





Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Seasoned lamb chops, mashed potatoes, steamed broccoli, honey carrots and peas	Diced chicken thighs, with ginger and Asian greens. Lemongrass stir-fry and rice	Silverside slowly cooked in water, bay leaves, vinegar and peppercorns. Boiled potatoes in melted butter. Garlic and fresh rosemary with mixed vegetables	Marinated pork ribs, turmeric rice and garden salad	Veal Schnitzel with homemade gravy, mashed potatoes, greens and cabbage	Battered fish, chips, summer potato salad and coleslaw	Seasoned lamb chops, mashed potatoes, steamed broccoli, honey carrots and peas
2	Butter Chicken Curry, dhal, saffron rice and pappadums	Porcupine Meatballs, mashed potato, fresh beans and corn on the cob	Chicken Parmigiana. French onion creamed potatoes, steamed greens and garden salad	Teriyaki beef stir-fry with broccoli on a bed of rice	Savoury frittata served with a selection of salads	Nachos with beef, salsa, diced and sliced salad and sour cream and homemade guacamole	BBQ and salads
3	Lasagne, salad and garlic bread	Stir-fry diced honey soy marinated chicken thigh, fried rice and egg noodles with thinly sliced vegetables	Grilled seasoned fresh fish fillets, on lemon and garlic rice with seasonal vegetables and salads	Homemade spinach and ricotta cannelloni with seasoned vegetables and garlic bread	Reef 'n' Beef with choice of vegetables, salads and chips	Chicken Kebabs and salads	Build your own burger. Homemade beef patties, rasher bacon, fried eggs and salads with chips on the side
4	Roast Chicken with oven-baked vegetables	Stir-fry sweet and sour pork. Chinese cabbage, and snow peas with homemade spring rolls	Curried sausages, coconut rice, curried potatoes with onions garlic, ginger, chilli and fresh spring onions	<b>Halloween Dinner</b> 	Roast chicken with oven-baked vegetables	Stir-fry sweet and sour pork, Chinese cabbage, and snow peas with homemade spring rolls	Curried sausages, coconut rice, curried potatoes with onions garlic, ginger, chilli and fresh spring onions
5	Slow cooked lamb shanks with mashed potato and vegetables	Boeuf Bourguignon, mashed potato and salad on the side	Singapore noodles, tender beef strips with vegetables		Chicken rissoles, potato bake, corn on the cob and fresh beans	Sausage sizzle	Chicken wraps with salad
6	Seasoned lamb chops, mashed potatoes, steamed broccoli, honey carrots and peas	Diced chicken thighs, with ginger and Asian greens. Lemongrass stir-fry and rice	Silverside slowly cooked in water, bay leaves, vinegar and peppercorns. Boiled potatoes in melted butter. Garlic and fresh rosemary w mixed veges	Marinated pork ribs, turmeric rice and garden salad	Veal Schnitzel with homemade gravy, mashed potatoes, greens and cabbage	Battered fish, chips, summer potato salad and coleslaw.	Seasoned lamb chops, mashed potatoes, steamed broccoli, honey carrots and peas

## Weeks 7 - 10, Term 4 dinner menu 2024

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Butter Chicken Curry, dhal, saffron rice and pappadums	Porcupine Meatballs, mashed potato, fresh beans and corn on the cob	Chicken Parmigiana. French onion-creamed Potatoes, steamed greens and garden salad	Teriyaki Beef stir-fry with broccoli on a bed of rice.	Savoury frittata served with a selection of salads	Nachos with beef, salsa, diced and sliced salad and sour cream and homemade guacamole	BBQ and salads
8	Lasagne, salad and garlic bread	Stir-fry diced honey soy marinated chicken thighs, fried rice and egg noodles with thinly sliced vegetables	Grilled seasoned fresh fish fillets, on lemon and garlic rice with seasonal vegetables and salads	Homemade spinach and ricotta cannelloni with seasoned vegetables and garlic bread	Reef 'n 'Beef with choice of vegetables, salads and chips	Chicken kebabs and salads	Build your own burger. Homemade beef patties, rasher bacon, fried eggs and salads with chips on the side
9	Roast chicken with oven baked vegetables	Stir-fry sweet and sour pork. Chinese cabbage, and snow peas with homemade spring rolls	Curried Sausages, coconut rice, curried potatoes with onions garlic, ginger, chilli and fresh spring onions	 <p>Theme night <b>INDIAN</b></p>	Pork Loin chops, seasoned vegetables with garden salad	Homemade pizzas	Roast chicken with oven-baked vegetables
10	Slow-cooked lamb shanks with mashed potato and vegetables	Boeuf Bourguignon, mashed potato and salad on the side	Singapore noodles, tender beef strips with vegetables	 <p>Theme night <i>Taste Of</i> <b>ITALY</b></p>	Chicken rissoles, potato bake, corn on the cob and fresh beans	Sausage sizzle	Chicken wraps with salad