

Menu

Main meals

BEEF		Dietary Information
	BBQ sausage with pan fried potatoes, broccoli & baked beans	DF HP HF GF
	Beef casserole with mashed potatoes, baked pumpkin & peas	DF HP GF HF
	Beef pot roast with mashed potatoes, carrots & peas	DF LF HP GF HF
	Beef rissoles with potato bake, green beans, carrots & corn	HP GF HF
	Beef stroganoff with mashed potatoes and vegetables	HP GF HF
	Corned beef in a white sauce with mashed potato & cauliflower	HP GF HF
	Cottage pie with mashed potatoes topped with cheese	HP GF HF
	Creamy rissoles with mashed potatoes, beans, broccoli & carrots	GF HF
	Roast beef with mashed potatoes, roasted pumpkin & peas	DF HP GF HF
	Spaghetti bolognese with zucchini, eggplant & leek	HP HF
	Steak and bacon casserole with mashed potatoes and vegetables	LF DF HP GF HF
CHICKEN		Dietary Information
	Butter chicken tomato, butter cream sauce with spinach & rice	HP GF HF
	Chicken breast mango with roast potatoes & mixed vegetables	HP GF HF
	Chicken carbonara pasta in a white sauce with bacon pieces	HP
	Chicken curry with basmati rice, green beans & capsicum	HP GF HF
	Chicken mushroom with roast potatoes & green beans	HP GF HF
	Chicken parmigiana with roast potatoes and vegetables	HP HF
	Honey soy chicken with stir fried rice & vegetables	DF HP GF HF
	Roast chicken breast with cream potatoes, carrots & peas	HP GF HF
	Sweet & sour chicken with steamed rice & mixed vegetables	DF LF HP GF HF

Reference Symbols

LF	LS	HP	GF	HF	DF	Ve	V	LP
Low Fat	Low Salt	High Protein	Gluten Free	High Fibre	Dairy Free	Vegan	Vegetarian	Light Protein

Menu

PORK		Dietary Information
	Pork steak Diane with cream potatoes, cauliflower & cabbage	HP GF HF
	Roast pork and apple gravy with pumpkin mash and vegetables	HP HF LF GF
LAMB		Dietary Information
	Lamb casserole with mashed potatoes, broccoli & cauliflower	DF HP GF HF
	Lamb roast mint gravy, roast potatoes, baked pumpkin & broccoli	DF HP GF HF
FISH & SEAFOOD		Dietary Information
	Barramundi lemon butter with basmati rice, broccoli & carrots	HP GF
	Curry prawns in a mild curry sauce, with Asian greens and rice	HP GF HF
	Garlic prawns creamy garlic prawns served with rice and vegetables	HP GF
	Crumbed fish & wedges with carrots, corn, peas and tartare sauce	HP HF
VEGETARIAN		Dietary Information
	Brown rice vegetable patties with potato/sweet potato stack and green beans	GF HF Ve DF LP
	Vegetarian parmi with potatoes, carrots, cauliflower and broccoli	HF V LP HP
	Coconut dahl red lentils, basmati rice, spinach & mango chutney	HF Ve LP DF GF
	Mushroom casserole with mashed potatoes, spinach and carrots	GF HF V LP
	Spaghetti veganaise a vegan version of a bolognaise sauce	HF Ve LP DF LF

Reference Symbols

LF	LS	HP	GF	HF	DF	Ve	V	LP
Low Fat	Low Salt	High Protein	Gluten Free	High Fibre	Dairy Free	Vegan	Vegetarian	Light Protein

Menu

SOUPS

Meat		Dietary Information
	Beef & vegetable broth	DF LF GF
	Chicken & corn soup	DF GF
	Chicken noodle soup	LF DF
	Corn & bacon chowder	GF
	Creamy chicken & vegetable soup	LF GF
	Pea & ham soup	DF LF GF HF
Vegetable		
	Creamy tomato soup	GF V
	Minestrone soup with pasta	DF
	Potato & leek soup	LF GF
	Pumpkin soup	LF LS GF HF V

DESSERTS

		Dietary Information
	Apple crumble	LS GF
	Berry crumble with custard	LS GF
	Bread & butter pudding with custard & toasted almonds	LS
	Chocolate Mousse	LS
	Double chocolate pudding	LS
	Fruit pavlova with mango, kiwi, strawberries & passionfruit coulis	LS GF
	Lemon cheesecake	LS GF
	Lemon Cheesecake Mousse	GF
	Rice pudding	LF LS GF
	Sticky date pudding with caramel sauce	
	Tiramisu chocolate sponge soaked in espresso syrup layered with orange cheesecake	GF
	Vanilla teacake with custard	

Reference Symbols

LF	LS	HP	GF	HF	DF	Ve	V	LP
Low Fat	Low Salt	High Protein	Gluten Free	High Fibre	Dairy Free	Vegan	Vegetarian	Light Protein

Menu

PUREED <i>Ordered upon special request</i>		Dietary Information
	Barramundi lemon butter with cream potatoes, carrots & peas	GF HF LP
	Chicken mushroom with sweet potato mash & green beans	HP GF HF LF
	Cottage pie with mashed potatoes, sprinkled with cheese	GF HF LP
	Lamb casserole with potatoes, carrots & broccoli	HP GF HF DF
	Lamb roast with mint gravy, pumpkin mash & broccoli	GF HF LP DF
	Roast beef with cream potatoes, pumpkin & peas	GF HF DF LF LP
	Roast chicken breast with potato, pumpkin & peas	GF HF LP LF LS

Reference Symbols

LF	LS	HP	GF	HF	DF	Ve	V	LP
Low Fat	Low Salt	High Protein	Gluten Free	High Fibre	Dairy Free	Vegan	Vegetarian	Light Protein

NOTE – Any main meal with light protein, we suggest to pair with a meat-based soup or another protein item to complete your meal.

Updated 24/02/2026