



## Sample Menu

**Monday** *Main Meal:* Slow Braised Southern Pork or Shepherd's Pie served with salad or vegetables  
*Dessert:* Summer Berry Fruit Pudding or Fruit Salad and ice cream  
*Night Meal:* Greek Salad with Lamb or Chicken and mayonnaise sandwich

**Tuesday** *Main Meal:* Penne Pasta with Ham, Mushroom and Pinenuts or Lamb Steak with gravy, served with salad or vegetable  
*Dessert:* Frozen Kahlua Slice or Fruit Salad with ice cream  
*Night Meal:* Smoked Salmon, dill and aioli on rye or Chicken and Cheese sandwich

**Wednesday** *Main Meal:* Mini Beef Wellington or Honey Glazed Pork, served with salad or vegetables  
*Dessert:* Cream Puff with chocolate sauce or Fruit Salad and ice cream  
*Night Meal:* Curried Prawns with rice or Chicken and Avocado sandwich or Poached Egg and baked beans

**Thursday** *Main Meal:* Macadamia Crumbed Chicken with sweet plum gravy or Meatloaf with gravy, served with salad or vegetables  
*Dessert:* Lemon Flummery or Fruit Salad and ice cream  
*Night Meal:* Cheesy Pasta Bake or Tuna and Mayonnaise sandwich

**Friday** *Main Meal:* Grilled Herb Fish or Lamb Curry, served with salad or vegetables  
*Dessert:* Golden Syrup Dumpling or Fruit Salad and ice cream  
*Night Meal:* Scrambled Eggs on toast or Turkey and Cranberry sandwich

**Saturday** *Main Meal:* Crumbed Lamb Cutlets or BBQ Chicken, served with salad or vegetables  
*Dessert:* Baked Rice Pudding or Fruit Salad and ice cream  
*Night Meal:* Sausage Roll with salad or Toasted Silverside and tomato sandwich

**Sunday** *Main Meal:* Baked Ham or Roast Lamb served with salad or vegetables  
*Dessert:* Peach Cobbler with cream or Fruit Salad and ice cream  
*Night Meal:* Seafood Basket or Tomato and Cheese sandwich or Poached Eggs with baked beans and salad