

Spring 2024

BEEF CASSEROLE (GF, SR) with mashed potatoes, baked pumpkin & peas

BEEF: CORNED BEEF (GF) in white sauce, mashed potatoes, carrots, broccoli & cauliflower

BEEF: COTTAGE PIE (GF, SR) with mashed potatoes, topped with cheese

BEEF CURRIED SAUSAGES (GF) with mashed potatoes, carrots, peas & corn

BEEF POT ROAST with roast potatoes, carrots & greens, gravy

BEEF RISSOLES (GF, SR) with mashed potato, beans, broccoli & carrots

BEEF: SPAGHETTI BOLOGNAISE with mixed vegetables

LAMB CASSEROLE (GF, SR) with mashed potatoes, broccoli & cauliflower

LAMB ROAST with roast vegetables, mint sauce & gravy

LAMB SHEPHERDS PIE with potato topping & mixed vegetables

LAMB SWEET CURRY with rice & vegetables

CHICKEN BREAST MANGO (GF, SR) with roast potatoes, pumpkin, carrots & green beans

CHICKEN CASSEROLE (GF, SR) with roast potatoes, broccoli, & pumpkin

CHICKEN HONEY SOY (GF, SR) with stir fried rice & vegetables

CHICKEN MUSHROOM (GF, SR) with roast potatoes & green beans

CHICKEN ROAST BREAST (GF, SR) with cream potatoes, carrots & peas

CHICKEN SWEET & SOUR (GF, SR) with steamed rice & mixed vegetables

BBQ SAUSAGE (GF) with pan fried potatoes, broccoli & baked beans

PORK MEATBALLS (GF) with gravy, mashed potatoes, carrots & green veg.

PORK ROAST (GF, SR) with apple gravy, pumpkin mash, cauliflower & broccoli

PORK STEAK DIANE (GF, SR) with cream potatoes, cauliflower & cabbage

BROWN RICE VEGETABLE PATTIES (GF, SR, VE) with a potato/sweet potato stack & green beans

COCONUT DAHL (GF, SR, VE) with red lentils, basmati rice, spinach, & mango chutney

CREAMY MEETBALLS (SR, VE) vegan balls in mustard sauce, with mash, beans & broccoli

VEGETABLE PARMIGIANI with roast potatoes, carrots, cauliflower & broccoli

PUMPKIN & FETA FRITTATA (SR) with carrots & greens

SPAGHETTI VEGANAISE (SR, VE) with a vegan version of a bolognese sauce

VEGETARIAN LASAGNA (SR) with greens

BARRAMUNDI LEMON BUTTER (GF, SR) with basmati rice, broccoli, cauliflower & carrots

CREAMY GARLIC PRAWNS with rice, broccoli, cauliflower, carrots

CURRIED PRAWNS (GF) with rice & greens

FISH CAKES (SR) chips & mixed vegetables

SR: SALT REDUCED VE: VEGAN GF: GLUTEN FREE

OMELETTES:

Cheese & Chives Omelette

Ham & Cheese Omelette

Spinach & Feta Omelette

SOUPS:

Beef & Barley

Chicken & Corn Chowder

Minestrone

Potato, Leek & Bacon

Roasted Cauliflower (GF)

Roasted Pumpkin (GF)

Roasted Sweet Potato & Bacon

Roasted Tomato (GF)

Roasted Tomato & Meatballs

Vegetarian Potato & Leek (GF)

DESSERTS:

Apple & Blueberry Crumble & Custard

Apple Tea Cake & Custard

Brownie & Cream

Carrot Cake with Cream Cheese Frosting

Cheesecake with Berry Coulis & Cream

Chocolate Mousse & Cream

Peach and Raspberry Slice & Custard

Raspberry Lemon & Almond Cake with Lemon Cream

Salted Caramel & Chocolate Slice with Chantilly Cream

Sticky Date Pudding with Butterscotch Sauce & Custard

Summer Berries & Custard

Vanilla Bean and White Chocolate Ice-cream Sandwich