

DINNERS – UPDATED MENUS

WEEK 1, 5, 9

DAY	Meal	Dietary	Charge per serve
Mains			
Monday	Smoked & slow cooked beef with root vegetables	Gluten/dairy free	\$8.00
Tuesday	Chicken nasi goreng with poached egg	Gluten/dairy free	\$8.00
Wednesday	Plum and soy pork belly with sweet potato mash and Asian greens	Gluten free/dairy free	\$8.00
Thursday	Mauritian chicken with jasmine rice and Asian greens	Gluten/dairy free	\$8.00
Friday	Japanese crumbed chicken curry with jasmine, sesame broccoli and bok choy	Gluten/dairy 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 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
Dessert			
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	Chocolate caramel slice 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 thyme jus and roast vegetables	Gluten/dairy free	\$8.00
Tuesday	Kung pao chicken noodles	Dairy free	\$8.00
Wednesday	Traditional bangers and mash potato with vegetables	Gluten free	\$8.00
Thursday	Sizzling spicy beef with jasmine rice	Gluten free	\$8.00
Friday	Lemon fried chicken with fried rice and Asian greens	Gluten free	\$8.00
	Spaghetti bolognaise		\$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 bolognaise 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	Vanilla slice		\$4.00
Tuesday	Double baked cheesecake		\$4.00
Wednesday	Cherry ripe slice		\$4.00
Thursday	Mississippi mud cake with custard		\$4.00
Friday	Chocolate topped filled profiteroles		\$4.00

WEEK 3,7

Day	Meal	Dietary	Charge per serve
Mains			
Monday	Sweet and sour pork with jasmine rice and Asian vegetables	Gluten/dairy free	\$8.00
Tuesday	Beef Bourguignon with mash potato	Gluten free	\$8.00
Wednesday	Lamb korma with jasmine rice	Gluten free/dairy free	\$8.00
Thursday	Marinated chicken Maryland potato bake with seasonal vegetable	Gluten free	\$8.00
Friday	Crumbed steak with mushroom sauce with mash potato and seasonal vegetables		\$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	Chocolate brownie with whipped cream	Gluten free	\$4.00
Tuesday	Vanilla panna cotta with raspberry coulis		\$4.00
Wednesday	Portuguese tart with custard		\$4.00
Thursday	Rocky road	Gluten free	\$4.00
Friday	Caramel slice with custard		\$4.00

Week 4,8

Day	Meals	Dietary	Charge per serve
Mains			
Monday	Chicken parmigiana with herbed chat potatoes and seasonal vegetables		\$8.00
Tuesday	Garlic soy pork belly with fried rice and Asian vegetables	Gluten/dairy free	\$8.00
Wednesday	Peppered beef noodle stir fry	Dairy free	\$8.00
Thursday	Braised lamb boulangere with seasonal vegetables		\$8.00
Friday	Chicken kiev with baby potatoes and seasonal vegetables		\$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	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