



MEALS ON WHEELS



# MENU

23 March to 5 July 2026



Home-style meals  
Made fresh each day on site  
Delivered on crockery plates

*locals looking after locals*



## MEALS ON WHEELS

### *Anyone can buy our meals!*

*Whether you have difficulty shopping or preparing your own food, our home-cooked meals are good, honest fare, just like your mum used to make. Our meals are wholesome and nutritious – low on fat content and high on taste!*

#### **PUBLIC HOLIDAYS**

Our kitchen will be closed on the following public holidays over 2026:

**23 March 2026**  
(Otago Anniversary Day)

**27 April 2026**  
(ANZAC Day)

**3 April 2026**  
(Good Friday)

**1 June 2026**  
(King's Birthday)

**6 April 2026**  
(Easter Monday)

#### **PRICING**

(includes GST)

**2 course hot meal \$14.00**  
(with or without dessert)

**Combo pack \$12.00**  
(soup, club sandwich pack and dessert)

Other food items you can add to your food order include

**Soup \$3.00\***

**Sandwiches \$4.50\***

\*Cannot be ordered on their own

#### **HOW DO I PAY?**

Invoices are processed at the end of the month. We prefer payments to be made online with customers using their own individual customer number to identify payments.

#### **COORDINATOR HOURS**

8.30am to 4.30pm weekdays.

Outside of these hours please leave a message on the answer phone.

All orders and cancellations need to be in by 9.00am weekdays.

The office is not staffed during the weekend.

*All meals are made fresh on site each day*

*and where possible, we use local suppliers and products*

## 23 MARCH 2026 (WEEK 1)

### MONDAY

CLOSED FOR OTAGO ANNIVERSARY

### TUESDAY

**Soup: Pumpkin & Carrot  
Deville Sausages**

*Alternative: Beef Casserole*

*Vegetarian: Spinach Filo Parcel  
Potatoes, Peas, Stir Fried Veges*

**Dessert: Apple Shortcake** (G,D,E)

### WEDNESDAY

**Soup: Crème of Mushroom  
Roast Beef & Gravy**

*Alternative: Roast Chicken*

*Vegetarian: Lentil Patties* (E)  
Roast Potatoes, Whole Baby Beans,  
Kumara

**Dessert:**  
**French Vanilla Mousse & Peaches** (D)

### THURSDAY

**Soup: French Onion  
Battered Fish with Tartare Sauce** (G,F)

*Alternative: Meatballs in Tomato Gravy* (G)

*Vegetarian: Mushroom Quiche* (G,D,E)

Potatoes (D), Cabbage, Vegetable Mornay  
**Dessert: Baked Coconut Pudding** (G,D,E)

### FRIDAY

**Soup: Asparagus  
Silverside with Mustard Sauce** (G)

*Alternative: Cottage Pie*

*Vegetarian: Vegetable Curry* (M,D)

Potatoes, Spinach, Carrots  
**Dessert: Lemon Delicious** (G,D)

### SATURDAY

**Soup: Chicken Noodle  
Hawaiian Chicken** (G,M,S)

*Alternative: Lasagne Toppers*

*Vegetarian: Frittata*  
Potatoes (D), Peas, Cauliflower in  
Cheese Sauce (G,D)

**Dessert:**  
**Chocolate Instant Pudding & Fruit** (D)

## 30 MARCH 2026 (WEEK 2)

### MONDAY

**Soup: Chicken & Corn  
Chicken Parmigiana** (G)

*Alternative: Beef Schnitzel* (G,E)

*Vegetarian: Vegetable Strudel* (G)

Potatoes (D), Pumpkin, Cross Cut Beans

**Dessert:**  
**Mixed Berries in Raspberry Jelly**

### TUESDAY

**Soup: Leek & Potato  
Pork Ribblet**

*Alternative: Curry Chicken*

*Vegetarian: Macaroni & Veges* (G)

