

MARYANN'S KITCHEN



PHONE 8362 3777 – www.maryannskitchen.com.au

Serving to the Senior Citizens and the Disabled
 5 days a week (\$14.00 per day / \$70.00 per week)
 Serving a 2 course meal every weekday

APRIL - SEPTEMBER

WEEK 1

Monday
 Tuesday
 Wednesday
 Thursday
 Friday

HOT MEAL

Oven Baked Fish
 Beef Casserole
 Crumbed Chicken
 Chow Mein Mince with Rice
 Roast Pork

DESSERT

Caramel Peach Cake
 Chocolate Pudding
 Apricot Charlotte
 Vanilla Square
 Creamy Rice Pots

WEEK 2

Monday
 Tuesday
 Wednesday
 Thursday
 Friday

HOT MEAL

Beef Schnitzel & Gravy
 Sausage Casserole
 Con-Carni
 Pasta Bake
 Chicken Hotpot

DESSERT

Cheese Cake
 Apple Charlotte
 Lemon Semolina Cake
 Bread and Butter Pudding
 Carrot & Walnut Cake

WEEK 3

Monday
 Tuesday
 Wednesday
 Thursday
 Friday

HOT MEAL

Oven Baked Fish
 Sheppard's Pie
 Creamy Chicken
 Beef Korma with Rice
 Mixed Grill

DESSERT

Fruit & Custard
 Golden Syrup Torte
 Rice Pudding & Spiced Apples
 Fruit Crumble
 Honey & Coconut Cake

WEEK 4

Monday
 Tuesday
 Wednesday
 Thursday
 Friday

HOT MEAL

Meatloaf
 Fish Pie
 Roast Beef
 Butter Chicken with Rice
 Lasagna

DESSERT

Cheese Cake
 Lemon Pudding
 Strawberry Mousse Cake
 Bread and Butter Pudding
 Tropical Trifle

During the Winter Menu, cold meat salads are only available on Fridays (and weekends) - please advise us the day before
 All the above meals are served with vegetables (or rice where stated)
 Soup or fresh Fruit Salads can be ordered in place of Dessert for Diabetics
 Diabetic Desserts available Monday, Wednesday & Friday

WEEKEND MENU

\$14.00 per 2 course meal

Roast Chicken	Sweet & Sour Chicken with Rice	Schnitzel Parmigiana	Spinach Omelette
Crumbed Chicken	Mexican Nachos	Spaghetti Bolognaise	Cheese Omelette
Vegetable Pattie	Beef Sausages with Gravy	Lasagna	Oven Baked Fish
Cold Meat Salad	Cheese & Spinach Quiche	Ham Steak & Pineapple	
Baked Potato with bacon, cheese & sour cream			

Plus Dessert, Fruit Salad, **OR** Soup & Roll

2018

* Meals are delivered between 10.30 and 1.00 each weekday excluding some Public Holidays
 * 2 Course Meal = one main meal with one dessert, fruit salad or soup

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 * 2 Course Meal = one main meal one dessert