WEEK 1

	MONDAY 16 November 14 December 11 January	TUESDAY 17 November 15 December 12 January	WEDNESDAY 18 November 16 December 13 January	THURSDAY 19 November 17 December 14 January	FRIDAY 20 November 18 December 15 January
SOUP	**Chicken and Sage** A comforting chunky soup featuring tender chicken and vegetables, gently seasoned with a hint of sage.	**Cream of Carrot** Fresh carrots and sautéed onion are blended until smooth and creamy for a simple, comforting soup.	**Lentil, Bacon and Corn** A hearty blend of lentils, smoky bacon and sweetcorn creates a rich and satisfying soup.	**Sweet Potato, Sour Cream & Chives** Sweet potato and onion are gently cooked and blended until smooth, then finished with sour cream and chives.	**Cream of Tomato** Ripe tomatoes are blended until smooth and finished with cream for a classic, comforting soup. Contains tomato
MAIN COURSE (YOUR CHOICE)	**Braised Steak & Onion Casserole** A hearty casserole featuring tender braised beef and onion, served with creamy mashed potato, peas and pumpkin. Contains tomato	**Marinated Pork Steak** Pork steak is marinated with garlic, ginger and maple syrup, then oven baked and finished with flavourful pan juices. Served with baked chat potatoes, beans and glazed red cabbage.	**Chicken Schnitzel with Gravy** A golden crumbed chicken breast served with rich gravy, mashed sweet potato, cauliflower and peas.	**Lamb & Red Wine Casserole** Tender lamb and root vegetables are slow-cooked with red wine to create a rich, comforting casserole, served with mashed potato, carrots, cauliflower and broccoli.	**Tuna Pasta Bake** Flaked tuna, pasta and vegetables are combined in a creamy white sauce, topped with tasty cheese and oven baked until golden.
	OR	OR	OR	OR	OR
	Baked Fish with Lemon Caper Crumb Baked fish is topped with a zesty lemon and caper crumb and served on a creamy white sauce, accompanied by sautéed potato, broccoli and carrots.	**Honey Mustard Chicken Casserole** Tender chicken is cooked in a sweet and savoury honey mustard sauce with celery and carrots, served with sweet potato mash and a medley of vegetables. Contains capsicum	**Ham Salad** Sliced ham is paired with homemade potato salad, crisp lettuce, tomato, cucumber and red onion, finished with Dijonnaise. Contains tomato	**Chicken Plate** Grilled chicken breast is served with pasta salad, cheese, tomato, cucumber and crisp iceberg lettuce for a fresh and satisfying meal. Contains tomato	**Beef Curry** Tender beef is gently cooked in a mild, aromatic tomato-based curry sauce, served with steamed rice, pumpkin and green beans. Contains tomato
DESSERT	**Orange & Poppy Seed Cake** A moist orange and poppy seed cake made with fresh orange zest and finished with a sweet orange syrup.	**Chocolate Bavarois** A silky smooth dessert with a light, creamy texture and rich chocolate flavour.	**Spiced Plum Cake** A moist plum cake gently spiced for warmth and flavour, perfect enjoyed with a cup of tea or coffee.	**Lemon Cheesecake** A crisp biscuit base is topped with a smooth and creamy lemon cheesecake filling for a refreshing citrus treat.	**Strawberry Mousse with Diced Apples** Smooth and creamy strawberry mousse is layered over juicy diced apples for a light and fruity dessert.