Potatoes (D), Silverbeet, Stir Fried Veges

**Dessert:**  
**Apple & Blueberry Crumble & Custard** (G,D)

### WEDNESDAY

**Soup: Asparagus  
Roast Beef with Mustard Seed Gravy**

*Alternative: Roast Pork*

*Vegetarian: Potato Bake* (G,D)

Roast Potatoes, Carrots, Peas

**Dessert:**  
**Strawberry Instant Pudding with Fruit** (M)

### THURSDAY

**Soup: Tomato  
Meatballs** (G)

*Alternative: Wee Potato Top Pie* (G,D)

*Vegetarian: Nutty Carrot Loaf* (P,N,E,M)

Potatoes (D), Kumara, Spinach  
**Dessert: Individual Strawberry Tarts** (G,D,E)

### FRIDAY

CLOSED FOR GOOD FRIDAY

### SATURDAY

**Soup: Crème of Mushroom  
Beef Lasagne** (G)

*Alternative: Chicken Lasagne* (G)

*Vegetarian: Filo Samosas* (G)

Potatoes, Cabbage, Mixed Veges (G,D)

**Dessert: Mini Pavs & Fruit** (D)

Contains allergens (G: Gluten, E: Egg, D: Dairy, N: Nuts, M: Milk, S: Soy, F: Fish, P: Peanut)  
Menu subject to change



## 6 APRIL 2026 (WEEK 3)

### MONDAY

CLOSED FOR EASTER MONDAY

### TUESDAY

**Soup: Sweet Corn & Noodle  
Chicken & Red Wine Casserole**

*Alternative: Cornish Pastries* (G)  
*Vegetarian: Broccoli Bake* (D,G)

Potatoes (D), Peas, Carrots and Parsnips

**Dessert:**

**Sticky Date Pudding with Custard** (D,E)

### WEDNESDAY

**Soup: Pea & Ham  
Ham Steaks with Pineapple**

*Alternative: Silverside*  
*Vegetarian: Lentil Patties* (E)

Potatoes (D), Mixed Veges, Silverbeet

**Dessert:**

**Spanish Cream & Fruit** (D,E)

### THURSDAY

**Soup: Kumara & Pumpkin  
Roast Pork & Gravy**

*Alternative: Roast Pork*  
*Vegetarian: Mushroom Quiche* (G,D,E)

Roast Potatoes, Roast Carrots, Green Beans

**Dessert: Semolina & Fruit** (G,D,M)

### FRIDAY

**Soup: Minestrone  
Battered Fish with Tartare Sauce**

*Alternative: Savoury Mince*  
*Vegetarian: Macaroni Cheese* (G,D,E)

Wedges, Sweet Potato Mash, Peas

**Dessert: Pineapple Short Cake** (G)

### SATURDAY

**Soup: Tomato  
Chicken A La King** (G,D)

*Alternative: Curried Sausages* (G)  
*Vegetarian: Vegetarian Lasagne* (G,M,S)

Creamed Potatoes (D), Carrots, Spinach

**Dessert: Cheesecake** (G,D)

## 13 APRIL 2026 (WEEK 4)

### MONDAY

**Soup: Vegetable** (\$3 extra)  
**Sausages with Onion Gravy**

*Alternative: Beef Swirls*  
*Vegetarian: Vegetarian Pizza* (G,D)  
Potatoes (D), Pumpkin, Red Cabbage Casserole

**Dessert: Bread Pudding** (G,D,E)

### TUESDAY

**Soup: Crème of Mushroom  
Beef Casserole** (G)

*Alternative: Curry Sausages* (N)  
*Vegetarian: Zucchini Fritters* (E)

Potatoes, Carrots and Parsnips, Green Beans

**Dessert:**

**Ginger Bread Upside Down Pudding** (G,D,E)

### WEDNESDAY

**Soup: French Onion  
Roast Beef with Gravy**

*Alternative: Roast Chicken*  
*Vegetarian: Vegetarian Quiche* (G,D,E)

Roast Potatoes, Kumara, Peas

**Dessert: Lamingtons & Fruit Salad** (G,D,E)

### THURSDAY

**Soup: Crème of Chicken  
Chicken Schnitzel & Plum Sauce**

*Alternative: Beef Olives* (G)  
*Vegetarian: Potato Pasties* (G)

