

## October Lunch Menu



All freshly prepared by our staff cooks in our kitchen.

Please book prior to 10am on the day.

### Takeaway meals

A large variety of frozen meals are available from 8.30am to 3.30pm from the administration office. Fresh takeaway meals are available by prepaying through the Centre administration office and may be ordered up to two weeks in advance. There is a 50 cent surcharge for packaging. Collection for fresh takeaway meals is between 12.30pm and 3.30pm.

### Wednesday 1

Teriyaki crispy skin chicken, jasmine rice and Asian vegetables \$10.50  
Blueberry cheesecake and cream

### Thursday 2

**Italian buffet**

### Friday 3

Fish and chips or vegetable schnitzel\* with coleslaw and tartare sauce \$11.50  
Pavlova

### Monday 6

Sticky teriyaki chicken wings with rice and broccoli \$8.50  
Chocolate mousse

### Tuesday 7

Roasted vegetable pasta bake with garlic bread \$8.50  
Custard tart

### Wednesday 8 October

Cottage pie or vegetable pie, roast vegetables and gravy \$10.50

Sticky date pudding, butterscotch sauce and cream

### Thursday 9

Fish burger with chips and coleslaw \$10.50

Apple crumble and custard

### Friday 10

Roast chicken Maryland or vegetable pie\* with roast potatoes, pumpkin, cabbage and rich gravy \$11.50

Upside down caramel banana cake

### Monday 13

Fisherman's basket with chips and coleslaw \$11.50

Pavlova with fresh cream and fruit

### Tuesday 14

Spinach pumpkin and ricotta quiche  
homemade wedges and salad \$8.50 (v)

Lemon cheesecake

### Wednesday 15

Homemade chunky beef and onion pie with seasonal vegetables \$10.50

Brownie slice

### Thursday 16

Pork ribs with potato bake and coleslaw \$10.50

Apple pie and custard

### Friday 17

Roast beef or vegetable pie\* with roast vegetables and horseradish \$11.50

Creamy rice custard and berry coulis

### Monday 20

Sausage with mashed potato, onion gravy and peas \$8.50

Fresh fruit salad and cream

### Tuesday 21

Spinach and ricotta cannelloni with mixed salad and garlic bread \$8.50 (v)

Biscoff cheesecake

### Wednesday 22

Beef stroganoff with mashed potato and vegetables \$10.50

Matchsticks

### Thursday 23

**Greek Buffet**

### Friday 24

Fish and chips or vegetable schnitzel\* mushy peas and tartare sauce \$11.50

Violet crumble cheesecake

### Monday 27

Chicken Chasseur with mash and steamed vegetables \$10.50

Custard tart

### Tuesday 28

Joy's selection of Asian delights \$11.50

Rhubarb and apple crumble and custard

### Wednesday 29

Quiche Lorraine with mixed salad and chips \$8.50

Carrot cake

### Thursday 30

Vegetable and lentil korma, rice and naan bread \$8.50 (v)

Banana cream pie

### Friday 31 October

Roast lamb or vegetable pie\* with roast vegetables and mint sauce \$11.50

Sticky date pudding, butterscotch sauce and cream

**Soup \$3 Dessert \$6**

**\*Vegetarian option \$8.50**