WEEK 2

	MONDAY 23 November 21 December 18 January	TUESDAY 24 November 22 December 19 January	WEDNESDAY 25 November 23 December 20 January	THURSDAY 26 November 24 Dec - SPECIAL MEAL 21 January	FRIDAY 27 November 25 Dec - CLOSURE 22 January
SOUP	**Vegetable** A hearty, chunky soup filled with a nourishing selection of seasonal vegetables. Contains tomato	**Cream of Chicken & Mushroom** Tender chicken, mushrooms and onion come together with cream to create a rich and comforting soup.	**Potato & Chives** A traditional creamy potato soup finished with cream and chives for a simple, comforting favourite.	**Lentil & Vegetable** A warming combination of red lentils and chunky vegetables creates a hearty and satisfying soup.	**Cream of Zucchini** Zucchini, potato and onion are cooked with cream and blended until silky smooth.
MAIN COURSE (YOUR CHOICE)	**Lemon & Herb Crusted Chicken** Baked chicken is topped with a flavourful lemon and herb crust and rich gravy, served with sweet potato mash, peas and maple-glazed carrots.	**Crumbed Fish & Tartare Sauce** A golden crumbed fish fillet is paired with tangy tartare sauce, potato wedges, green beans and pumpkin.	**Roast Lamb with Gravy** Traditional roast lamb is served with rich gravy, baked chat potatoes, honey mustard roasted carrots and Brussels sprouts.	**Beef Casserole with Peppercorn Sauce** Tender braised beef is finished with a mild, creamy peppercorn sauce and served with mashed potato, red cabbage and peas.	**Chicken & Corn Quiche** A crustless quiche filled with tender chicken, sweetcorn and tasty cheese, served with broccoli and roast sweet potato.
	OR	OR	OR	OR	OR
	Pork & Plum Stir Fry Tender pork strips, carrot and zucchini are cooked in a flavourful plum sauce and served with Hokkien noodles and Asian-style vegetables. Contains capsicum	**Meatballs in Italian Tomato Sauce** Baked beef meatballs are served in a rich Italian-style tomato sauce with pasta for a comforting family favourite. Contains tomato	**Chicken Salad** Grilled chicken breast is paired with coleslaw, lettuce, tomato, cucumber and red onion, served with a balsamic dressing. Contains tomato	**Ploughman's Lunch –Ham–** A traditional Ploughman's lunch featuring sliced ham, potato salad, cheese, lettuce, cucumber, tomato and baby gherkins, served with fruit chutney. Contains tomato	**Spanish Beef** A hearty combination of beef, mustard, onion and tomato is slowly cooked with rice and served with carrots and green beans. Contains tomato
DESSERT	**Deconstructed Apricot Crumble** Tender stewed apricots are topped with a classic crumble and served with smooth vanilla custard.	**Pineapple Upside Down Cake** A soft and buttery classic topped with caramelised brown sugar and pineapple for a deliciously nostalgic dessert.	**Panna Cotta with Mango Pieces** A delicate Italian-style dessert made with milk and cream, finished with sweet mango pieces.	**Two Fruits & Custard** Sweet peaches and pears are served with smooth vanilla custard for a simple and satisfying classic.	**French Vanilla Mousse with Peaches** Smooth French vanilla mousse is paired with juicy peach slices for a light and creamy dessert.

WEEK 3

	MONDAY 30 November 28 Dec - CLOSURE 25 January	TUESDAY 1 December 29 Dec - CLOSURE 26 Jan - PUBLIC HOLIDAY	WEDNESDAY 2 December 30 Dec - CLOSURE 27 January	THURSDAY 3 December 31 Dec - CLOSURE 28 January	FRIDAY 4 December 1 Jan - CLOSURE 29 January
SOUP	**Lamb & Vegetable** A hearty soup combining lamb, barley and a colourful selection of garden vegetables for a warming and satisfying meal.	**Green Split Pea** A hearty split pea and ham soup with a delicious balance of savoury, subtly smoky flavours. Contains tomato	**Thai Pumpkin** Creamy pumpkin and coconut milk are combined with curry and garlic for a fragrant soup full of flavour without the heat.	**Tomato & Basil** Ripe tomatoes and fragrant basil come together in this fresh, slightly zesty classic. Contains tomato	**Cream of Cauliflower** Cauliflower and sautéed onion are blended until silky smooth and finished with cream for a comforting favourite.
MAIN COURSE (YOUR CHOICE)	**Apricot Chicken Casserole** Tender chicken and juicy apricots combine in this much-loved casserole, served with steamed rice, carrots and green beans.	**Lamb Hot Pot** A slow-cooked classic featuring tender lamb and vegetables, served with creamy mashed potato, peas and steamed pumpkin.	**Chicken Florentine** Chicken is topped with gently cooked spinach, creamy white sauce and breadcrumbs, then baked until golden. Served with chat potatoes, baked carrots and zucchini.	**Roast Pork with Apple Sauce & Gravy** Traditional roast pork is served with apple sauce and rich gravy, accompanied by roast potato, red cabbage and peas.	**Parmesan Crusted Barramundi** Delicate barramundi is topped with a flavourful parmesan crust and served on a creamy white sauce, accompanied by mashed potato, roast pumpkin and baby beans.
	OR	OR	OR	OR	OR
	Pork Schnitzel & Gravy A golden crumbed pork fillet is served with rich gravy, creamy mashed potato, roast pumpkin and broccoli.	**Steamed Fish with Creamy Dill Sauce** Gently steamed fish is topped with a creamy dill sauce and served with potato wedges, cauliflower, broccoli and carrots.	**Ploughman's Lunch –Corned Beef–** A traditional Ploughman's lunch featuring sliced corned beef, potato salad, cheese, tomato, pickled onion, cucumber and lettuce, finished with mustard pickles. Contains tomato	**Chicken & Pasta Salad** Grilled chicken tops a creamy avocado mayonnaise pasta salad with bacon, corn, red onion, cucumber and cherry tomatoes, finished with shaved parmesan. Contains tomato	**Mongolian Lamb** Tender marinated lamb is cooked in a sweet and savoury Chinese-style sauce, served with steamed rice and a colourful medley of vegetables. Contains capsicum
DESSERT	**Chocolate Mud Cake** A rich and moist chocolate mud cake with a soft, fudgy texture for a classic chocolate treat.	**Apple & Cinnamon Cake** A soft and fluffy cake filled with juicy apple and warming cinnamon, served with smooth vanilla custard.	**Bread & Butter Pudding** Buttered bread and sultanas are baked in a vanilla and cinnamon custard, glazed with apricot jam and served chilled.	**Deconstructed Pear & Raspberry Crumble** Tender pears stewed in raspberry sauce are paired with a golden oat crumble and served with full cream custard.	**Custard Slice** A biscuit base is topped with smooth set custard and finished with whipped cream for a classic layered treat.