Potatoes (D), Carrots, Broccoli

**Dessert: Pear & Raisin Sponge** (G,D,E)

### FRIDAY

**Soup: Pumpkin  
Battered Fish with Tartare Sauce** (G,F)

*Alternative: Beef Koftas*  
*Vegetarian: Courgette Loaf* (G,D,N)

Potatoes (D), Corn, Silverbeet

**Dessert: Ambrosia** (G,D)

### SATURDAY

**Soup: Pea & Ham  
Silverside**

*Alternative: Pork & Apple Schnitzel* (G,D)  
*Vegetarian: Lentil Loaf* (G)

Potatoes (D), Carrots, Cabbage

**Dessert: Fruit in Orange Jelly** (D,G)

Contains allergens (G: Gluten, E: Egg, D: Dairy, N: Nuts, M: Milk, S: Soy, F: Fish, P: Peanut)  
Menu subject to change



## 20 APRIL 2026 (WEEK 5)

### MONDAY

**Soup: Leek & Potato** (\$3 extra)  
**Beef Bourguignon** (S)  
*Alternative: Bacon & Egg Pie*  
*Vegetarian: Baked Filo Samosas* (G,D)  
Potatoes (D), Broccoli, Carrots  
**Dessert: Apple & Apricot Sponge** (G,D,E)

### TUESDAY

**Soup: Pumpkin**  
**Pork & Apple Casserole** (G)  
*Alternative: Savoury Mince* (G,D)  
*Vegetarian: Baked Potato with Chickpea Filling*  
Potatoes (D), Pumpkin, Whole Baby Beans  
**Dessert:**  
**Ice Cream Pudding & Fruit** (G,D,E)

### WEDNESDAY

**Soup: Tomato & Rice**  
**Roast Beef with Gravy**  
*Alternative: Roast Pork*  
*Vegetarian: Broccoli & Walnut Bake* (G,N)  
Roast Potatoes, Kumara, Peas  
**Dessert: Caramel Mousse with**  
**Chocolate Topping** (D)

### THURSDAY

**Soup: Vegetable**  
**Baked Orange Chicken**  
*Alternative: Mini Meatballs* (G)  
*Vegetarian: Corn Fritters* (G)  
Potatoes, Mixed Veges, Cauliflower  
**Dessert: Fruit Trifle** (G,E)

### FRIDAY

**Soup: Asparagus**  
**Battered Fish with Sweet & Sour Sauce** (G,F)  
*Alternative: Cornish Pasties* (G)  
*Vegetarian: Lentil Patties* (E)  
Potatoes (D), Peas, Asian Stir Fry  
**Dessert: Lemon Sago**

### SATURDAY

**Soup: Pea & Ham**  
**Meat Patties & Gravy** (G,E)  
*Alternative: Chicken Cordon Bleu* (G,D)  
*Vegetarian: Savoury Potato Bake* (G,D)  
Potatoes (D), Sliced Beans, Harvard Beet  
**Dessert: Strawberry Instant Pudding**  
**& Fruit Salad** (M)

## 27 APRIL 2026 (WEEK 1)

### MONDAY

**CLOSED FOR ANZAC DAY**

### TUESDAY

**Soup: Pumpkin & Carrot**  
**Deville Sausages**  
*Alternative: Beef Casserole*  
*Vegetarian: Spinach Filo Parcel*  
Potatoes, Peas, Stir Fried Veges  
**Dessert: Apple Shortcake** (G,D,E)

### WEDNESDAY

**Soup: Crème of Mushroom**  
**Roast Beef & Gravy**  
*Alternative: Roast Chicken*  
*Vegetarian: Lentil Patties* (E)  
Roast Potatoes, Whole Baby Beans, Kumara  
**Dessert:**  
**French Vanilla Mousse & Peaches** (D)

