

## DINNERS – UPDATED MENUS

### WEEK 1, 5, 9

DAY	Meal	Dietary	Charge per serve
<b>Mains</b>			
Monday	French inspired tarragon chicken with mash potato and seasonal vegetables	Gluten/dairy free	\$7.00
Tuesday	Smoked & slow cooked beef with root vegetables	Gluten/dairy free	\$7.00
Wednesday	Plum and soy pork steak with sweet potato mash and Asian greens	Gluten free/dairy free	\$7.00
Thursday	Chicken nasi goreng with poached egg	Gluten/dairy free	\$7.00
Friday	Butter chicken with jasmine rice	Gluten/dairy free	\$7.00
	Spaghetti bolognese		\$7.00
	Chicken carbonara penne pasta with parmesan		\$7.00
	Spaghetti meat balls with Napoli sauce and cheddar		7.00
<b>Dietaries</b> (available every day)	Creamy penne pesto pasta with semi dried tomatoes, olives and spinach		\$7.00
	Green vegetable curry with jasmine rice	Gluten/dairy free	\$7.00
	Spaghetti bolognese spaghetti with gluten free and parmesan cheese	Gluten free	\$7.00
	Oven baked beef lasagne		\$7.00
	Orange and almond cake with citrus syrup	Gluten/dairy free	\$3.50
	Chocolate caramel slice	Gluten free	\$3.50
<b>Dessert</b>			
Monday	Chocolate mud cake with custard	Gluten free	\$3.50
Tuesday	Traditional fruits pavlova	Gluten free	\$3.50
Wednesday	Crème caramel	Gluten free	\$3.50
Thursday	Chocolate caramel slice with custard		\$3.50
Friday	Cherry ripe cake whipped cream		\$3.50

**WEEK 2,6,10**

<b>Day</b>	<b>Meal</b>	<b>Dietary</b>	<b>Charge per serve</b>
Monday	Slow cooked lamb leg with thyme jus and roast vegetables	Gluten/dairy free	\$7.00
Tuesday	Chinese chicken and black bean noodles	Dairy free	\$7.00
Wednesday	Japanese chicken curry with rice	Gluten/dairy free	\$7.00
Thursday	Beef stroganoff with mash potato	Gluten free	\$7.00
Friday	Coq Au Vin with mash potato and seasonal vegetables	Gluten free	\$7.00
	Spaghetti bolognaise		\$7.00
	Chicken carbonara penne pasta with parmesan		\$7.00
	Spaghetti meat balls with Napoli sauce and cheddar cheese		\$7.00
Dietaries (available every day)	Creamy penne pesto pasta with semi dried tomatoes, olives and spinach		\$7.00
	Green vegetable curry with jasmine rice	Gluten/dairy free	\$7.00
	Spaghetti bolognaise with gluten free spaghetti and parmesan cheese		\$7.00
	Oven baked beef lasagne		\$7.00
	Orange and almond cake with citrus syrup	Gluten/dairy free	\$3.50
	Chocolate caramel slice	Gluten free	\$3.50
<b>Dessert</b>			
Monday	Tiramisu		\$3.50
Tuesday	Carrot cake with custard		\$3.50
Wednesday	Passionfruit cheesecake		\$3.50
Thursday	Chocolate mousse	Gluten free	\$3.50
Friday	Chocolate topped filled profiteroles		\$3.50

**WEEK 3,7**

<b>Day</b>	<b>Meal</b>	<b>Dietary</b>	<b>Charge per serve</b>
<b>Mains</b>			
Monday	Sweet and sour pork with jasmine rice and Asian vegetables	Gluten/dairy free	\$7.00
Tuesday	Beef Bourguignon with mash potato	Gluten free	\$7.00
Wednesday	Beef Vindaloo with jasmine rice	Gluten free	\$7.00
Thursday	Traditional German bratwurst with mash potato and braised red cabbage	Gluten free	\$7.00
Friday	Slow cooked beef cheeks with mash potato and seasonal vegetables	Gluten free	\$7.00
	Spaghetti bolognese		\$7.00
	Chicken carbonara penne pasta with parmesan		\$7.00
	Spaghetti meat balls with Napoli sauce and cheddar		\$7.00
<b>Dietaries</b> (available every day)	Creamy penne pesto pasta with semi dried tomatoes, olives and spinach		\$7.00
	Green vegetable curry with jasmine rice	Gluten/dairy free	\$7.00
	Spaghetti bolognese with gluten free spaghetti and parmesan cheese	Gluten free	\$7.00
	Oven baked beef lasagne		\$7.00
	Orange and almond cake with citrus syrup	Gluten/dairy free	\$3.50
	Chocolate caramel slice	Gluten free	\$3.50
<b>Dessert</b>			
Monday	Red velvet cake with custard	Gluten free	\$3.50
Tuesday	Vanilla slice		\$3.50
Wednesday	Portuguese tart with custard		\$3.50
Thursday	Chocolate mousse	Gluten free	\$3.50
Friday	Traditional French canelé with vanilla anglaise		\$3.50

**Week 4,8**

<b>Day</b>	<b>Meals</b>	<b>Dietary</b>	<b>Charge per serve</b>
<b>Mains</b>			
Monday	Chicken parmigiana with herbed chat potatoes and seasonal vegetables		\$7.00
Tuesday	Char-sui pork belly with fried rice and Asian vegetables	Gluten/dairy free	\$7.00
Wednesday	Thai style yellow chicken curry with jasmine rice and vegetables	Gluten free/dairy free	\$7.00
Thursday	American style beef ribs with mac and cheese		\$7.00
Friday	Chicken Kiev with roast vegetables and gravy		\$7.00
	Spaghetti bolognese		\$7.00
	Chicken carbonara penne pasta with parmesan		\$7.00
	Spaghetti meat balls with Napoli sauce and cheddar		\$7.00
<b>Dietaries</b> (available every day)	Creamy penne pesto pasta with semi dried tomatoes, olives and spinach	Gluten free	\$7.00
	Green vegetable curry with jasmine rice	Gluten/dairy free	\$7.00
	Spaghetti bolognese with gluten free spaghetti and parmesan cheese	Gluten free	\$7.00
	Oven baked beef lasagne		\$7.00
	Orange and almond cake with citrus syrup	Gluten/dairy free	\$3.50
	Chocolate caramel slice	Gluten free	\$3.50
<b>Dessert</b>			
Monday	Chocolate fondant with cream		\$3.50
Tuesday	Tang yuan in ginger syrup		\$3.50
Wednesday	Traditional Thai coconut sago		\$3.50
Thursday	White chocolate and raspberry cake with custard		\$3.50
Friday	Apple crumble with vanilla custard		\$3.50