



WINTER 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 3 JUNE</u> A. HONEY MUSTARD CHICKEN (GF) B. SAVOURY MINCE(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 4 JUNE</u> A. ROAST CHICKEN(DF/GF) B. BEEF STROGANOFF(GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 5 JUNE</u> A. CHICKEN SAUSAGES(DF/GF) B. SWEET LAMB CURRY & RICE(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 6 JUNE</u> A. CHINESE MINCE(DF/GF) B. CHICKEN CASSEROLE(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 7 JUNE</u> A. CRUMBED(DF)/ STEAMED(GF/DF)/ BATTERED FISH & CHIPS B. MEATBALLS & SPAGHETTI(DF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><u>MONDAY 10 JUNE</u> <u>KINGS BIRTHDAY PUBLIC HOLIDAY</u> WOULD YOU LIKE A FROZEN MEAL? YES <input type="checkbox"/> NO <input type="checkbox"/></p>	<p><u>TUESDAY 11 JUNE</u> A. CHICKEN SCHNITZEL(DF) B. SPINACH & CHEESE ROLLS C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 12 JUNE</u> A. APRICOT CHICKEN & RICE(DF/GF) B. ZUCCHINI & BACON SLICE(GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 13 JUNE</u> A. BEEF & VEGETABLE CASSEROLE(DF/GF) B. SILVERSIDE & WHITE SAUCE(GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 14 JUNE</u> A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED FISH & CHIPS B. BRAISED STEAK & ONION(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><u>MONDAY 17 JUNE</u> A. SAUSAGES & GRAVY(DF/GF) B. LAMB RISSOLE(DF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 18 JUNE</u> A. ROAST BEEF(DF/GF) B. BACON & EGG PIE C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 19 JUNE</u> A. MEATLOAF(DF/GF) B. CURRIED PRAWNS & RICE(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 20 JUNE</u> A. CHICKEN RISSOLE(DF) B. SPAGHETTI BOLOGNESE(DF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 21 JUNE</u> A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED FISH & CHIPS B. BEEF STIRFRY & RICE(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><u>MONDAY 24 JUNE</u> A. COTTAGE PIE(DF/GF) B. LAMBS FRY & BACON(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 25 JUNE</u> A. ROAST LAMB(DF/GF) B. SWEET & SOUR PORK(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 26 JUNE</u> A. SAUSAGE HOT POT(DF/GF) B. COCONUT CHICKEN CURRY & RICE(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 27 JUNE</u> A. SAVOURY MINCE(DF/GF) B. CHICKEN MORNAY PIE C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 28 JUNE</u> A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED FISH & CHIPS B. ASIAN CHICKEN & RICE(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>



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<p><u>MONDAY 1 JULY</u></p> <p>A. BRAISED STEAK & MUSHROOM_(DF/GF) B. SALMON PATTIES C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 2 JULY</u></p> <p>A. ROAST CHICKEN_(DF/GF) B. STEAK & KIDNEY_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 3 JULY</u></p> <p>A. LASAGNE B. SILVERSIDE & WHITE SAUCE_(GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 4 JULY</u></p> <p>A. BUTTER CHICKEN & RICE_(DF/GF) B. MEAT PIE & MUSHY PEAS_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 5 JULY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. BEEF & RED WINE CASSEROLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><u>MONDAY 8 JULY</u></p> <p>A. CURRIED MINCE_(DF/GF) B. CHICKEN RISSOLE_(DF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 9 JULY</u></p> <p>A. ROAST PORK_(DF/GF) B. IRISH LAMB STEW_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 10 JULY</u></p> <p>A. QUICHE LORRAINE B. DEVILLED SAUSAGES_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 11 JULY</u></p> <p>A. HONEY SOY CHICKEN & RICE_(DF/GF) B. BEEF & VEGETABLE CASSEROLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 12 JULY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. HONEY MUSTARD CHICKEN_(GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><u>MONDAY 15 JULY</u></p> <p>A. BEEF STROGANOFF_(GF) B. TUNA MORNAY PASTA C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 16 JULY</u></p> <p>A. ROAST BEEF_(DF/GF) B. SAVOURY MINCE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 17 JULY</u></p> <p>A. CHICKEN SAUSAGES_(DF/GF) B. BEEF STIR FRY_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 18 JULY</u></p> <p>A. MEATLOAF_(DF/GF) B. SWEET LAMB CURRY_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 19 JULY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. HAM STEAK & PINEAPPLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><u>MONDAY 22 JULY</u></p> <p>A. SAUSAGE & ONION GRAVY_(DF/GF) B. SPINACH & CHEESE ROLLS C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 23 JULY</u></p> <p>A. ROAST LAMB_(DF/GF) B. COCONUT CURRY CHICKEN & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 24 JULY</u></p> <p>A. LAMBS FRY & BACON_(DF/GF) B. BEEF RISSOLE_(DF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 25 JULY</u></p> <p>A. COTTAGE PIE_(DF/GF) B. SILVERSIDE & WHITE SAUCE_(GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 26 JULY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. SPAGHETTI BOLOGNESE_(DF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>