### THURSDAY

**Soup: French Onion**  
**Battered Fish with Tartare Sauce** (G,F)  
*Alternative: Meatballs in Tomato Gravy* (G)  
*Vegetarian: Mushroom Quiche* (G,D,E)  
Potatoes (D), Cabbage, Vegetable Mornay  
**Dessert: Baked Coconut Pudding** (G,D,E)

### FRIDAY

**Soup: Asparagus**  
**Silverside with Mustard Sauce** (G)  
*Alternative: Cottage Pie*  
*Vegetarian: Vegetable Curry* (M,D)  
Potatoes, Spinach, Carrots  
**Dessert: Lemon Delicious** (G,D)

### SATURDAY

**Soup: Chicken Noodle**  
**Hawaiian Chicken**  
*Alternative: Lasagne Toppers* (G,M,S)  
*Vegetarian: Frittata*  
Potatoes (D), Peas, Cauliflower in Cheese Sauce (G,D)  
**Dessert:**  
**Chocolate Instant Pudding & Fruit** (D)

Contains allergens (G: Gluten, E: Egg, D: Dairy, N: Nuts, M: Milk, S: Soy, F: Fish, P: Peanut)  
Menu subject to change



## 4 MAY 2026 (WEEK 2)

### MONDAY

**Soup: Chicken & Corn**  
**Chicken Parmigiana** (G)  
*Alternative: Beef Schnitzel* (G,E)  
*Vegetarian: Vegetable Strudel* (G)  
Potatoes (D), Pumpkin, Cross Cut Beans  
**Dessert:**  
**Mixed Berries in Raspberry Jelly**

### TUESDAY

**Soup: Leek & Potato**  
**Pork Ribblet**  
*Alternative: Curry Chicken*  
*Vegetarian: Macaroni & Veges* (G)  
Potatoes (D), Silverbeet, Stir Fried Veges  
**Dessert:**  
**Apple & Blueberry Crumble & Custard** (G,D)

### WEDNESDAY

**Soup: Asparagus**  
**Roast Beef with Mustard Seed Gravy**  
*Alternative: Roast Pork*  
*Vegetarian: Potato Bake* (G,D)  
Roast Potatoes, Carrots, Peas  
**Dessert:**  
**Strawberry Instant Pudding with Fruit** (M)

### THURSDAY

**Soup: Tomato**  
**Meatballs** (G)  
*Alternative: Wee Potato Top Pie* (G,D)  
*Vegetarian: Nutty Carrot Loaf* (P,N,E,M)  
Potatoes (D), Kumara, Spinach  
**Dessert: Individual Strawberry Tarts** (G,D,E)

### FRIDAY

**Soup: Chicken Noodle**  
**Battered Fish & Sweet Chilli Mayo** (G,F)  
*Alternative: Lambs Fry & Bacon* (S)  
*Vegetarian: Potato & Leek Quiche* (G,D,E)  
Potatoes, Cauliflower, Whole Green Beans  
**Dessert: Hot Fudge Pudding** (G,D,E)

### SATURDAY

**Soup: Crème of Mushroom**  
**Beef Lasagne** (G)  
*Alternative: Chicken Lasagne* (G)  
*Vegetarian: Filo Samosas* (G)  
Potatoes, Cabbage, Mixed Veges (G,D)  
**Dessert: Mini Pavs & Fruit** (D)

## 11 MAY 2026 (WEEK 3)

### MONDAY

**Soup: Vegetable** (\$3 extra)  
**Meat Patties with Onion Gravy** (G,E)  
*Alternative: Bacon & Egg Pie*  
*Vegetarian: Vegetable Lasagne* (G)  
Potatoes (D), Broccoli, Pumpkin  
**Dessert: Baked Sago & Peaches** (E,D)

### TUESDAY

**Soup: Sweet Corn & Noodle**  
**Chicken & Red Wine Casserole**  
*Alternative: Cornish Pastries* (G)  
*Vegetarian: Broccoli Bake* (D,G)  
Potatoes (D), Peas, Carrots and Parsnips  
**Dessert:**  
**Sticky Date Pudding with Custard** (D,E)

