

April – September 2020 Menu

(\$14.00 per day / \$70.00 per 5 day week) Delivering a 2 course meal daily
Pick your favorites or enjoy everyday

WEEK 1

Monday
Tuesday
Wednesday
Thursday
Friday

MAIN MEAL
Pork Schnitzel
Creamy Chicken
Roast Beef
Curried Sausages
Spinach & Potato Pie

DESSERT
Fruit & Jelly
Chocolate Pudding
Apricot Slice
Cinnamon Tea Cake
Creamy Rice Pots

WEEK 2

Monday
Tuesday
Wednesday
Thursday
Friday

MAIN MEAL
Crumbed Fish
Cottage Pie
Chicken Hot Pot
Macaroni & Cheese
Corned Beef

DESSERT
Cheesecake
Apple Crumble
Bread & Butter Pudding
Peach & Pear Strudel
Hummingbird Cake

WEEK 3

Monday
Tuesday
Wednesday
Thursday
Friday

MAIN MEAL
Creamy Tomato Meatloaf
Teriyaki Chicken
Sausage Casserole
Tuna Mornay
Roast Pork

DESSERT
Fruit & Custard
Pear Tart
Blueberry & Lemon Cake
Peach Crumble
Banana Cake

WEEK 4

Monday
Tuesday
Wednesday
Thursday
Friday

MAIN MEAL
Oven Baked Fish
Rogan Josh
Chicken Parmigiana
Vegetable Pastry
Shepherd's Pie

DESSERT
Cheesecake
Apple Strudel
Trifle
Lemon Pudding
Fruit Cake

All the above meals are served with vegetables (or rice)
Soup or fresh fruit salads can be ordered in place of dessert
Diabetic desserts available Monday, Wednesday & Friday

WEEKEND MENU

\$14.00 per 2 course meal

Roast Chicken	Sweet & Sour Chicken with Rice	Schnitzel Parmigiana	Spinach Omelette
Crumbed Chicken	Frittata	Lamb Rissoles	Crumbed Fish
Vegetable Pattie	Beef Sausages with Gravy	Lasagna	Cold Meat Salad
Cornish Pasty	Cheese & Spinach Quiche	Ham Steak & Pineapple	Beef & Mushroom Pie
Baked Potato with bacon, cheese & sour cream			

Plus Dessert, Fruit Salad or Soup & Roll

2020

- * Meals are delivered between 10.30am and 1.30pm each weekday excluding some Public Holidays
- * Meals can be delivered hot, cold or frozen, with reheating instructions supplied.