

DINNERS – UPDATED MENUS

WEEK 1, 5, 9

DAY	Meal	Dietary	Charge per serve
Mains			
Monday	Honey sticky chicken with Asian vegetables	Gluten/dairy free	\$7.00
Tuesday	Smoked & slow cooked beef with root vegetables	Gluten/dairy free	\$7.00
Wednesday	Chilli caramel sticky pork steak with baby potatoes and vegetables	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
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 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
Dessert			
Monday	Chocolate mud cake with custard	Gluten free	\$3.50
Tuesday	Cherry chocolate pavlova	Gluten free	\$3.50
Wednesday	Crème caramel	Gluten free	\$3.50
Thursday	Chocolate jaffa cake with custard		\$3.50
Friday	Portuguese tart with whipped cream		\$3.50

WEEK 2,6,10

Day	Meal	Dietary	Charge per serve
Monday	Slow cooked lamb leg with thyme jus and roast vegetables	Gluten/dairy free	\$7.00
Tuesday	Beef stroganoff with mash potato	Gluten free	\$7.00
Wednesday	Japanese chicken curry with rice	Gluten/dairy free	\$7.00
Thursday	Traditional French chicken coq au vin with mash and vegetables	Gluten free	\$7.00
Friday	Yakatori chicken drumsticks with special fried 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 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 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
Dessert			
Monday	Mississippi mud cake		\$3.50
Tuesday	Carrot cake with custard		\$3.50
Wednesday	Double chocolate cheesecake		\$3.50
Thursday	Mixed berry mousse	Gluten free	\$3.50
Friday	Caramel cream tart		\$3.50

WEEK 3,7

Day	Meal	Dietary	Charge per serve
Mains			
Monday	Sweet and sour chicken with jasmine rice and Asian vegetables	Gluten/dairy free	\$7.00
Tuesday	Crumbed steak, mushroom sauce with medley of vegetables		\$7.00
Wednesday	Masala beef with jasmine rice	Gluten free	\$7.00
Thursday	Honey mustard baked ham with mash potato and vegetables	Gluten free	\$7.00
Friday	Curried sausages with mash potato and vegetables	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
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 bolognese with gluten free spaghetti and parmesan cheese	Gluten free	\$7.00
	Oven baked beef lasagne	Gluten free	\$7.00
	Orange and almond cake with citrus syrup	Gluten/dairy free	\$3.50
	Chocolate caramel slice	Gluten free	\$3.50
Dessert			
Monday	Roasted rhubarb panna cotta	Gluten free	\$3.50
Tuesday	Vanilla slice		\$3.50
Wednesday	Portuguese tart with custard		\$3.50
Thursday	Chocolate mousse	Gluten free	\$3.50
Friday	MCA rocky road	Gluten free	\$3.50

Week 4,8

Day	Meals	Dietary	Charge per serve
Mains			
Monday	Classic bangers and mash with onion gravy	Gluten free	\$7.00
Tuesday	Chicken in plum sauce with jasmine rice and Asian vegetables	Gluten/dairy free	\$7.00
Wednesday	Crispy roasted pork belly with ginger sticky sauce, garlic fried rice and Asian vegetables	Gluten free	\$7.00
Thursday	American style brisket with mac and cheese		\$7.00
Friday	Roast lamb with roast vegetables and mint gravy	Gluten/dairy free	\$7.00
	Spaghetti bolognaise		\$7.00
	Chicken carbonara penne pasta with parmesan		\$7.00
	Spaghetti meat balls with Napoli sauce and cheddar		\$7.00
Dietaries (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 bolognaise 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
Dessert			
Monday	Carrot cake	Gluten free	\$3.50
Tuesday	Lemon meringue tart		\$3.50
Wednesday	White chocolate and raspberry cake with custard		\$3.50
Thursday	Mexican churros with Nutella dipping sauce		\$3.50
Friday	Apple crumble with vanilla custard		\$3.50