### WEDNESDAY

**Soup: Pea & Ham**  
**Ham Steaks with Pineapple**  
*Alternative: Silverside*  
*Vegetarian: Lentil Patties* (E)  
Potatoes (D), Mixed Veges, Silverbeet  
**Dessert:**  
**Spanish Cream & Fruit** (D,E)

### THURSDAY

**Soup: Kumara & Pumpkin**  
**Roast Pork & Gravy**  
*Alternative: Roast Pork*  
*Vegetarian: Mushroom Quiche* (G,D,E)  
Roast Potatoes, Roast Carrots, Green Beans  
**Dessert: Semolina & Fruit** (G,D,M)

### FRIDAY

**Soup: Minestrone**  
**Battered Fish with Tartare Sauce** (G,F)  
*Alternative: Savoury Mince*  
*Vegetarian: Macaroni Cheese* (G,D,E)  
Wedges, Sweet Potato Mash, Peas  
**Dessert: Pineapple Short Cake** (G)

### SATURDAY

**Soup: Tomato**  
**Chicken A La King** (G,D)  
*Alternative: Curried Sausages* (G)  
*Vegetarian: Vegetarian Lasagne* (G,M,S)  
Creamed Potatoes (D), Carrots, Spinach  
**Dessert: Cheesecake** (G,D)

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Menu subject to change



## 18 MAY 2026 (WEEK 4)

### MONDAY

**Soup: Vegetable** (\$3 extra)  
**Sausages with Onion Gravy**

*Alternative: Beef Swirls*

*Vegetarian: Vegetarian Pizza* (G,D)

Potatoes (D), Pumpkin, Red Cabbage Casserole

**Dessert: Bread Pudding** (G,D,E)

### TUESDAY

**Soup: Crème de Mushroom**

**Beef Casserole** (G)

*Alternative: Curry Sausages* (N)

*Vegetarian: Zucchini Fritters* (E)

Potatoes, Carrots and Parsnips, Green Beans

**Dessert:**

**Ginger Bread Upside Down Pudding** (G,D,E)

### WEDNESDAY

**Soup: French Onion**

**Roast Beef with Gravy**

*Alternative: Roast Chicken*

*Vegetarian: Vegetarian Quiche* (G,D,E)

Roast Potatoes, Kumara, Peas

**Dessert: Lamingtons & Fruit Salad** (G,D,E)

### THURSDAY

**Soup: Crème de Chicken**

**Chicken Schnitzel & Plum Sauce**

*Alternative: Beef Olives* (G)

*Vegetarian: Potato Pasties* (G)

Potatoes (D), Carrots, Broccoli

**Dessert: Pear & Raisin Sponge** (G,D,E)

### FRIDAY

**Soup: Pumpkin**

**Battered Fish with Tartare Sauce** (G,F)

*Alternative: Beef Koftas*

*Vegetarian: Courgette Loaf* (G,D,N)

Potatoes (D), Corn, Silverbeet

**Dessert: Ambrosia** (G,D)

### SATURDAY

**Soup: Pea & Ham**

**Silverside**

*Alternative: Pork & Apple Schnitzel* (G,D)

*Vegetarian: Lentil Loaf* (G)

Potatoes (D), Carrots, Cabbage

**Dessert: Fruit in Orange Jelly** (D,G)

## 25 MAY 2026 (WEEK 5)

### MONDAY

**Soup: Leek & Potato** (\$3 extra)

**Beef Bourguignon** (S)

*Alternative: Bacon & Egg Pie*

*Vegetarian: Baked Filo Samosas* (G,D)

Potatoes (D), Broccoli, Carrots

**Dessert: Apple & Apricot Sponge** (G,D,E)

### TUESDAY

**Soup: Pumpkin**

**Pork & Apple Casserole** (G)

*Alternative: Savoury Mince* (G,D)

