



TICKLE YOUR TASTE BUDS...

BEEF

- 101 Roast Beef & Gravy** (GF)
Tender slices of roast beef topped with a rich gravy and served with roast potatoes, pumpkin, broccoli, corn
- 103 Corned Beef & White Onion Sauce** (GF)
Lightly corned beef served with a traditional white onion sauce and mash potato, pumpkin & peas
- 105 Pepper Steak** (GF)
Tender beef steak topped with a green peppercorn sauce and served with Mash Potato, pumpkin, peas, corn
- 107 Steak & Mushrooms** (GF)
Tender beef steak served with a delicious mushroom gravy and Mash Potato, pumpkin, mixed vegetables
- 108 Asian Beef**
Tender pieces of beef cooked with asian spices and sauces and served with fluffy rice & broccoli
- 111 Country Casserole**
Wholesome beef and vegetable casserole flavoured with sauces and served with Mash potato, pumpkin, broccoli
- 112 Meatballs in Tomato Sauce**
Beef meatballs served with a delicious tomato flavoured sauce and Mash potato, carrot, peas
- 113 Beef Pie**
Reduced fat and reduced salt traditional meat pie served with Carrot, broccoli, beans
- 115 Savoury Mince**
A hearty lean mince and vegetable casserole served with Mash potato, pumpkin, cauliflower
- 116 Meatloaf with Mustard Gravy** (GF)
Tasty meatloaf made with lean mince, then topped with a dijon mustard gravy and served with creamy mash potato, carrots and peas
- 117 Beef Rissolle & Gravy**
Flame grilled lean rissolle full of flavor topped with a rich brown gravy and served with Mash potato, carrot, beans
- 120 Sausages in Tomato & Onion Gravy**
Thin sausages in a tasty tomato and onion gravy and served with Mash Potato, carrot, beans
- 121 Curried Sausages & Rice**
Thin sausages topped with a sweet curry sauce and served with rice, carrots, peas

CHICKEN

- 201 Roast Chicken** (GF)
Breast of skinless chicken topped with a rich chicken gravy and served with Roast potato, roast pumpkin, cauliflower, peas
- 203 Butter Chicken**
Chicken pieces cooked with Indian spices, a hint of chilli. Served with rice, carrots, beans
- 206 Ginger Chicken Stirfry**
Tender chicken pieces stirfried with ginger, garlic, capsicum and spices. Served with rice and broccoli
- 207 Satay Chicken**
Chicken pieces cooked in a traditional peanut satay sauce. Served with rice and broccoli
- 209 Apricot Chicken**
Juicy chicken pieces cooked in a delicious apricot sauce and served with Carrot, broccoli, beans
- 210 Chicken & Almonds**
Succulent chicken pieces cooked in a casserole with asparagus, mushrooms and almonds served with Pasta, carrot, peas
- 211 Curried Chicken**
Tender chicken pieces cooked in a light sweet curry sauce and served Rice, carrot, peas
- 213 Crumb Chicken**
Lightly crumbed chicken breast served with a tomato and mushroom sauce. Served with carrot, cauliflower and beans

LAMB

- 301 Roast Lamb & Mint Gravy** (GF)
Tender slices of oven roasted lamb served with a traditional mint gravy and roast potatoes, pumpkin, cauliflower, beans
- 303 Lamb Hotpot**
A rich casserole of tender lamb pieces cooked with vegetables and served Mash potato, pumpkin, beans

PORK

- 501 Roast Pork, Gravy & Apple Sauce** (GF)
Succulent slices of roasted pork with apple sauce and a rich gravy then served with roast potatoes, pumpkin, cauliflower, peas
- 502 Sweet & Sour Pork** (GF)
Tender pork pieces cooked in a sweet & sour sauce served with rice, carrots, beans
- 503 Italian Pork**
Tender pork pieces cooked in a savoury tomato flavoured sauce with capsicum and celery. Served with pasta, peas, corn

FISH

- 601 Fish & Parsley Sauce** (GF)
Boneless white fish topped with a traditional white parsley sauce and served with mash potato, pumpkin, peas
- 602 Fish & Tartare Sauce** (GF)
Boneless white fish with tartare sauce and served with mash potato, pumpkin, broccoli
- 603 Fish Gratin**
Blended fish topped with a cheese and vegetable sauce and crumbs served with Mash Potato, carrot, peas, corn
- 606 Salmon Mornay** (GF)
A traditional dish of pink salmon in a white sauce and topped with lite cheese and served with rice, rice, carrots, broccoli.
- 607 Thai Fish**
White fish fillet served with a sweet chilli sauce. Served with carrots, cauliflower, peas, corn
- 608 Crumb Fish**
Lightly crumbed fish fillet with a hint of lemon served with Mash Potato, carrot, peas

PASTA & VEGETARIAN

- 118 Spaghetti Bolognaise**
Wholemeal spaghetti served with a rich bolognaise beef sauce topped with a lite cheese And served with Broccoli
- 119 Beef Lasagne**
Traditional beef lasagne served with carrot, cauliflower and peas
- 702 Macaroni Cheese**
Macaroni cooked with vegetables and mixed with lite cheese, flavoured with herbs and tomato served with Carrot, cauliflower, peas
- 704 Spinach & Ricotta Canneloni** (V)
Canneloni tubes filled with ricotta and spinach topped with a rich tomato sauce and served with Carrot, broccoli, peas
- 706 Creamy Fettucini** (V)
Tri coloured fettucine cooked in a rich carbonara sauce and served with broccoli

FRESH DINNERS

- 1002 Quiche and salad.**
Contains: lettuce, spinach leaves tomato celery, carrot, onion, alfalfa sprouts, pasta salad, cheese. Dinner roll
- 1006 Beef Hamburger served with lettuce, tomato, cheese, onion, tomato sauce. Fresh Fruit**

(GF) = Gluten Free (V) = Vegetarian

