

DINNERS – UPDATED MENUS

WEEK 1, 5, 9

DAY	Meal	Dietary	Charge per serve
Mains			
Monday	Chicken and mushroom casserole with mash potato with green beans and spiced pumpkin	Gluten free	\$8.00
Tuesday	Chicken Nasi Goreng with poached egg	Gluten/dairy free	\$8.00
Wednesday	Pork steak with seasonal vegetables and red wine jus	Gluten free/dairy free	\$8.00
Thursday	Mexican steak bowl: grilled taco seasoned steak, rice, Pico de Gallo, cheese sour cream and guacamole	Gluten free	\$8.00
Friday	Japanese crumbed chicken curry with jasmine rice, petite salad with sesame dressing		\$8.00
	Spaghetti bolognaise		\$8.00
	Chicken carbonara penne pasta with parmesan		\$8.00
	Spaghetti meat balls with Napoli sauce and cheddar		\$8.00
Dietaries (available every day)	Creamy penne pesto pasta with semi dried tomatoes, olives and spinach		\$8.00
	Green vegetable curry with jasmine rice	Gluten/dairy free	\$8.00
	Spaghetti bolognaise spaghetti with gluten free and parmesan cheese		\$8.00
	Oven baked beef lasagne		\$8.00
	Orange and almond cake with citrus syrup	Gluten/dairy free	\$4.00
	Chocolate caramel slice	Gluten free	\$4.00
Dessert			
Monday	Devil chocolate cake with custard		\$4.00
Tuesday	Traditional pavlova	Gluten free	\$4.00
Wednesday	Chocolate profiteroles with custard		\$4.00
Thursday	Churros with Mexican chocolate sauce		\$4.00
Friday	Chocolate mousse	Gluten free	\$4.00

WEEK 2,6,10

Day	Meal	Dietary	Charge per serve
Monday	Slow cooked lamb leg with thyme jus and roast vegetables	Gluten/dairy free	\$8.00
Tuesday	Traditional beef stroganoff with jasmine rice	Gluten free	\$8.00
Wednesday	Traditional bangers and mash potato with vegetables	Gluten free	\$8.00
Thursday	Sweet soy pork with forest mushrooms, jasmine rice and Asian greens	Gluten free	\$8.00
Friday	Chicken chasseur with mash potato and seasonal vegetables	Gluten free	\$8.00
	Spaghetti bolognese		\$8.00
	Chicken carbonara penne pasta with parmesan		\$8.00
	Spaghetti meat balls with Napoli sauce and cheddar cheese		\$8.00
Dietaries (available every day)	Creamy penne pesto pasta with semi dried tomatoes, olives and spinach		\$8.00
	Green vegetable curry with jasmine rice	Gluten/dairy free	\$8.00
	Spaghetti bolognese with gluten free spaghetti and parmesan cheese		\$8.00
	Oven baked beef lasagne		\$8.00
	Orange and almond cake with citrus syrup	Gluten/dairy free	\$4.00
	Chocolate caramel slice	Gluten free	\$4.00
Dessert			
Monday	Chocolate éclair		\$4.00
Tuesday	Mississippi mud cake with whipped cream		\$4.00
Wednesday	Carrot cake with custard		\$4.00
Thursday	Vanilla slice		\$4.00
Friday	White chocolate and raspberry cake with custard		\$4.00

WEEK 3,7

Day	Meal	Dietary	Charge per serve
Mains			
Monday	Traditional French beef Bourguignon with jasmine rice	Gluten free/dairy free	\$8.00
Tuesday	Beef vindaloo with jasmine rice	Gluten free/dairy free	\$8.00
Wednesday	Pork stir fry with hokkien noodles and Asian vegetables	Dairy free	\$8.00
Thursday	Barramundi with burre blanc sauce with seasonal vegetables	Gluten free	\$8.00
Friday	Twice cooked lamb shank with sweet potato, buttered beans and roast pumpkin	Gluten free	\$8.00
	Spaghetti bolognese		\$8.00
	Chicken carbonara penne pasta with parmesan		\$8.00
	Spaghetti meat balls with Napoli sauce and cheddar		\$8.00
Dietaries (available every day)	Creamy penne pesto pasta with semi dried tomatoes, olives and spinach		\$8.00
	Green vegetable curry with jasmine rice	Gluten/dairy free	\$8.00
	Spaghetti bolognese with gluten free spaghetti and parmesan cheese	Gluten free	\$8.00
	Oven baked beef lasagne		\$8.00
	Orange and almond cake with citrus syrup	Gluten/dairy free	\$4.00
	Chocolate caramel slice	Gluten free	\$4.00
Dessert			
Monday	Portuguese custard tart	Gluten free	\$4.00
Tuesday	Lemon meringue pie		\$4.00
Wednesday	Nutella and marshmallow filled crepes		\$4.00
Thursday	Summer fruit Eaton mess	Gluten free	\$4.00
Friday	Chocolate cake with custard		\$4.00

Week 4,8

Day	Meals	Dietary	Charge per serve
Mains			
Monday	Lamb Korma with jasmine rice, green beans and baked pumpkin	Gluten free	\$8.00
Tuesday	Slow cooked beef cheeks in red wine jus with mash potato and seasonal vegetables	Gluten free	\$8.00
Wednesday	Honey baked ham with baked potato, green peas and sweet potato	Dairy free	\$8.00
Thursday	Karaage chicken with jasmine rice and Asian greens	Gluten free	\$8.00
Friday	Roast pork with roast vegetables and gravy	Gluten free	\$8.00
	Spaghetti bolognaise		\$8.00
	Chicken carbonara penne pasta with parmesan		\$8.00
	Spaghetti meat balls with Napoli sauce and cheddar		\$8.00
Dietaries (available every day)	Creamy penne pesto pasta with semi dried tomatoes, olives and spinach	Gluten free	\$8.00
	Green vegetable curry with jasmine rice	Gluten/dairy free	\$8.00
	Spaghetti bolognaise with gluten free spaghetti and parmesan cheese	Gluten free	\$8.00
	Oven baked beef lasagne		\$8.00
	Orange and almond cake with citrus syrup	Gluten/dairy free	\$4.00
	Chocolate caramel slice	Gluten free	\$4.00
Dessert			
Monday	Two Krispy Kreme style glazed donuts		\$4.00
Tuesday	Chocolate fondant with custard		\$4.00
Wednesday	Strawberry mousse		\$4.00
Thursday	White chocolate and raspberry cake with custard		\$4.00
Friday	Apple crumble with vanilla custard		\$4.00