*Vegetarian: Baked Potato with Chickpea Filling*

Potatoes (D), Pumpkin, Whole Baby Beans

**Dessert:**

**Ice Cream Pudding & Fruit** (G,D,E)

### WEDNESDAY

**Soup: Tomato & Rice**

**Roast Beef with Gravy**

*Alternative: Roast Pork*

*Vegetarian: Broccoli & Walnut Bake* (G,N)

Roast Potatoes, Kumara, Peas

**Dessert: Caramel Mousse with Chocolate Topping** (D)

### THURSDAY

**Soup: Vegetable**

**Baked Orange Chicken**

*Alternative: Mini Meatballs* (G)

*Vegetarian: Corn Fritters* (G)

Potatoes, Mixed Veges, Cauliflower

**Dessert: Fruit Trifle** (G,E)

### FRIDAY

**Soup: Asparagus**

**Battered Fish with Sweet & Sour Sauce** (G,F)

*Alternative: Cornish Pasties* (G)

*Vegetarian: Lentil Patties* (E)

Potatoes (D), Peas, Asian Stir Fry

**Dessert: Lemon Sago**

### SATURDAY

**Soup: Pea & Ham**

**Meat Patties & Gravy** (G,E)

*Alternative: Chicken Cordon Bleu* (G,D)

*Vegetarian: Savoury Potato Bake* (G,D)

Potatoes (D), Sliced Beans, Harvard Beet

**Dessert: Strawberry Instant Pudding & Fruit Salad** (M)

Contains allergens (G: Gluten, E: Egg, D: Dairy, N: Nuts, M: Milk, S: Soy, F: Fish, P: Peanut)  
Menu subject to change



## 1 JUNE 2026 (WEEK 1)

### MONDAY

CLOSED FOR KING'S BIRTHDAY

### TUESDAY

**Soup: Pumpkin & Carrot  
Deville Sausages**

*Alternative: Beef Casserole*

*Vegetarian: Spinach Filo Parcel*

Potatoes, Peas, Stir Fried Veges

**Dessert: Apple Shortcake** (G,D,E)

### WEDNESDAY

**Soup: Crème of Mushroom  
Roast Beef & Gravy**

*Alternative: Roast Chicken*

*Vegetarian: Lentil Patties* (E)

Roast Potatoes, Whole Baby Beans,  
Kumara

**Dessert:**

**French Vanilla Mousse & Peaches** (D)

### THURSDAY

**Soup: French Onion**

**Battered Fish with Tartare Sauce** (G,F)

*Alternative: Meatballs in Tomato Gravy* (G)

*Vegetarian: Mushroom Quiche* (G,D,E)

Potatoes (D), Cabbage, Vegetable Mornay

**Dessert: Baked Coconut Pudding** (G,D,E)

### FRIDAY

**Soup: Asparagus**

**Silverside with Mustard Sauce** (G)

*Alternative: Cottage Pie*

*Vegetarian: Vegetable Curry* (M,D)

Potatoes, Spinach, Carrots

**Dessert: Lemon Delicious** (G,D)

### SATURDAY

**Soup: Chicken Noodle**

**Hawaiian Chicken**

*Alternative: Lasagne Toppers* (G,M,S)

*Vegetarian: Frittata*

Potatoes (D), Peas, Cauliflower in

Cheese Sauce (G,D)

**Dessert:**

**Chocolate Instant Pudding & Fruit** (D)

## 8 JUNE 2026 (WEEK 2)

### MONDAY

**Soup: Chicken & Corn**

**Chicken Parmigiana** (G)

*Alternative: Beef Schnitzel* (G,E)

*Vegetarian: Vegetable Strudel* (G)

Potatoes (D), Pumpkin, Cross Cut Beans

**Dessert:**

**Mixed Berries in Raspberry Jelly**

### TUESDAY

**Soup: Leek & Potato**

**Pork Ribblet**

*Alternative: Curry Chicken*

*Vegetarian: Macaroni & Veges* (G)

Potatoes (D), Silverbeet, Stir Fried Veges

**Dessert:**

**Apple & Blueberry Crumble & Custard** (G,D)

### WEDNESDAY

**Soup: Asparagus**

**Roast Beef with Mustard Seed Gravy**

*Alternative: Roast Pork*

*Vegetarian: Potato Bake* (G,D)