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<p><u>MONDAY 29 JULY</u></p> <p>A. ASIAN CHICKEN & RICE_(DF/GF) B. CRUMBED STEAK_(DF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 30 JULY</u></p> <p>A. ROAST CHICKEN_(DF/GF) B. SAUSAGE HOT POT_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 31 JULY</u></p> <p>A. SWEET & SOUR PORK_(DF/GF) B. BEEF & RED WINE CASSEROLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 1 AUGUST</u></p> <p>A. MEATBALLS & GRAVY_(DF/GF) B. CHICKEN CASSEROLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 2 AUGUST</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. SWEET LAMB CURRY_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><u>MONDAY 5 AUGUST</u></p> <p>A. BRAISED STEAK & ONION_(DF/GF) B. CURRIED PRAWNS_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 6 AUGUST</u></p> <p>A. ROAST PORK_(DF/GF) B. BEEF & VEG STIR FRY & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 7 AUGUST</u></p> <p>A. APRICOT CHICKEN & RICE_(DF/GF) B. STEAK & KIDNEY_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 8 AUGUST</u></p> <p>A. CHICKEN PARMIGANA B. VEGIE QUICHE_(GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 9 AUGUST</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. IRISH LAMB STEW_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><u>MONDAY 12 AUGUST</u></p> <p>A. HAM STEAK & PINEAPPLE_(DF/GF) B. CURRIED BEEF SAUSAGES_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 13 AUGUST</u></p> <p>A. ROAST BEEF_(DF/GF) B. HONEY MUSTARD CHICKEN_(GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 14 AUGUST</u></p> <p>A. MEATLOAF_(DF/GF) B. TUNA MORNAY PASTA C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 15 AUGUST</u></p> <p>A. CHICKEN RISSOLE_(DF) B. LASAGNE C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 16 AUGUST</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. MEATPIE & MUSHY PEAS_(DF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><u>MONDAY 19 AUGUST</u></p> <p>A. COCONUT CHICKEN CURRY & RICE_(DF/GF) B. SALMON PATTIES C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 20 AUGUST</u></p> <p>A. ROAST LAMB_(DF/GF) B. SAVOURY MINCE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 21 AUGUST</u></p> <p>A. CHICKEN SAUSAGES_(DF/GF) B. QUICHE LORRAINE C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 22 AUGUST</u></p> <p>A. LAMBS FRY & BACON_(DF/GF) B. SILVERSIDE & WHITE SAUCE_(GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 23 AUGUST</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. COTTAGE PIE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>



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<p><u>MONDAY 26 AUGUST</u></p> <p>A. ZUCCHINI SLICE WITH BACON_(GF) B. STEAK & KIDNEY_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 27 AUGUST</u></p> <p>A. ROAST CHICKEN_(DF/GF) B. BEEF & RED WINE CASSEROLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 28 AUGUST</u></p> <p>A. HONEY SOY CHICKEN_(DF/GF) B. SAUSAGE HOT POT_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 29 AUGUST</u></p> <p>A. BEEF RISSOLE_(DF) B. CURRY PRAWNS & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 30 AUGUST</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. CHINESE MINCE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><u>MONDAY 2 SEPTEMBER</u></p> <p>A. CHICKEN SCHNITZEL_(DF) B. CURRIED MINCE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>TUESDAY 3 SEPTEMBER</u></p> <p>A. ROAST PORK_(DF/GF) B. SWEET LAMB CURRY_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>WEDNESDAY 4 SEPTEMBER</u></p> <p>A. APRICOT CHICKEN & RICE_(DF/GF) B. LAMB RISSOLE_(DF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>THURSDAY 5 SEPTEMBER</u></p> <p>A. SWEET & SOUR PORK_(DF/GF) B. MEAT PIE & MUSHY PEAS_(DF) C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><u>FRIDAY 6 SEPTEMBER</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. LASAGNE C. SANDWICH or SALAD D. DESSERT / SOUP</p>

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

WOULD YOU LIKE ORANGE JUICE? YES NO

WOULD YOU LIKE WEEKEND MEALS (FROZEN)? YES NO