

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 | Chilli caramel belly with sweet potato mash and Asian greens | Gluten free | \$8.00 |
| Thursday | Butter chicken with jasmine rice | Gluten/dairy free | \$8.00 |
| Friday | Japanese crumbed chicken curry with jasmine, sesame broccoli and bok choy | | \$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 | Chocolate mud cake with custard | Gluten free | \$4.00 |
| Tuesday | Traditional 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 | Chinese chicken and black bean noodles | | \$8.00 |
| Wednesday | Traditional stroganoff with rice and seasonal vegetables | Gluten free | \$8.00 |
| Thursday | Sizzling spicy beef | Gluten/dairy free | \$8.00 |
| Friday | Chicken chasseur with mash potato and vegetables | 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 | Tiramisu | | \$4.00 |
| Tuesday | Carrot cake with custard | | \$4.00 |
| Wednesday | Passionfruit cheesecake | | \$4.00 |
| Thursday | Mississippi mud cake with custard | Gluten free | \$4.00 |
| Friday | Chocolate topped filled profiteroles | | \$4.00 |

WEEK 3,7

| Day | Meal | Dietary | Charge per serve |
|---|--|-------------------|-------------------------|
| Mains | | | |
| Monday | Sweet and sour chicken with jasmine rice and Asian vegetables | Gluten/dairy free | \$8.00 |
| Tuesday | Beef Bourguignon with mash potato | Gluten free | \$8.00 |
| Wednesday | Beef Massaman with jasmine rice | Gluten/dairy free | \$8.00 |
| Thursday | Honey mustard baked ham with mash potato and roast vegetables | Gluten free | \$8.00 |
| Friday | Crumbed steak with mushroom sauce with mash potato 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 | | \$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 | Red velvet cake with custard | Gluten free | \$4.00 |
| Tuesday | Vanilla slice | | \$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 | Plum pork belly with fried rice and Asian vegetables | Gluten/dairy free | \$8.00 |
| Wednesday | Crispy sesame chicken with jasmine rice and vegetables | Gluten free/dairy free | \$8.00 |
| Thursday | Mongolian beef with jasmine rice and Asian greens | Gluten/dairy free | \$8.00 |
| Friday | Slow cooked beef with roast vegetables and gravy | 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 | Gluten free | \$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 fondant with cream | | \$4.00 |
| Tuesday | Black forest cake | | \$4.00 |
| Wednesday | Classic custard tart with cream | | \$4.00 |
| Thursday | White chocolate and raspberry cake with custard | | \$4.00 |
| Friday | Apple crumble with vanilla custard | | \$4.00 |