Roast Potatoes, Carrots, Peas

**Dessert:**

**Strawberry Instant Pudding with Fruit** (M)

### THURSDAY

**Soup: Tomato**

**Meatballs** (G)

*Alternative: Wee Potato Top Pie* (G,D)

*Vegetarian: Nutty Carrot Loaf* (P,N,E,M)

Potatoes (D), Kumara, Spinach

**Dessert: Individual Strawberry Tarts** (G,D,E)

### FRIDAY

**Soup: Chicken Noodle**

**Battered Fish & Sweet Chilli Mayo** (G,F)

*Alternative: Lambs Fry & Bacon* (S)

*Vegetarian: Potato & Leek Quiche* (G,D,E)

Potatoes, Cauliflower, Whole Green Beans

**Dessert: Hot Fudge Pudding** (G,D,E)

### SATURDAY

**Soup: Crème of Mushroom**

**Beef Lasagne** (G)

*Alternative: Chicken Lasagne* (G)

*Vegetarian: Filo Samosas* (G)

Potatoes, Cabbage, Mixed Veges (G,D)

**Dessert: Mini Pavs & Fruit** (D)

Contains allergens (G: Gluten, E: Egg, D: Dairy, N: Nuts, M: Milk, S: Soy, F: Fish, P: Peanut)  
Menu subject to change



MEALS ON WHEELS

## 15 JUNE 2026 (WEEK 3)

### MONDAY

**Soup: Vegetable** (\$3 extra)  
**Meat Patties with Onion Gravy** (G,E)  
*Alternative: Bacon & Egg Pie*  
*Vegetarian: Vegetable Lasagne* (G)  
Potatoes (D), Broccoli, Pumpkin  
**Dessert: Baked Sago & Peaches** (E,D)

### TUESDAY

**Soup: Sweet Corn & Noodle  
Chicken & Red Wine Casserole**  
*Alternative: Cornish Pastries* (G)  
*Vegetarian: Broccoli Bake* (D,G)  
Potatoes (D), Peas, Carrots and Parsnips  
**Dessert:  
Sticky Date Pudding with Custard** (D,E)

### WEDNESDAY

**Soup: Pea & Ham  
Ham Steaks with Pineapple**  
*Alternative: Silverside*  
*Vegetarian: Lentil Patties* (E)  
Potatoes (D), Mixed Veges, Silverbeet  
**Dessert:  
Spanish Cream & Fruit** (D,E)

### THURSDAY

**Soup: Kumara & Pumpkin  
Roast Pork & Gravy**  
*Alternative: Roast Pork*  
*Vegetarian: Mushroom Quiche* (G,D,E)  
Roast Potatoes, Roast Carrots, Green Beans  
**Dessert: Semolina & Fruit** (G,D,M)

### FRIDAY

**Soup: Minestrone  
Battered Fish with Tartare Sauce** (G,F)  
*Alternative: Savoury Mince*  
*Vegetarian: Macaroni Cheese* (G,D,E)  
Wedges, Sweet Potato Mash, Peas  
**Dessert: Pineapple Short Cake** (G)

### SATURDAY

**Soup: Tomato  
Chicken A La King** (G,D)  
*Alternative: Curried Sausages* (G)  
*Vegetarian: Vegetarian Lasagne* (G,M,S)  
Creamed Potatoes (D), Carrots, Spinach  
**Dessert: Cheesecake** (G,D)

## 22 JUNE 2026 (WEEK 4)

### MONDAY

**Soup: Vegetable** (\$3 extra)  
**Sausages with Onion Gravy**  
*Alternative: Beef Swirls*  
*Vegetarian: Vegetarian Pizza* (G,D)  
Potatoes (D), Pumpkin, Red Cabbage Casserole  
**Dessert: Bread Pudding** (G,D,E)

