

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