

DAILY MEALS SAVOURY**WEEK April 8 -14****AVAILABLE EVERYDAY**

Penne Bolognaise / 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 / Bolognaise Sauce (GF)

Monday April 8

Soup Chicken & Vegetable (GF)	Salad Green Beans w Lemon Oil (GF)
Soup Zucchini & Brocoli (GF)	Salad Roasted Beetroot (GF)
Soup Thai Pumpkin (GF)	Salad Brocollini w toasted Almonds (GF)
Meal Creamy Lemon & Parsley Chicken (GF)	Salad
Meal Lamb & Pear Tagine (GF)	Thai Chicken Burgers (GF)
Meal Beef Stroganoff (GF)	Chicken Parmas
Meal Mushroom & Spinach Risotto (GF)	

Tuesday April 9

Soup Pea & Ham (GF)	Salad Spring Greens (GF)
Soup Chicken & Lentil	Salad Caesar
Soup Tomato & Basil (GF)	Salad Brown Rice & Pupmkin (GF)
Meal Chicken Cacciatore (GF)	Satay Chicken Skewers
Meal Atlantic Salmon in a Citrus Veloute (GF)	Salmon Patties
Meal Tuna Mornay	
Meal Coq Au Vin (GF)	

Wednesday April 10

Soup Classic Minestrone	Salad Crunchy Spring Slaw w a Tangy Dressing (GF)
Soup Potato & Leek (GF)	Salad Green Beans w Lemon Oil (GF)
Soup Cream of Chicken (GF)	Salad Mango Chicken Salad (GF)
Meal Butter Chicken (GF)	Salad
Meal Beef & BlackBean	Chicken & Cauliflower Burgers
Meal Smoked Salmon Risotto (GF)	Sweet Potato & Zucchini Burgers (GF)
Meal Bangers Mash Green Peas & Onion Gravy (GF)	

Thursday April 11

Soup Chicken & Sweetcorn (GF)	Salad Market Roasted Vegies (GF)
Soup Classic Pumpkin (GF)	Salad Asparagus Rocket Parmesan (GF)
Soup Cream of Mushroom (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 Roasted Vegetable & Pesto Risotto (GF)	Chicken Breast w Ricotta Semi Dried Tomtoes
Meal Shepherds Pie	& Basil wrapped in Proscuitto (GF)

Friday April 12

Soup French Onion (GF)	Salad Spring Greens (GF)
Soup Cream of Asparagus (GF)	Salad Greek salad (GF)
Soup Chicken & Vegetable (GF)	Salad Pumpkin Chickpea & Sumac (GF)
Meal Mango Chicken (GF)	Salad Roasted Beetroot (GF)
Meal Sri Lankan Chicken Curry (GF)	Thai Fish Cakes
Meal Moussaka	Crumbed Blue Grenadier / Fish Fingers
Meal Chicken & Prawn Special Fried Rice (GF)	

Saturday April 13

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 8 - 14****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 8**

Muffin	Morning Starter	Cake	Chocolate
Muffin	Mixed Berry	Cake	Orange
Scone	Cheese & Bacon	Cake	Hummingbird
Scone	Date & Walnut	Dessert	Chocolate Mousse (GF) / Espresso 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 April 9

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

Wednesday April 10

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

Thursday April 11

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

Friday April 12

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

Saturday April 13

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	