

DAILY MEALS SAVOURY**WEEK May 13 - 19****AVAILABLE EVERYDAY**

Penne Bolognaise / Prawn Linguini	Kale Salad w Lemon Chilli Dressing
Crumbed Chicken Schnitzel	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 May 13

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 Mango Chicken (GF)	Salad
Meal Beef Stroganoff (GF)	Roasted Pumpkin Frittata (GF)
Meal Satay Chicken	Chicken Parmas
Meal Mushroom & Asparagus Risotto (GF)	Thai Chicken Burgers (GF)

Tuesday May 14

Soup Pea & Ham (GF)	Salad Spring Greens (GF)
Soup Chicken & Lentil	Salad Caesar
Soup Cream of Chicken (GF)	Salad Brown Rice & Pumpkin (GF)
Meal Coq Au Vin (GF)	
Meal Chicken Cacciatore (GF)	Salmon Patties
Meal Lamb & Pumpkin Tagine (GF)	Satay Chicken Skewers (GF)
Meal Traditional Curried Sausages (GF)	

Wednesday May 15

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 Butter Chicken (GF)	Salad
Meal Minted Lamb (GF)	Chicken & Cauliflower Burgers (GF)
Meal Sweet Potato & Pea Risotto (GF)	Sweet Potato & Zucchini Burgers (GF)
Meal Lamb Shank in a Red Wine Napoli (GF)	

Thursday May 16

Soup Chicken & Sweetcorn (GF)	Salad Market Roasted Veggies (GF)
Soup Thai Pumpkin (GF)	Salad Asparagus Rocket Parmesan (GF)
Soup Pea & Ham (GF)	Salad Freekah & Lentils w Cumin Yoghurt
Meal Chicken Masala (GF)	Salad Chilli Roasted Cauliflower & Chickpeas
Meal Pork & Glazed Apples w Brandy Cream (GF)	Duck Spring Rolls
Meal Thai Green Chicken Curry (GF)	Chicken Parmas
Meal Roasted Veggie & Pesto Risotto (GF)	

Friday May 17

Soup	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 Beef Bourguignon (GF)	Thai Fish Cakes
Meal Tuna Mornay	Crumbed Blue Grenadier / Fish Fingers
Meal Atlantic Salmon w Greens & Citrus Veloute (GF)	

Saturday May 18

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 13 - 19****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 13**

Muffin	Morning Starter	Cake	Chocolate
Muffin	Mixed Berry	Cake	Orange
Scone	Cheese & Bacon	Cake	Apple Teacake
Scone	Date & Walnut	Dessert	Raspberry 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 14

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

Wednesday May 15

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

Thursday May 17

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

Friday May 18

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

Saturday May 19

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	