

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

Roast meals \$13.00

(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) \$12.00

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

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

Snack Meals (no vegetables) \$8.50

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

Soups (winter only) \$2.50

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

Desserts \$8.00

1. Apple and cinnamon crumble
2. Butterscotch pudding
3. Peach cobbler
4. Self-saucing chocolate pudding
5. Sticky date pudding