

DINNERS – UPDATED MENUS

WEEK 1, 5, 9

DAY	Meal	Dietary	Charge per serve
Mains			
Monday	French inspired tarragon and mushroom chicken with mash potato and seasonal vegetables	Gluten/dairy free	\$8.00
Tuesday	Smoked & slow cooked beef with root vegetables	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	Chicken nasi goreng with poached egg	Gluten/dairy free	\$8.00
Friday	Butter chicken with jasmine rice	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	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	Apple crumble		\$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	Classic bangers and mash with green beans	Gluten free	\$8.00
Wednesday	Japanese chicken curry with rice	Gluten/dairy free	\$8.00
Thursday	Sizzling spicy beef	Gluten free	\$8.00
Friday	Lemon fried chicken with fried rice	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	Tiramisu		\$4.00
Tuesday	Carrot cake with custard		\$4.00
Wednesday	Passionfruit cheesecake		\$4.00
Thursday	Chocolate mousse	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 pork 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 free	\$8.00
Thursday	Traditional German bratwurst with mash potato and braised red cabbage	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	Traditional French canelé with vanilla anglaise		\$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	Star anise and garlic pork belly with fried rice and Asian vegetables	Gluten/dairy free	\$8.00
Wednesday	Thai style yellow chicken curry with jasmine rice and vegetables	Gluten free/dairy free	\$8.00
Thursday	Mongolian beef with jasmine rice and Asian greens		\$8.00
Friday	Chicken Kiev with roast vegetables and gravy		\$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	Black forest cake		\$4.00
Wednesday	Traditional Thai coconut sago		\$4.00
Thursday	White chocolate and raspberry cake with custard		\$4.00
Friday	Apple crumble with vanilla custard		\$4.00