

All the vegetables are fresh (except peas/beans) and are steamed (except roast vegetables) no salt has been added.

Roast meals **\$12.50**

(with roast potato, kumara and pumpkin & gravy)

1. Beef with yorkshire pudding.
2. Chicken with stuffing
3. Lamb with mint sauce
4. Pork with apple sauce

Fish with vegetables (no onions) **\$12.00**

5. Fish pie
6. Poached fish in parsley sauce

Meat with vegetables (with onions) **\$11.50**

7. Beef casserole
8. Braised beef sausages and onions
9. Butter chicken with rice
10. Chicken and leek pie (no onions)
11. Chicken and orange casserole (no onions)
12. Chicken, pineapple, mushrooms casserole (no onions)
13. Chinese chicken with rice
14. Corned silverside with mustard sauce (no onions)
15. Cottage pie
16. Curried beef sausages with rice
17. Lamb casserole with mint dumplings
18. Lambs fry, bacon and tomato
19. Macaroni cheese with bacon and onions
20. Meatloaf with gravy
21. Pork, bacon and apple casserole
22. Pork and pineapple casserole
23. Savoury beef meatballs
24. Savoury mince with chick peas
25. Steak and kidney casserole
26. Steak and mushroom pie
27. Sweet and sour beef sausages with rice
28. Sweet and sour pork meatballs

All meals contain gluten. No salt or pepper has been added to the meat or the vegetables.

Snack Meals (no vegetables) **\$7.50**

1. Bacon and egg pie (no onions)
2. Bacon and vegetable bake
3. Beef lasagne
4. Chicken, bacon and mushroom pasta bake (no onions)
5. Chicken, bacon, pumpkin and spinach lasagne
6. Chilli beef and beans (mild)
7. Cottage pie
8. Devilled sausages
9. Fish pie (no onions)
10. Ham and vegetable stack
11. Kai Si Ming (lightly curried mince)
12. Macaroni cheese with bacon and onions
13. Mince and macaroni
14. Potato in cheese sauce with bacon and onions
15. Potato and ham bake
16. Vegetable and bacon frittata
17. Vegetable and beef hotpot
18. Vegetable and chicken casserole
19. Vegetable and ham pasta bake (no onions)
20. Vegetable and pork casserole

Soups (winter only) **\$2.50**

1. Chicken soup
2. Chicken, corn and kumara soup
3. Tomato and kumara soup
4. Vegetable soup

Desserts **\$7.00**

1. Apple pie
2. Apple and cinnamon crumble
3. Banana dumplings in caramel sauce
4. Peach cobbler
5. Self-saucing chocolate pudding