



Sample Menu

Delivering in your
neighbourhood now!

Monday Pumpkin soup
Chicken A La King with roast potato, steamed carrots and peas
or
Cold Chicken with garden and potato salads
Apricot Crumble with custard

Tuesday Cream of Chicken soup
Beef Carbonnade with boiled parsley potatoes, steamed sweet potato and broccoli
or
Ham with garden salad and a rice and bean salad
Banana Custard Tart

Wednesday Minestrone soup
Roast Lamb, gravy and mint sauce with baked potato, baked pumpkin and brussels sprouts
or
Corned Beef with garden and egg salads
Baked Apple with custard

Thursday Pea and Ham soup
Sweet and Sour Pork with fried rice and stir fried vegetables
or
Cold Chicken with garden and pasta salads
Sticky Date Pudding with cream

Friday Tomato soup
Crumbed Fish and tartare sauce with mashed potato, steamed carrots and beans
or
Silverside with garden salad and coleslaw
Rice Pudding Custard

This menu is an example only.

