

## DINNERS – UPDATED MENUS

### WEEK 1, 5, 9

| DAY                                | Meal                                                                                                  | Dietary                | Charge per serve |
|------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------|------------------|
| <b>Mains</b>                       |                                                                                                       |                        |                  |
| Monday                             | Roast Chicken with roast vegetables, green beans and gravy                                            | Gluten/dairy free      | \$8.00           |
| Tuesday                            | Chicken Nasi Goreng with poached egg                                                                  | Gluten/dairy free      | \$8.00           |
| Wednesday                          | Chilli caramel sticky pork with sauteed baby potatoes, pumpkin and greens                             | Gluten free/dairy free | \$8.00           |
| Thursday                           | Mexican steak bowl: grilled taco seasoned steak, rice, Pico de Gallo, cheese sour cream and guacamole | Gluten/dairy 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<br>(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                                   | 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           |
| <b>Dessert</b>                     |                                                                                                       |                        |                  |
| Monday                             | Devil chocolate cake with custard                                                                     | Gluten free            | \$4.00           |
| Tuesday                            | Summer fruits pavlova                                                                                 | Gluten free            | \$4.00           |
| Wednesday                          | Crème caramel                                                                                         | Gluten free            | \$4.00           |
| Thursday                           | Carrot cake with custard                                                                              |                        | \$4.00           |
| Friday                             | Chocolate mousse                                                                                      |                        | \$4.00           |

**WEEK 2,6,10**

| Day                             | Meal                                                                                      | Dietary           | Charge per serve |
|---------------------------------|-------------------------------------------------------------------------------------------|-------------------|------------------|
|                                 |                                                                                           |                   |                  |
| Monday                          | Slow cooked lamb leg with mash potato, roasted seasonal vegetables, green beans and gravy | 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                        | Sizzling spicy beef with Asian vegetables and rice                                        | Gluten free       | \$8.00           |
| Friday                          | Sticky plum and soy pork belly with potato bake and Asian 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           |
| <b>Dessert</b>                  |                                                                                           |                   |                  |
| Monday                          | Tiramisu                                                                                  |                   | \$4.00           |
| Tuesday                         | Mississippi mud cake with whipped cream                                                   |                   | \$4.00           |
| Wednesday                       | Carrot cake with custard                                                                  |                   | \$4.00           |
| Thursday                        | Vanilla slice                                                                             |                   | \$4.00           |
| Friday                          | Chocolate topped filled profiteroles                                                      |                   | \$4.00           |

**WEEK 3,7**

| Day                                | Meal                                                                                         | Dietary                | Charge per serve |
|------------------------------------|----------------------------------------------------------------------------------------------|------------------------|------------------|
| <b>Mains</b>                       |                                                                                              |                        |                  |
| Monday                             | Traditional French beef Bourguignon with mash potato                                         | Gluten free            | \$8.00           |
| Tuesday                            | Massaman beef curry with jasmine rice                                                        | Gluten free            | \$8.00           |
| Wednesday                          | Rendang chicken curry with rice                                                              | Gluten free/dairy free | \$8.00           |
| Thursday                           | Roast pork with sweet spicy chilli sauce, mash potato, buttered zucchini and roasted carrots | Gluten free            | \$8.00           |
| Friday                             | Crumbed steak with mushroom sauce with mash potato, seasonal vegetables and gravy            |                        | \$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<br>(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           |
| <b>Dessert</b>                     |                                                                                              |                        |                  |
| Monday                             | Chocolate brownie with whipped cream                                                         |                        | \$4.00           |
| Tuesday                            | Vanilla panna cotta with raspberry coulis                                                    |                        | \$4.00           |
| Wednesday                          | Portuguese tart with custard                                                                 |                        | \$4.00           |
| Thursday                           | Rocky road                                                                                   |                        | \$4.00           |
| Friday                             | Red velvet cake and custard                                                                  |                        | \$4.00           |

**Week 4,8**

| Day                                   | Meals                                                                                   | Dietary           | Charge per serve |
|---------------------------------------|-----------------------------------------------------------------------------------------|-------------------|------------------|
| <b>Mains</b>                          |                                                                                         |                   |                  |
| Monday                                | Classic bangers and mash with seasonal vegetables                                       | Gluten free       | \$8.00           |
| Tuesday                               | Crispy pork belly with Chinese sticky sauce, Asian green, fried rice and sesame carrots |                   | \$8.00           |
| Wednesday                             | Slow cooked lamb hot pot, potato bake and seasonal vegetables                           | Dairy free        | \$8.00           |
| Thursday                              | Sesame chicken with jasmine rice, green beans and baked pumpkin                         | Gluten free       | \$8.00           |
| Friday                                | Sweet and sour pork with fried rice                                                     |                   | \$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<br>(available<br>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           |
| <b>Dessert</b>                        |                                                                                         |                   |                  |
| Monday                                | Chocolate fondant with cream                                                            |                   | \$4.00           |
| Tuesday                               | Carrot cake with custard                                                                |                   | \$4.00           |
| Wednesday                             | Portuguese tart with whipped cream                                                      |                   | \$4.00           |
| Thursday                              | White chocolate and raspberry cake with custard                                         |                   | \$4.00           |
| Friday                                | Apple crumble with vanilla custard                                                      |                   | \$4.00           |