

DINNER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Shepherds Pie & Salads	Stir Fry Chicken with Ginger, Soy & Vegetables	Rosat Beef with Potatoes, Gravy & Steamed Vegetables	Swwet & Sour Meatballs	Fish & Chips
Week 2	Lasagne, Salads & Garlic Bread	Sweet & Sour Beef with Vegetables & Rice	Roast Leg Lamb	Tandoori Spiced Chicken Drumsticks	Pizza Night
Week 3	Nachos with Sour Cream & Salads	Beef & Mushroom Casserole & Mashed Potato	Roast Chicken	Satay Chicken Skewers in Fried Rice	Bacon & Egg Burgers
Week 4	Spaghetti Bolognaise	Butter Chicken & Rice	Roast Pork with Potatoes & Vegetables	Lamb Chops	Sweet & Sour Fish
Week 5	Meatballs with Gravy & Mashed Potato	Tuna Bake & Garlic Potatoes	Corned Beef with Potatoes & Vegetables	Crumbed Steak with Roast Potatoes	Chicken Burgers & Chips

All meals are accompanied with either potatoes, rice, noodles, pasta and salads. Fresh vegetables and fresh fruit are also available.