

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Lamb Casserole with Potatoes and Steamed Vegetables	Green Curry Chicken with Steamed Rice and Seasonal Vegetables	Pork Stroganoff with Pasta and Steamed Vegetables	Roast Beef with Gravy Roast Vegetable Medley and Seasonal Greens	Herb Crusted Fish with Garlic Potatoes and Steamed Seasonal Vegetables
WEEK 2	Thai Pork Stir Fry with Jasmine Rice and Steamed Vegetables	Chicken Fillets with Mustard and Tarragon Sauce, Roasted Chat Potatoes and Steamed Vegetables	Honey Lemon Chicken Stir Fry with Steamed Rice and Vegetables	Roast Pork with Apple Sauce and Gravy with Roast Vegetable Medley Seasonal Greens	Coconut Fish Curry with Steamed Basmati Rice and Vegetables
WEEK 3	Beef Risssoles with Gravy Mashed Potato and Steamed Vegetables	Shepherd's Pie with Steamed Vegetables	Lamb Sausage Curry with Steamed Rice and Vegetables	Roast Lamb with Mint Jelly, Gravy, Roast Vegetable Medley and Seasonal Greens	Pink Salmon and Barramundi Pie, Mashed Potato and Steamed Vegetables
WEEK 4	Chicken and Mushroom Pie with Potatoes and Steamed Vegetables	Pork and Sausages with Gravy, Mashed Potato and Steamed Vegetables	Healthy Irish Stew with Boiled Potatoes and Steamed Vegetable Medley	Roast Chicken with Light Gravy, Roast vegetable Medley, and Seasonal Vegetables	Fish Puttanesca with Macaroni and Steamed Vegetables

Nutritionally optimised meals for older adults at \$7.50 each.

These meals are also available in cut-up and pureed on request.