

DINNERS – UPDATED MENUS

WEEK 1, 5, 9

DAY	Meal	Dietary	Charge per serve
Mains			
Monday	Chicken and mushroom casserole with mash potato with green beans and spiced pumpkin	Gluten 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 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 spaghetti with gluten free 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	Devil chocolate cake with custard		\$4.00
Tuesday	Traditional pavlova	Gluten free	\$4.00
Wednesday	Chocolate profiteroles with custard		\$4.00
Thursday	Crème Caramel		\$4.00
Friday	Chocolate mousse	Gluten free	\$4.00

WEEK 2,6,10

Day	Meal	Dietary	Charge per serve
Monday	Greek lemon and oregano lamb with jus and roast vegetables	Gluten/dairy free	\$8.00
Tuesday	Traditional beef stroganoff with penne pasta	Gluten free	\$8.00
Wednesday	Garlic pepper beef with hokkien noodles		\$8.00
Thursday	German pork schnitzel with sauerkraut green beans and Jagersobe (hunter sauce)		\$8.00
Friday	Chicken paprikash with mash potato and seasonal vegetables	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	Vanilla slice		\$4.00
Tuesday	Mississippi mud cake with whipped cream		\$4.00
Wednesday	Summer Pavlova	Gluten free	\$4.00
Thursday	Strawberry mousse	Gluten free	\$4.00
Friday	White chocolate and raspberry cake with custard		\$4.00

WEEK 3,7

Day	Meal	Dietary	Charge per serve
Mains			
Monday	Pork biscoe express with jasmine rice	Gluten free/dairy free	\$8.00
Tuesday	Beef vindaloo with jasmine rice	Gluten free/dairy free	\$8.00
Wednesday	Beef stir fry with hokkien noodles and Asian vegetables	Dairy free	\$8.00
Thursday	Barramundi with beurre blanc sauce with seasonal vegetables	Gluten free	\$8.00
Friday	Crumbed steak with jus, sweet potato, buttered beans and roast pumpkin		\$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	Portuguese custard tart		\$4.00
Tuesday	Vanilla panna cotta	Gluten free	\$4.00
Wednesday	Chocolate brownie with custard		\$4.00
Thursday	Traditional tiramisu		\$4.00
Friday	Summer trifle		\$4.00

Week 4,8

Day	Meals	Dietary	Charge per serve
Mains			
Monday	Lamb Korma with jasmine rice, green beans and baked pumpkin	Gluten free	\$8.00
Tuesday	Steak Diane red wine jus with mash potato and seasonal vegetables	Gluten free	\$8.00
Wednesday	Beef and black bean with jasmine rice	Gluten free/ dairy free	\$8.00
Thursday	Karaage chicken with jasmine rice and Asian greens		\$8.00
Friday	Roast pork with roast vegetables and gravy	Gluten free	\$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	Two Krispy Kreme style glazed donuts		\$4.00
Tuesday	Large lamington with whipped cream		\$4.00
Wednesday	White chocolate and raspberry cake with custard		\$4.00
Thursday	Churros with chocolate sauce		\$4.00
Friday	Apple crumble with vanilla custard		\$4.00