

DAILY MEALS SAVOURY**WEEK May 6 - 12****AVAILABLE EVERYDAY**

Penne Bolognese / Prawn Linguini	Kale Salad w Lemon Chilli Dressing
Crumbed Chicken Schnitzel	Chargrilled Chicken & Kale Salad
Lemon & Herbed Crumbed Chicken Strips	Quiches - Lorraine / Salmon / Four Cheese
Steamed Rice / Coconut Rice (GF)	Quiches - Spinach & Goats Cheese / Roasted Veg
Mash Potato (GF) / Creamed Spinach (GF)	Pies - Chicken & Leek / Beef & Red Wine
Roasted Chats Rosemary & Garlic (GF)	Pies - Beef Mince
Fresh Seasonal Fruit Salad / Creamy Coleslaw (GF)	Traditional Sausage Roll
Thai Beef & Hokkien Noodle Salad	Spinach Sweet Potato & Ricotta Roll
	Lasagnes / Bolognese Sauce (GF)

Monday May 6

Soup Chicken & Vegetable (GF)	Salad Green Beans w Lemon Oil (GF)
Soup Zucchini & Broccoli (GF)	Salad Roasted Beetroot (GF)
Soup Classic Pumpkin (GF)	Salad Broccoli w toasted Almonds (GF)
Meal Creamy Lemon Parsley Chicken (GF)	Salad
Meal Satay Chicken (GF)	Roasted Pumpkin Frittata (GF)
Meal Lamb & Pumpkin Tagine (GF)	Chicken Parmas
Meal Smoked Salmon Risotto (GF)	Thai Chicken Burgers (GF)

Tuesday May 7

Soup Pea & Ham (GF)	Salad Spring Greens (GF)
Soup Chicken & Lentil	Salad Caesar
Soup Cream of Tomato (GF)	Salad Brown Rice & Pumpkin (GF)
Meal Mango Chicken (GF)	
Meal Chicken Ala King (GF)	Salmon Patties
Meal Malaysian Beef Curry (GF)	Satay Chicken Skewers (GF)
Meal Tuna Mornay	

Wednesday May 8

Soup Tomato & Basil (GF)	Salad Crunchy Spring Slaw w a Tangy Dressing (GF)
Soup Potato & Leek (GF)	Salad Green Beans w Lemon Oil (GF)
Soup Chicken & Vegetable (GF)	Salad Mango Chicken Salad (GF)
Meal Apricot Chicken (GF)	Salad
Meal Beef Bourguignon (GF)	Chicken & Cauliflower Burgers
Meal	Sweet Potato & Zucchini Burgers (GF)
Meal	Teriyaki Eye Fillet Skewers (GF)

Thursday May 9

Soup Chicken & Sweetcorn (GF)	Salad Market Roasted Vegies (GF)
Soup Thai Pumpkin (GF)	Salad Asparagus Rocket Parmesan (GF)
Soup Pea & Ham (GF)	Salad Freekah & Lentils w Cumin Yoghurt
Meal Thai Green Chicken Curry (GF)	Salad Chilli Roasted Cauliflower & Chickpeas
Meal Minted Lamb (GF)	Duck Spring Rolls
Meal Prosciutto & Pea Risotto (GF)	Chicken Parmas
Meal Roast Eye Fillet Beef for 2 w Duck Fat Potatoes (GF)	

Friday May 10

Soup Zucchini & Broccoli (GF)	Salad Spring Greens (GF)
Soup Chicken & Vegetable (GF)	Salad Greek salad (GF)
Soup	Salad Pumpkin Chickpea & Sumac (GF)
Meal Mango Chicken (GF)	Salad Roasted Beetroot (GF)
Meal Coq Au Vin (GF)	Thai Fish Cakes
Meal Butter Chicken (GF)	Crumbed Blue Grenadier / Fish Fingers
Meal Roast Eye Fillet Beef for 2 w Duck Fat Potatoes (GF)	

Saturday May 11

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 May 6-12****AVAILABLE EVERYDAY**

Chocolate Eclairs Sticky Date Pudding Sticky Ginger Cake / Dutch Ginger ShortCake
 Chocolate Lamingtons Chocolate Pudding Light Fruit Cake / Coffe Date & Nut Loaf
 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 May 6**

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

Tuesday May 7

Muffin	Morning Starter	Cake	Chocolate
Muffin	Mango & Raspberry	Cake	Orange
Scone	Three Cheese	Cake	Lumberjack
Scone	Date & Orange	Dessert	Lemon Delicious
Tart	Lemon Meringue (GF)	Special	
Friand	Apricot (GF)	Special	Lamington Cream Cupcakes
		Special	Meringue Roulade w Mixed Berries (GF)

Wednesday May 8

Muffin	Morning Starter	Cake	Chocolate
Muffin	Banana & Blueberry	Cake	Orange
Scone	Spinach & Fetta	Cake	Hummingbird
Scone	Date	Dessert	Queen Pudding
Tart	Mixed Berry & Mascarpone (GF)	Special	Meringue Roulade w Strawberries (GF)
Friand	Raspberry (GF)	Special	Neenish Tart (GF)
		Special	Butterfly Cream Cupcakes

Thursday May 9

Muffin	Morning Starter	Cake	Chocolate
Muffin	Mixed Berry	Cake	Orange
Scone	Cheese & Bacon	Cake	Flourless Orange & Almond (GF)
Scone	Date & Walnut	Dessert	Apple, Apricot & Berry Crumbles
Tart	Lemon Curd (GF)	Special	Flourless Chocolate & Raspberry Roulade (GF)
Friand	Strawberry (GF)	Special	Jelly Cream Cupcakes
		Special	

Friday May 10

Muffin	Morning Starter	Cake	Chocolate
Muffin	Raspberry & White Chocolate	Cake	Orange
Scone	Cheese & Herbs	Cake	Carrot
Scone	Date & Orange	Dessert	Mothers Day Heart Shape Chocolate Cakes
Tart	Strawberry & Mascarpone (GF)	Special	Meringue Roulade w Fresh Strawberries (GF)
Friand	Blueberry (GF)	Special	Passionfruit Sponge Cakes
		Special	Neenish Tart (GF)

Saturday May 11

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	Mothers Day Heart Shape Chocolate Cakes