WEEK 4

	MONDAY 7 December 4 January - ALT MEAL CHOICE 1 February	TUESDAY 8 December 5 January 2 February	WEDNESDAY 9 December 6 January 3 February	THURSDAY 10 December 7 January 4 February	FRIDAY 11 December 8 January 5 February
SOUP	**Zucchini & Potato** Fresh zucchini and potato are blended together until smooth and creamy for a simple, comforting soup.	**Cream of Broccoli** Broccoli and gently sautéed onion come together in this smooth and creamy soup.	**Tomato** Celery, onion and ripe tomatoes are cooked and blended until smooth for a classic tomato soup. Contains tomato	**Chicken & Leek** A hearty combination of tender chicken and fresh leeks creates a wholesome and satisfying soup	**Sweet Potato & Pumpkin** Sweet potato, pumpkin and onion are gently cooked and blended until silky smooth, then finished with cream. Contains tomato
MAIN COURSE (YOUR CHOICE)	**Fish with Herb Crust** Baked fish is topped with a zesty herb crust and served on a creamy chive sauce, accompanied by steamed chat potatoes, pumpkin and green and yellow beans.	**BBQ Sausages with Onion Gravy** BBQ sausages are topped with rich onion gravy and served with creamy mashed potato, honey-glazed carrots and cabbage.	**Sticky Chinese Pork** Pork scotch steak is marinated in a Chinese-style sauce and braised until tender, served with steamed rice, carrots and broccoli.	**Three Cheese Macaroni Bake** Creamy macaroni is combined with feta, tasty and parmesan cheeses, zucchini, pumpkin and parsley, then baked until golden and served with pumpkin and green beans.	**Roast Chicken with Stuffing & Gravy** Roast chicken with seasoned stuffing is served with rich gravy, thyme-roasted potatoes, cauliflower au gratin and peas.
	OR	OR	OR	OR	OR
	Lamb Tagine A fragrant sweet and savoury lamb dish with honey, dried apricots and tomato, served with couscous, carrots, cauliflower and broccoli. Contains tomato	**Eggplant Moussaka** A vegetarian Greek-style favourite featuring eggplant, potato and lentils, topped with a creamy sauce and baked until golden. Served with baby beans. Contains tomato	**Creamy Tuna & Pasta Salad** Tuna is tossed through a creamy pasta salad with dill, lemon, cherry tomatoes, celery, pickles, red onion and capers. Contains tomato	**Silverside Beef Salad** Sliced silverside is paired with coleslaw, cheese, lettuce, cucumber, tomato and cornichons, served with fruit chutney. Contains tomato	**Lamb Ragout** Tender lamb is slow-cooked with aromatic herbs in a rich wine and tomato sauce, served with mashed potato and a medley of vegetables. Contains tomato and capsicum
DESSERT	**Banana Cake with Frosting** A moist and fluffy banana cake with a hint of cinnamon, finished with creamy vanilla butter frosting.	**Marmalade Pudding** A soft orange pudding flavoured with marmalade and topped with a zesty marmalade sauce.	**Chocolate Panna Cotta** A delicate Italian-style dessert made with chocolate, milk and cream for a smooth and creamy finish.	**Fruit Salad & Vanilla Yoghurt** A colourful medley of fruit is topped with creamy vanilla yoghurt for a light and refreshing dessert.	**Trifle** A traditional favourite with layers of fruit, sponge, raspberry jelly, custard and whipped dairy topping, finished with a sprinkle of chocolate.