

Week 4

**MONDAY**

Main Meal

Lamb Pattie

OR

Satay Chicken

Dessert

Apricot Crumble

OR

Fresh Fruit

**TUESDAY**

Main Meal

Veal Schnitzel

OR

Seafood Basket & Tartare Sauce

Dessert

Baked Cheesecake

OR

Fresh Fruit

**WEDNESDAY**

Main Meal

Beef Lasagne

OR

Vegetable Frittata

Dessert

Stewed Fruit & Cream

OR

Fresh Fruit

**THURSDAY**

Main Meal

Roast Chicken

OR

Beef Riblets

Dessert

Blueberry & Cinnamon Pudding

OR

Fresh Fruit

**FRIDAY**

Main Meal

Baked Fish with Lemon Caper Sauce

OR

Beef Balls & Tomato Gravy

Dessert

Pavlova, Fruit & Cream

OR

Fresh Fruit