

DINNERS – UPDATED MENUS

WEEK 1, 5, 9

DAY	Meal	Dietary	Charge per serve
Mains			
Monday	Roast pork 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	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 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 free/dairy free	\$4.00
	Chocolate caramel slice	Gluten free	\$4.00
Dessert			
Monday	Devil chocolate cake with custard		\$4.00
Tuesday	Summer fruits 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 mash potato, roasted seasonal vegetables, green beans and gravy	Gluten free	\$8.00
Tuesday	Traditional beef stroganoff with jasmine rice	Gluten free/dairy 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/dairy free	\$8.00
Friday	Sticky plum and soy pork belly with potato bake and Asian vegetables	Gluten free/dairy 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 free/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 free/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	Rendang chicken curry with rice	Gluten free/dairy free	\$8.00
Thursday	Twice cooked pork belly with sweet spicy chilli sauce, mash potato and seasonal vegetables	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 (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 free/dairy free	\$4.00
	Chocolate caramel slice	Gluten free	\$4.00
Dessert			
Monday	Portuguese custard tart		\$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	Classic bangers and mash with seasonal vegetables	Gluten free	\$8.00
Tuesday	Red chicken curry with garlic fried rice and Asian vegetables	Gluten free	\$8.00
Wednesday	Slow cooked lamb hot pot, potato bake and seasonal vegetables	Gluten free/dairy free	\$8.00
Thursday	Crumbed chicken Kiev with gravy and seasonal vegetables		\$8.00
Friday	Sweet and sour pork and 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 (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 free/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 free/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	Gluten free	\$4.00
Thursday	White chocolate and raspberry cake with custard		\$4.00
Friday	Apple crumble with vanilla custard		\$4.00