### TUESDAY

**Soup: Crème of Mushroom  
Beef Casserole** (G)  
*Alternative: Curry Sausages* (N)  
*Vegetarian: Zucchini Fritters* (E)  
Potatoes, Carrots and Parsnips, Green Beans  
**Dessert:  
Ginger Bread Upside Down Pudding** (G,D,E)

### WEDNESDAY

**Soup: French Onion  
Roast Beef with Gravy**  
*Alternative: Roast Chicken*  
*Vegetarian: Vegetarian Quiche* (G,D,E)  
Roast Potatoes, Kumara, Peas  
**Dessert: Lamingtons & Fruit Salad** (G,D,E)

### THURSDAY

**Soup: Crème of Chicken  
Chicken Schnitzel & Plum Sauce**  
*Alternative: Beef Olives* (G)  
*Vegetarian: Potato Pasties* (G)  
Potatoes (D), Carrots, Broccoli  
**Dessert: Pear & Raisin Sponge** (G,D,E)

### FRIDAY

**Soup: Pumpkin  
Battered Fish with Tartare Sauce** (G,F)  
*Alternative: Beef Koftas*  
*Vegetarian: Courgette Loaf* (G,D,N)  
Potatoes (D), Corn, Silverbeet  
**Dessert: Ambrosia** (G,D)

### SATURDAY

**Soup: Pea & Ham  
Silverside**  
*Alternative: Pork & Apple Schnitzel* (G,D)  
*Vegetarian: Lentil Loaf* (G)  
Potatoes (D), Carrots, Cabbage  
**Dessert: Fruit in Orange Jelly** (D,G)

Contains allergens (G: Gluten, E: Egg, D: Dairy, N: Nuts, M: Milk, S: Soy, F: Fish, P: Peanut)  
Menu subject to change



## 29 JUNE 2026 (WEEK 5)

### MONDAY

**Soup: Leek & Potato** (\$3 extra)  
**Beef Bourguignon** (S)  
*Alternative: Bacon & Egg Pie*  
*Vegetarian: Baked Filo Samosas* (G,D)  
Potatoes (D), Broccoli, Carrots  
**Dessert: Apple & Apricot Sponge** (G,D,E)

### TUESDAY

**Soup: Pumpkin**  
**Pork & Apple Casserole** (G)  
*Alternative: Savoury Mince* (G,D)  
*Vegetarian: Baked Potato with Chickpea Filling*  
Potatoes (D), Pumpkin, Whole Baby Beans  
**Dessert:**  
**Ice Cream Pudding & Fruit** (G,D,E)

### WEDNESDAY

**Soup: Tomato & Rice**  
**Roast Beef with Gravy**  
*Alternative: Roast Pork*  
*Vegetarian: Broccoli & Walnut Bake* (G,N)  
Roast Potatoes, Kumara, Peas  
**Dessert: Caramel Mousse with Chocolate Topping** (D)

### THURSDAY

**Soup: Vegetable**  
**Baked Orange Chicken**  
*Alternative: Mini Meatballs* (G)  
*Vegetarian: Corn Fritters* (G)  
Potatoes, Mixed Veges, Cauliflower  
**Dessert: Fruit Trifle** (G,E)

### FRIDAY

**Soup: Asparagus**  
**Battered Fish with Sweet & Sour Sauce** (G,F)  
*Alternative: Cornish Pasties* (G)  
*Vegetarian: Lentil Patties* (E)  
Potatoes (D), Peas, Asian Stir Fry  
**Dessert: Lemon Sago**

### SATURDAY

**Soup: Pea & Ham**  
**Meat Patties & Gravy** (G,E)  
*Alternative: Chicken Cordon Bleu* (G,D)  
*Vegetarian: Savoury Potato Bake* (G,D)  
Potatoes (D), Sliced Beans, Harvard Beet  
**Dessert: Strawberry Instant Pudding & Fruit Salad** (M)

Contains allergens (G: Gluten, E: Egg, D: Dairy, N: Nuts, M: Milk, S: Soy, F: Fish, P: Peanut)  
Menu subject to change

