

Menu for Special Frozen Meals

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

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

CHINESE MEAL \$5.00 each	<ul style="list-style-type: none"> Beef and Black Bean with Steam Rice 	<ul style="list-style-type: none"> Sweet & Sour Pork with Steam Rice 	<ul style="list-style-type: none"> Chicken in Lemon Sauce with Steam Rice 	<ul style="list-style-type: none"> BBQ Pork with Fried Rice
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ITALIAN MEAL \$5.00 each	<ul style="list-style-type: none"> Spaghetti Bolognese Pumpkin Ravioli 	<ul style="list-style-type: none"> Fettuccini Alfredo Chicken Parmigiana
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Snack Pack \$3.00 each	<ul style="list-style-type: none"> Chicken Fried Rice, Creamy Bacon and Cheese Pasta Spaghetti Bolognese Spirali Bolognese 	<ul style="list-style-type: none"> * Chicken Stroganoff with rice * Macaroni Cheese * Curry Savoury mince with rice
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Petite Meal \$5.00 each	<ul style="list-style-type: none"> Curried Prawns & rice Apricot Chicken/mash potato Chicken & Mushroom/cuscus Tuna Mornay & mash potato Savoury Beef & mash potato Braised Steak & Mushroom 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Indian Butter chicken with rice Chicken Mornay/spirili 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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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

CHINESE MEAL \$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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ITALIAN MEAL \$5.00 each	• Spaghetti Bolognese • Pumpkin Ravioli	• Fettuccini Alfredo • Chicken Parmigiana
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Snack Pack \$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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Petite Meal \$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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