

DAILY MEALS SAVOURY			WEEK Oct 4-Oct 9	
AVAILABLE EVERYDAY			Kale Salad w Lemon Chilli Dressing	
Penne Bolognaise / Prawn Linguini			Chargrilled Chicken & Kale Salad	
Crumbed Chicken Schnitzel			Quiches - Lorraine / Salmon / Four Cheese	
Lemon & Herbed Crumbed Chicken Strips			Quiches - Spinach & Goats Cheese / Roasted Veg	
Steamed Rice / Coconut Rice (GF)			Pies - Chicken & Leek / Beef & Red Wine	
Mash Potato (GF) / Creamed Spinach (GF)			Pies - Beef Mince	
Roasted Chats Rosemary & Garlic (GF)			Traditional Sausage Roll	
Fresh Seasonal Fruit Salad / Creamy Coleslaw (GF)			Spinach Sweet Potato & Ricotta Roll	
Thai Beef & Hokkien Noodle Salad			Lasagnes / Bolognaise Sauce (GF)	
Monday October 4				
Soup	Chicken & Vegetable (GF)	Salad	Broccolini w Toasted Almonds (GF)	
Soup	Classic Pumpkin (GF)	Salad	Roasted Beetroot (GF)	
Soup	Tomato & Basil (GF)	Salad	Greek Salad (GF)	
Meal	Mango Chicken (GF)			
Meal	Classic Chinese Lemon Chicken (GF)		Thai Chicken Burgers (GF)	
Meal	Beef Stroganoff (GF)		Corn & Zucchini Fritters	
Meal	Green Veg Risotto (GF) Asparagus, spinach, peas, boccolini			
Tuesday October 5				
Soup	Pea & Ham (GF)	Salad	Pumpkin Chickpea & Sumac (GF)	
Soup	Cream of Mushroom (GF)	Salad	Green Beans w Lemon Oil (GF)	
Soup	Zucchini & Broccoli (GF)	Salad	Brown Rice & Pupmkin (GF)	
Meal	Butter Chicken (GF)		Salmon Patties	
Meal	Minted Lamb (GF)		Asian Chicken Marylands	
Meal	Veal Veronique (GF)			
Meal	Beef & Blackbean			
Wednesday October 6				
Soup	Beef & Barley	Salad	Market Roasted Veggies (GF)	
Soup	Chicken & Vegetable (GF)	Salad	Crunchy Spring Slaw w a Tangy Dressing	
Soup	Thai Pumpkin (GF)	Salad	Chilli Roasted Cauliflower & Chickpeas	
Meal	Thai Green Chicken Curry (GF)	Salad	Creamy Dijon Mayo Chat Potatoes (GF)	
Meal	Lamb & Pumpkin Tagine (GF)		Chicken & Cauliflower Burgers	
Meal	Coq Au Vin (GF)		Sweet Potato & Zucchini Burgers (GF)	
Meal	Sweet Potato & Pea Risotto(GF)			
Thursday October 7				
Soup	Chicken & Vegetable (GF)	Salad	Mango Chicken salad (GF)	
Soup	Pea & Ham (GF)	Salad	Asparagus Rocket Parmesan (GF)	
Soup	Chicken & Sweetcorn (GF)	Salad	Freekah & Lentils w Cumin Yoghurt	
Meal	Chicken Masala (GF)			
Meal	Beef & Guinness		Duck Spring Rolls / Tofu Spring Rolls	
Meal	Lamb Shanks w Red Wine Napoli (GF)		Crumbed Lamb Cutlets	
Meal	Atlantic Salmon & Greens w a Citrus Veloute		Chicken Parmas	
Friday October 8				
Soup	Classic Minestrone	Salad	Spring Greens (GF)	
Soup	Chicken & Vegetable (GF)	Salad	Green Beans w Lemon Oil (GF)	
Soup	Cream of Asparagus (GF)	Salad	Market Roasted Veggies (GF)	
Meal	Mango Chicken (GF)	Salad	Caesar	
Meal	Butter Chicken (GF)		Thai Fish Cakes	
Meal	Beef Bourguinon (GF)		Crumbed Blue Grenadier / Fish Fingers	
Meal	Atlantic Salmon & Asparagus Risotto (GF)			
Saturday October 9				
ALL THE CROUTONS FAVOURITES PLUS OTHER SPECIALS.				
PLEASE PHONE THE STORE OR VISIT THE STORE TO SEE WHAT IS AVAILABLE.				
IF AFTER SOMETHING SPECIAL THEN PLEASE ORDER IT BY FRIDAY MIDDAY.				

