

**Menu for Special Frozen Meals**

**These frozen meals are available every day. Please mark the day next to your required meal.**

<b>Week 1</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 2</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

<b>CHINESE MEAL</b> \$5.00 each	<ul style="list-style-type: none"> <li>• Beef and Black Bean with Steam Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet &amp; Sour Pork with Steam Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken in Lemon Sauce with Steam Rice</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Pork with Fried Rice</li> </ul>
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<b>ITALIAN MEAL</b> \$5.00 each	<ul style="list-style-type: none"> <li>• Spaghetti Bolognese</li> <li>• Pumpkin Ravioli</li> </ul>	<ul style="list-style-type: none"> <li>• Fettuccini Alfredo</li> <li>• Chicken Parmigiana</li> </ul>
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<b>Snack Pack</b> \$3.00 each	<ul style="list-style-type: none"> <li>• Chicken Fried Rice,</li> <li>• Creamy Bacon and Cheese Pasta</li> <li>• Spaghetti Bolognese</li> <li>• Spirali Bolognese</li> </ul>	<ul style="list-style-type: none"> <li>* Chicken Stroganoff with rice</li> <li>* Macaroni Cheese</li> <li>* Curry Savoury mince with rice</li> </ul>
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<b>Petite Meal</b> \$5.00 each	<ul style="list-style-type: none"> <li>• Curried Prawns &amp; rice</li> <li>• Apricot Chicken/mash potato</li> <li>• Chicken &amp; Mushroom/cuscus</li> <li>• Tuna Mornay &amp; mash potato</li> <li>• Savoury Beef &amp; mash potato</li> <li>• Braised Steak &amp; Mushroom</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Beef &amp; Red Wine with mash potato</li> <li>• Steak &amp; Kidney with mashed potato</li> <li>• Pork &amp; Apple Cass. with mash potato</li> <li>• Sweet &amp; Sour Pork/steamed rice</li> <li>• Chicken Honey Curry &amp; rice</li> <li>• Curried Sausages with mash potato</li> </ul>	<ul style="list-style-type: none"> <li>• Indian Butter chicken with rice</li> <li>• Chicken Mornay/spirili pasta</li> <li>• Steak &amp; Bacon cass/steamed potat</li> <li>• Rst, Chicken Wings</li> <li>• Battered Fish pieces with pilaf rice</li> <li>• Satay Chicken /peanut sce &amp; rice</li> <li>• Beef &amp; Lentil Curry (mild) with rice</li> </ul>
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## Menu for Special Frozen Meals

**These frozen meals are available every day. Please mark the day next to your required meal.**

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

<b>CHINESE MEAL</b> \$5.00 each	• Beef and Black Bean with Steam Rice	• Sweet & Sour Pork with Steam Rice	• Chicken in Lemon Sauce with Steam Rice	• BBQ Pork with Fried Rice
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<b>ITALIAN MEAL</b> \$5.00 each	• Spaghetti Bolognese • Pumpkin Ravioli	• Fettuccini Alfredo • Chicken Parmigiana
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<b>Snack Pack</b> \$3.00 each	• Chicken Fried Rice, • Creamy Bacon and Cheese Pasta • Spirali Bolognese • Curried Savoury Mince & Rice	* Chicken Stroganoff with rice * Macaroni Cheese * Spaghetti Bolognese
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<b>Petite Meal</b> \$5.00 each	• Curried Prawns & rice • Apricot Chicken/mash potato • Chicken & Mushroom/cuscus • Tuna Mornay & mash potato • Savoury Beef & mash potato • Braised Steak & Mushroom	• Beef & Red Wine with mash potato • Steak & Kidney with mashed potato • Pork & Apple Cass. with mash potato • Sweet & Sour Pork/steamed rice • Chicken Honey Curry & rice • Curried Sausages with mash potato	• Indian Butter chicken with rice • Chicken Mornay/spirali pasta • Steak & Bacon cass/steamed potat • Rst, Chicken Wings • Battered Fish pieces with pilaf rice • Satay Chicken /peanut sce & rice • Beef & Lentil Curry (mild) with rice
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