

**DAILY MEALS SAVOURY****WEEK April 29 -May 5****AVAILABLE EVERYDAY**

Penne Bolognese / Prawn Linguini  
 Crumbed Chicken Schnitzel  
 Lemon & Herbed Crumbed Chicken Strips  
 Steamed Rice / Coconut Rice (GF)  
 Mash Potato (GF) / Creamed Spinach (GF)  
 Roasted Chats Rosemary & Garlic (GF)  
 Fresh Seasonal Fruit Salad / Creamy Coleslaw (GF)  
 Thai Beef & Hokkien Noodle Salad

Kale Salad w Lemon Chilli Dressing  
 Chicken & Kale Salad  
 Quiches - Lorraine / Salmon / Four Cheese  
 Quiches - Spinach & Goats Cheese / Roasted Veg  
 Pies - Chicken & Leek / Beef & Red Wine  
 Pies - Beef Mince  
 Traditional Sausage Roll  
 Spinach Sweet Potato & Ricotta Roll  
 Lasagnes / Bolognese Sauce (GF)

**Monday April 29**

<b>Soup</b>	Chicken & Vegetable (GF)	<b>Salad</b>	Green Beans w Lemon Oil (GF)
<b>Soup</b>	Zucchini & Broccoli (GF)	<b>Salad</b>	Roasted Beetroot (GF)
<b>Soup</b>	Classic Pumpkin (GF)	<b>Salad</b>	Broccoli w toasted Almonds (GF)
<b>Meal</b>	Mango Chicken (GF)	<b>Salad</b>	
<b>Meal</b>	Chicken Cacciatore (GF)		Roasted Pumpkin Frittata (GF)
<b>Meal</b>	Beef Stroganoff (GF)		Chicken Parmas / Thai Chicken Burgers (GF)
<b>Meal</b>	Green Veggie Risotto (GF)		

**Tuesday April 30**

<b>Soup</b>	Pea & Ham (GF)	<b>Salad</b>	Spring Greens (GF)
<b>Soup</b>	Chicken & Lentil	<b>Salad</b>	Caesar
<b>Soup</b>	Potato & Leek (GF)	<b>Salad</b>	Brown Rice & Pumpkin (GF)
<b>Meal</b>	Coq Au Vin (GF)		Salmon Patties
<b>Meal</b>	Veal Veronique (GF)		Satay Chicken Skewers (GF)
<b>Meal</b>	Shepherds Pie		
<b>Meal</b>	Lemon Garlic Scallop Pasta		

**Wednesday May 1**

<b>Soup</b>	Cream of Tomato (GF)	<b>Salad</b>	Crunchy Spring Slaw w a Tangy Dressing (GF)
<b>Soup</b>	Cream of Chicken (GF)	<b>Salad</b>	Green Beans w Lemon Oil (GF)
<b>Soup</b>		<b>Salad</b>	Mango Chicken Salad (GF)
<b>Meal</b>	Butter Chicken (GF)	<b>Salad</b>	
<b>Meal</b>	Veal & Mushroom Ragu (GF)		Chicken & Cauliflower Burgers (GF)
<b>Meal</b>	Roasted Vegetable & Pesto Risotto (GF)		Sweet Potato & Zucchini Burgers (GF)
<b>Meal</b>	Gnocchi w Braised Lamb Ragu		

**Thursday May 2**

<b>Soup</b>	Chicken & Sweetcorn (GF)	<b>Salad</b>	Market Roasted Veggies (GF)
<b>Soup</b>	Cream of Mushroom (GF)	<b>Salad</b>	Asparagus Rocket Parmesan (GF)
<b>Soup</b>	Thai Pumpkin (GF)	<b>Salad</b>	Freekah & Lentils w Cumin Yoghurt
<b>Meal</b>	Spring Chicken w Chervil & Peas (GF)	<b>Salad</b>	Chilli Roasted Cauliflower & Chickpeas
<b>Meal</b>	Minted Lamb (GF)		Duck Spring Rolls
<b>Meal</b>	Atlantic Salmon w a Citrus Veloute (GF)		Chicken Parmas
<b>Meal</b>	Tuna Mornay		

**Friday May 3**

<b>Soup</b>	Tomato & Basil (GF)	<b>Salad</b>	Spring Greens (GF)
<b>Soup</b>	Cream of Asparagus (GF)	<b>Salad</b>	Greek salad (GF)
<b>Soup</b>	Chicken & Vegetable (GF)	<b>Salad</b>	Pumpkin Chickpea & Sumac (GF)
<b>Meal</b>	Mango Chicken (GF)	<b>Salad</b>	Roasted Beetroot (GF)
<b>Meal</b>	Beef Bourguignon (GF)		Thai Fish Cakes
<b>Meal</b>	Thai Green Chicken Curry (GF)		Crumbed Blue Grenadier / Fish Fingers
<b>Meal</b>	Mac & Cheese		

**Saturday May 4**

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 April 29 - May 5****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 April 29**

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

**Tuesday April 30**

<b>Muffin</b>	Morning Starter	<b>Cake</b>	Chocolate
<b>Muffin</b>	Mango & Raspberry	<b>Cake</b>	Orange
<b>Scone</b>	Three Cheese	<b>Cake</b>	Apricot Upsidedown Cake
<b>Scone</b>	Date & Orange	<b>Dessert</b>	Lemon Meringue Tarts
<b>Tart</b>	Lemon Meringue (GF)	<b>Special</b>	
<b>Friand</b>	Apricot (GF)	<b>Special</b>	Lamington Cream Cupcakes
		<b>Special</b>	Meringue Roulade w Mixed Berries (GF)

**Wednesday May 1**

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

**Thursday May 2**

<b>Muffin</b>	Morning Starter	<b>Cake</b>	Chocolate
<b>Muffin</b>	Mixed Berry	<b>Cake</b>	Orange
<b>Scone</b>	Cheese & Bacon	<b>Cake</b>	Carrot
<b>Scone</b>	Date & Walnut	<b>Dessert</b>	Apple & Rhubarb Crumbles
<b>Tart</b>	Lemon Curd (GF)	<b>Special</b>	Flourless Chocolate & Raspberry Roulade (GF)
<b>Friand</b>	Strawberry (GF)	<b>Special</b>	Jelly Cream Cupcakes
		<b>Special</b>	Double Dipped Chocolate Lamingtons

**Friday May 3**

<b>Muffin</b>	Morning Starter	<b>Cake</b>	Chocolate
<b>Muffin</b>	Raspberry & White Chocolate	<b>Cake</b>	Orange
<b>Scone</b>	Cheese & Herbs	<b>Cake</b>	Pineapple Upside Down Cake
<b>Scone</b>	Date & Orange	<b>Dessert</b>	Passionfruit Delicious
<b>Tart</b>	Strawberry & Mascarpone (GF)	<b>Special</b>	Meringue Roulade w Fresh Strawberries (GF)
<b>Friand</b>	Blueberry (GF)	<b>Special</b>	Passionfruit Sponge Cakes
		<b>Special</b>	Neenish Tart (GF)

**Saturday May 4**

<b>Muffins</b>	Morning starter / Mixed berry	<b>Cakes</b>	Chocolate / Orange
<b>Scones</b>	Cheese & Bacon / Date & Orange	<b>Special</b>	Flourless Chocolate & Raspberry Roulade (GF)
<b>Tart</b>	Lemon Curd (GF)	<b>Special</b>	Passionfruit Cream Cupcakes
<b>Friand</b>	Raspberry (GF)	<b>Special</b>	