DAILY SWEETS & DESSERTS**WEEK Oct 4 - Oct 9****AVAILABLE EVERYDAY**

Chocolate Eclairs Sticky Date Pudding Sticky Ginger Cake / Dutch Ginger ShortCake
Chocolate Lamingtons Chocolate Pudding Light Fruit Cake
Cookies - Yo Yo's / Chocolate Chip / Burnt Butter / Cornflake Crunchie / Shortbreads / Anzacs
Cookies - Florentines / Meringues / Coconut Macaroons / Nougatines
Slices - Lemon / Munchie / Brownie / Hedgehog / Caramel / By Nis Raw slices

PHONE OR EMAIL TO FIND OUT OTHER DAILY SPECIALS**Monday October 4**

Muffin	Morning Starter	Cake	Chocolate
Muffin	Mixed Berry	Cake	Orange
Scone	Cheese & Bacon	Cake	Lemon Sour Cream
Scone	Date & Walnut	Dessert	Chocolate Mousse / Raspberry Mousse
Tart	Mixed Berry & Mascarpone (GF)	Special	Meringue Roulade w Lemon Curd (GF)
Friand	Blueberry (GF)	Special	Passionfruit Cream Cupcakes
		Special	Neenish Tart (GF)

Tuesday October 5

Muffin	Morning Starter	Cake	Chocolate
Muffin	Mango & Raspberry	Cake	Orange
Scone	Cheese & Herbs	Cake	Raspberry & Coconut
Scone	Date & Orange	Dessert	Lemon delicious Pudding
Tart	Lemon Meringue (GF)	Special	Passionfruit Sponge Cakes
Friand	Apple (GF)	Special	Lamington Cream Cupcakes
		Special	Meringue Roulade w Mixed Berries (GF)

Wednesday October 6

Muffin	Morning Starter	Cake	Chocolate
Muffin	Banana & Blueberry	Cake	Orange
Scone	Spinach & Fetta	Cake	Carrot
Scone	Date & Banana	Dessert	Apple & Rhubarb Crumbles
Tart	Pear & Chocolate (GF)	Special	Meringue Roulade w Strawberries (GF)
Friand	Raspberry (GF)	Special	Chocolate Sponge Cakes (different sizes)
		Special	Jelly Slice / Butterfly Cream Cupcakes

Thursday October 7

Muffin	Morning Starter	Cake	Chocolate
Muffin	Mixed Berry	Cake	Orange
Scone	Cheese & Bacon	Cake	Flourless Orange & Poppy Seed
Scone	Date & Walnut	Dessert	Bread & Butter Pudding
Tart	Lemon Curd (GF)	Special	Flourless Chocolate & Raspberry Roulade (GF)
Friand	Strawberry (GF)	Special	Jelly Cream Cupcakes
		Special	Neenish Tart (GF)

Friday October 8

Muffin	Morning Starter	Cake	Chocolate
Muffin	Raspberry & White Chocolate	Cake	Orange
Scone	Cheese & Herbs	Cake	Hummingbird
Scone	Date & Orange	Dessert	Apple & Mixed Berry Crumbles
Tart	Strawberry & Mascarpone (GF)	Special	Meringue Roulade w Fresh Strawberries (GF)
Friand	Blueberry (GF)	Special	Passionfruit Sponge Cakes
		Special	Neenish Tart (GF)

Saturday October 9

Muffins	Morning Starter / Mixed Berry	Cakes	Chocolate / Orange
Scones	Cheese & Bacon / Date & Orange	Special	Flourless Chocolate & Raspberry Roulade (GF)
Tart	Lemon Curd (GF)	Special	Passionfruit Cream Cupcakes
Friand	Raspberry (GF)	Special	