

DINNERS – UPDATED MENUS

WEEK 1, 5, 9

DAY	Meal	Dietary	Charge per serve
Mains			
Monday	Chicken chasseur with mash potato and vegetable medley	Gluten/dairy free	\$7.00
Tuesday	Smoked & slow cooked beef with root vegetables	Gluten/dairy free	\$7.00
Wednesday	Honey baked glazed ham with mustard sauce and vegetables	Gluten dairy free	\$7.00
Thursday	Moroccan roasted chicken with roasted beetroot and heirloom carrots	Gluten free	\$7.00
Friday	Chicken parmigiana with mash potato and garden salad		\$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
	Tofu, vegetable and hokkien noodle stir fry with yakisoba sauce	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	Black forest cake with whipped cream		\$3.50
Wednesday	Chocolate brownie		\$3.50
Thursday	Coconut mousse cake with custard	Gluten free	\$3.50
Friday	Pavlova with seasonal fruit and coulis	Gluten free	\$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	Butter chicken with jasmine rice	Gluten free	\$7.00
Wednesday	Massaman beef curry with scented jasmine rice	Gluten/dairy free	\$7.00
Thursday	Lemon Burre Blanc barramundi with sautéed potato and roast vegetables	Gluten free	\$7.00
Friday	Chicken parmigiana with mash potato and garden salad		\$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
	Tofu, vegetable and hokkien noodle stir fry with yakisoba sauce	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	Green tea tiramisu	Gluten free	\$3.50
Wednesday	Passionfruit cheesecake with coulis		\$3.50
Thursday	Crème caramel	Gluten free	\$3.50
Friday	Pavlova with seasonal fruit and coulis	Gluten free	\$3.50

WEEK 3,7

Day	Meal	Dietary	Charge per serve
Mains			
Monday	Spicy ginger beef with jasmine rice and Asian vegetables	Gluten/dairy free	\$7.00
Tuesday	Sticky sesame chicken with Asian seasonal vegetables	Dairy free	\$7.00
Wednesday	Beef vindaloo with lentil dahl and rice	Gluten free	\$7.00
Thursday	BBQ beef ribs with American mac and cheese	Gluten free	\$7.00
Friday	Chicken parmigiana with mash potato and garden salad		\$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
	Tofu, vegetable and hokkien noodle stir fry with yakisoba sauce	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	Chocolate mousse with chocolate sauce		\$3.50
Tuesday	Vanilla slice		\$3.50
Wednesday	Caramel self-saucing pudding	Gluten free	\$3.50
Thursday	Jaffa chocolate cake with custard	Gluten free	\$3.50
Friday	MCA rocky road	Gluten free	\$3.50

Week 4,8

Day	Meals	Dietary	Charge per serve
Mains			
Monday	Tender corn beef with parsley sauce, vegetables and mash potato	Gluten free	\$7.00
Tuesday	Chicken in plum sauce with jasmine rice and Asian vegetables		\$7.00
Wednesday	Beef bourguignon with mash potato and vegetables	Gluten free	\$7.00
Thursday	Apricot chicken with jasmine and vegetables	Gluten/dairy free	\$7.00
Friday	Chicken parmigiana with mash potato and garden salad		\$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
	Tofu, vegetable and hokkien noodle stir fry with yakisoba sauce	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	Blueberry tart	Gluten free	\$3.50
Tuesday	Portuguese custard tart with whipped cream		\$3.50
Wednesday	Cherry meringue tartlets		\$3.50
Thursday	White chocolate and raspberry cake with custard		\$3.50
Friday	Apple crumble with vanilla custard		\$3.50