

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Chicken and Leek Pie with Vegetables or Roast Lamb (GF,DF)	Sweet & Sour Pork (GF,DF) or Lamb Sausage with Gravy (GF,DF)	Honey Chicken (GF, DF) or Shepherd's Pie (DF)	Herb Crusted Roast Beef (GF,DF) or Spinach and Fetta Omelette (V, GF)	Penne Bolognese or Classic Fish Pie
WEEK 2	Satay Beef (GF) or Chicken Kiev	Butter Chicken or Beef and Barley Stew (DF)	Beer Battered Flathead Fillets or Creamy Chicken Mushroom & Bacon Casserole	Roast Pork (GF, DF) or Pumpkin and Sage Tortellini (V)	Apricot Chicken (GF,DF) or Baked Fish with Lemon Dill (GF)
WEEK 3	Herb Crusted Roast Beef (GF,DF) or Spinach & Ricotta Ravioli	Beef Stroganoff or Chicken Marsala (GF)	Pork Sausages (GF) or Tempura Fish with Lemon Sauce	Roast Lamb (GF,DF) or Vegetable Frittata (V,GF)	Lamb Casserole or Crumbed Fish with Tartare Sauce
WEEK 4	Roast Pork (GF,DF) or Beef Lasagne with Vegetables	Chicken Schnitzel with Gravy or BBQ Pork Spare Ribs	Lamb Korma, Pilaf Rice or Salmon Rissoles	Roast Chicken with Gravy (GF, DF) or Cottage Pie	Mediterranean Baked Barramundi (GF,DF) or Braised Pork Ragu (GF,DF)

**Nutritionally optimised meals for older adults at \$8.20 each. Distribution depends on stock.
These meals are also available in cut-up and pureed on request.**