

Week 1

MONDAY

Main Meal

Beef Riblets & Gravy

OR

Egg & Spinach Bake

Dessert

Apple Crumble & Custard

OR

Fresh Fruit

TUESDAY

Main Meal

Chicken Casserole

OR

Lamb Pattie

Dessert

Hummingbird Cake

OR

Fresh Fruit

WEDNESDAY

Main Meal

Sausages & Onion Gravy

OR

Vegetarian Pasta

Dessert

Jelly Slice

OR

Fresh Fruit

THURSDAY

Main Meal

Roast Lamb

OR

Seafood Basket

Dessert

Berry Bread & Butter Pudding

OR

Fresh Fruit

FRIDAY

Main Meal

Crumbed Fish Fillet & Tartare Sauce

OR

Sweet & Sour Pork

Dessert

Fresh Fruit Salad

OR

Fresh Fruit