

Menu

Main meals

BEEF	Dietary Information
BBQ sausage with pan fried potatoes, broccoli & baked beans	DF HP HF GF
Macaroni & mince in a creamy cheese sauce topped with golden cheese	HP
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
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
BBQ Chicken thigh pieces in BBQ sauce with potatoes and vegetables	DF 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
Mediterranean lamb bake with eggplant, zucchini, potatoes & bechamel	GF HF HP
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
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
Spinach and ricotta tortellini pumpkin sauce, vegetables and cheese	V HF LP

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	GF
Vanilla teacake with custard	

Reference Symbols

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Menu

PUREED	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
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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 20/07/2026