



Our Menu—Dietary Key *



	Low Fat	Low Salt	Gluten free	Lactose Free	Low Cholesterol	Low Sugar *
Beef						
Corned Silverside						✓
Shepherds Pie	✓	✓				✓
Roast Beef				✓		✓
Beef Lasagna	✓					✓
Beef Stroganoff	✓	✓	✓		✓	
Beef Goulash	✓	✓				✓
Steak & Kidney Pie	✓					✓
Grilled Sausages						✓
Rissoles	✓					✓
Beef & Bacon Casserole	✓	✓			✓	
Honey Mustard Beef			✓			
Meatballs						✓
Curried Sausages						✓
Chicken						
Roast Chicken		✓				✓
Chicken Tenderloin						✓
Chicken & Veg Pie	✓	✓			✓	✓
Chicken Schnitzel						✓
Chicken Parmigiana						✓
Chicken Chow Mein	✓			✓		✓
Chicken Asparagus Mornay						✓
Curried Chicken						✓
Lamb						
Lamb & Potato	✓	✓	✓	✓	✓	✓
Lamb Chops				✓		✓
Lamb Patties						✓
Roast Lamb		✓		✓		✓

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Turkey						
Roast Turkey				✓		✓
Fish						
Crumbed Fish						✓
Fish Cakes						✓
Salmon Cakes						✓
Steamed Fish	✓	✓	✓		✓	✓
Curried Prawns	✓	✓			✓	✓
Pork						
Pork & Apple Casserole	✓	✓			✓	✓
Sweet & Sour Pork	✓	✓		✓		✓
Roast Pork				✓		✓
Ham & Cheese Omlette			✓			✓
Veal						
Veal & Mushroom						✓
Veal Parmigiana		✓	✓			
Vienna Schnitzel						✓
Vegetarian						
Vegetarian Lasagna	✓	✓				✓
Vegetable Quiche		✓				✓
Vegetable Mornay		✓				
Pureed Meals						
Roast Beef						✓
Roast Chicken	✓				✓	✓
Roast Lamb						✓
Savoury Pork	✓					

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Snack Meals						✓
Shepherd's Pie						✓
Spinach Triangle						✓
Party Pies						✓
Croquets						✓
Quiche Lorraine						✓
Fish Cocktails						✓
Chicken Drumsticks						
Soups						
Pumpkin	✓		✓			
Minestrone	✓				✓	
Pea & Ham	✓				✓	
Beef & Vegetable	✓		✓			
Desserts						
Apple & Rhubarb		✓				
Baked Rice Custard		✓	✓			
Fruit Trifle						
Sticky Date Pudding						
Creamy Rice/Peaches	✓	✓	✓			
Bread & Butter Pudding						
Apple Pie						
Carrot Cake						
Chocolate Mousse	✓	✓	✓	✓	✓	
Blueberry Sponge						
Light Fruit Cake						
Madeira Cake						
Lamington						
Pavlova		✓	✓			
Vanilla Slice		✓				
Choc Rocher Slice			✓			
Mango Mousse		✓	✓			

* Specifications provided by the suppliers. Low Sugar as specified by the Cancer Council of Victoria (< 5g per 100g). Please consult your doctor if you have specific requirements.