sub>(GF/DF)</sub>            B. MEATLOAF<sub>(GF/DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>WEDNESDAY 8 MAY</u></b></p> <p>A. SAUSAGE HOTPOT<sub>(GF/DF)</sub>            B. TUNA MORNAY PASTA            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>THURSDAY 9 MAY</u></b></p> <p>A. HONEY MUSTARD CHICKEN<sub>(GF)</sub>            B. LAMBS FRY &amp; BACON<sub>(GF/DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>FRIDAY 10 MAY</u></b></p> <p>A. CRUMBED/STEAMED/ BATTERED FISH/CHIPS            B. SAVOURY MINCE<sub>(GF/DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>
<p><b><u>MONDAY 13 MAY</u></b></p> <p>A. IRISH LAMB STEW<sub>(GF/DF)</sub>            B. CURRIED SAUSAGES<sub>(GF/DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>TUESDAY 14 MAY</u></b></p> <p>A. ROAST PORK<sub>(GF/DF)</sub>            B. BEEF &amp; VEG STIR FRY<sub>(GF/DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>WEDNESDAY 15 MAY</u></b></p> <p>A. PIE &amp; MUSHY PEAS<sub>(DF)</sub>            B. APRICOT CHICKEN/RICE<sub>(GF/DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>THURSDAY 16 MAY</u></b></p> <p>A. CHICKEN PARMIGIANA            B. SPINACH PIE            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>	<p><b><u>FRIDAY 17 MAY</u></b></p> <p>A. CRUMBED/STEAMED/ BATTERED FISH/CHIPS            B. SWEET LAMB CURRY &amp; RICE<sub>(GF/DF)</sub>            C. SANDWICH or SALAD            D. DESSERT or SOUP</p>



**AUTUMN 2024**

**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><b><u>MONDAY 20 MAY</u></b></p> <p>A. CURRIED PRAWNS &amp; RICE<sub>(GF/DF)</sub>          B. HAM STEAK &amp; PINEAPPLE<sub>(GF/DF)</sub>          C. SANDWICH or SALAD          D. DESSERT or SOUP</p>	<p><b><u>TUESDAY 21 MAY</u></b></p> <p>A. ROAST BEEF<sub>(GF/DF)</sub>          B. COCONUT CHICKEN CURRY<sub>(GF/DF)</sub>          C. SANDWICH or SALAD          D. DESSERT or SOUP</p>	<p><b><u>WEDNESDAY 22 MAY</u></b></p> <p>A. CHICKEN MORNAY PIE          B. CHINESE MINCE<sub>(GF/DF)</sub>          C. SANDWICH or SALAD          D. DESSERT or SOUP</p>	<p><b><u>THURSDAY 23 MAY</u></b></p> <p>A. BRAISED STEAK &amp; ONION GRAVY<sub>(GF/DF)</sub>          B. QUICHE LORRAINE          C. SANDWICH or SALAD          D. DESSERT or SOUP</p>	<p><b><u>FRIDAY 24 MAY</u></b></p> <p>A. CRUMBED/STEAMED/ BATTERED FISH/CHIPS          B. BEEF RISSOLE<sub>(DF)</sub>          C. SANDWICH or SALAD          D. DESSERT or SOUP</p>
<p><b><u>MONDAY 27 MAY</u></b></p> <p>A. STEAK &amp; KIDNEY<sub>(GF/DF)</sub>          B. COTTAGE PIE<sub>(GF/DF)</sub>          C. SANDWICH or SALAD          D. DESSERT or SOUP</p>	<p><b><u>TUESDAY 28 MAY</u></b></p> <p>A. ROAST LAMB<sub>(GF/DF)</sub>          B. BEEF &amp; RED WINE CASSEROLE<sub>(GF/DF)</sub>          C. SANDWICH or SALAD          D. DESSERT or SOUP</p>	<p><b><u>WEDNESDAY 29 MAY</u></b></p> <p>A. MEATLOAF<sub>(GF/DF)</sub>          B. ASIAN CHICKEN &amp; FRIED RICE<sub>(GF/DF)</sub>          C. SANDWICH or SALAD          D. DESSERT or SOUP</p>	<p><b><u>THURSDAY 30 MAY</u></b></p> <p>A. CURRIED CHICKEN &amp; RICE<sub>(GF/DF)</sub>          B. SAUSAGE HOTPOT<sub>(GF/DF)</sub>          C. SANDWICH or SALAD          D. DESSERT or SOUP</p>	<p><b><u>FRIDAY 31 MAY</u></b></p> <p>A. CRUMBED/STEAMED/ BATTERED FISH/CHIPS          B. SWEET &amp; SOUR PORK<sub>(GF/DF)</sub>          C. SANDWICH or SALAD          D. DESSERT or SOUP</p>

PLEASE MARK HERE IF YOU WOULD LIKE A COPY OF YOUR MENU  (COPY WILL BE SENT OUT THE LAST WEEK IN FEBRUARY)

WOULD YOU LIKE ORANGE JUICE? YES  NO

WOULD YOU LIKE WEEKEND MEALS (FROZEN)? YES  NO