

MENU 6: 16 SEPTEMBER 2024 - 24 January 2025 Payment via Direct Deposit or EFTPOS Account Name: HMC Meals BSB: 637 000 A/N 713 770 221 or EFTPOS by calling: 4960 8248

PAGE 1: Disclaimer: While all care is taken, Please be aware that our food may contain or come into contact with common allergens such as; dairy, eggs, wheat, soy, tree nuts, peanuts, fish and shellfish

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1: 16-20 September 2024 Orders Close: Friday 6 Sept 2024 at 2:00PM	Entrée: Fish Cakes & Side Salad Main: Lamb Fry and Bacon with Mash, Gravy and Veg Dessert: Banana Cake	Entrée: Chicken and Rice Soup Main: Roast Pork Dinner Dessert: Fresh Melon Wedges	Entrée: Frittata with Side Salad Main: Chermoula Fish Parcels and Vegetables Dessert: Petit Fours	Entrée: Minestrone Soup Main: Southern Fried Chicken with Warm Potato Salad and Vegetables Dessert: Profiteroles	Entrée: Miso Soup Main: Beef Teriyaki, Noodles and Vegetables Dessert: Red Velvet Cake
Week 2: 23-27 September 2024 Orders Close: 13 September 2024 at 2:00PM	Entrée: Roast Pumpkin Soup Main: Sweet and Sour Pork with Rice and Vegetables Dessert: Jellied Fruit	Entrée: Caesar Salad with Egg Main: Corned Beef with Mash, Cabbage, Vegetable and White Sauce Dessert: Pavlova	Entrée: Red Lentil Soup Main: Roast Chicken Dinner with Roast Potato, Pumpkin, Vegetables and Gravy Dessert: Fresh Fruit Salad	Entrée: Green Vegetable Soup Main: Lamb Souvlaki with Greek Salad and Tzatziki Dessert: Coffee Cake	Entrée: White Bean Soup Main: Crumbed Fish with Mash Sweet Potato and Vegetables. Dessert: Pannacotta with Passionfruit Coulis
Week 3: 30 Sept - 4 October 2024 Orders Close: Friday 20 September 2024 at 2:00PM	Entrée: Mushroom Arancini Main: Parmesan Crusted Grilled Fish with Gnocchi & Vegetables Dessert: Custard Tart	Entrée: Carrot and Coconut Soup Main: Honey Soy Chicken Stirfry with Hokkien Noodle and Vegetables Dessert: Strawberry Shortcake	Entrée: Summer Tuna Pasta Salad with Vinaigrette Dressing Main: Mild Lamb & Spinach Curry with Vegetables and Steamed Potato Dessert: Ricotta and Pear Tart	Entrée: Potato and Leek Soup Main: Roast Beef Dinner Dessert: Fresh Melon Wedges	Entrée: Chicken Noodle Soup Main: Pork San Choy Bow Dessert: Chocolate Mousse
Week 4: 7-11 October 2024 Orders Close: Friday 27 September 2024 at 2:00PM	LONG WEEKEND - Centre Closed	Entrée: Chicken Shawarma Main: Grilled Fish with Side Salad and Sweet Potato Wedges Dessert: Scones with Jam & Cream	Entrée: Bacon and Tomato Soup Main: Pastitsio and Salad + Wedges Dessert: Crème Brûlée	Entrée: Mushroom & Spinach Crepes Main: Honey, Garlic Pork with Chats and Veg Dessert: Apple Tea Cake	Entrée: Pea and Mint Soup Main: Roast Lamb Dinner Dessert: Fresh Fruit Salad
Week 1: 14-18 October 2024 Orders Close: Friday 4 October 2024 at 2:00PM	Entrée: Fish Cakes & Side Salad Main: Lamb Fry and Bacon with Mash, Gravy and Veg Dessert: Banana Cake	Entrée: Chicken and Rice Soup Main: Roast Pork Dinner Dessert: Fresh Melon Wedges	Entrée: Frittata with Side Salad Main: Chermoula Fish Parcels and Vegetables Dessert: Petit Fours	Entrée: Minestrone Soup Main: Southern Fried Chicken with Warm Potato Salad and Vegetables Dessert: Profiteroles	Entrée: Miso Soup Main: Beef Teriyaki, Noodles and Vegetables Dessert: Red Velvet Cake
Week 2: 21-25 October 2024 Orders Close: Friday 11 October 2024 at 2:00PM	Entrée: Roast Pumpkin Soup Main: Sweet and Sour Pork with Rice and Vegetables Dessert: Jellied Fruit	Entrée: Caesar Salad with Egg Main: Corned Beef with Mash, Cabbage, Vegetable and White Sauce Dessert: Pavlova	Entrée: Red Lentil Soup Main: Roast Chicken Dinner with Roast Potato, Pumpkin, Vegetables and Gravy Dessert: Fresh Fruit Salad	Entrée: Green Vegetable Soup Main: Lamb Souvlaki with Greek Salad and Tzatziki Dessert: Coffee Cake	Entrée: White Bean Soup Main: Crumbed Fish with Mash Sweet Potato and Vegetables. Dessert: Pannacotta with Passionfruit Coulis
Week 3: 28 Oct - 1 Nov 2024 Orders close: Friday 18 October 2024 at 2:00PM	Entrée: Mushroom Arancini Main: Parmesan Crusted Grilled Fish with Gnocchi & Vegetables Dessert: Custard Tart	Entrée: Carrot and Coconut Soup Main: Honey Soy Chicken Stirfry with Hokkien Noodle Dessert: Strawberry Shortcake	Entrée: Summer Tuna Pasta Salad with Vinaigrette Dressing Main: Mild Lamb & Spinach Curry with Vegetables Dessert: Ricotta and Pear Tart	Entrée: Potato and Leek Soup Main: Roast Beef Dinner Dessert: Fresh Melon Wedges	Entrée: Chicken Noodle Soup Main: Pork San Choy Bow Dessert: Chocolate Mousse
Week 4: 4-8 November 2024 Orders close: Friday 25 October 2024 at 2:00PM	Entrée: Mild Mexican Corn Soup Main: Chicken & Leek Pie Dessert: Pancakes with Maple Syrup and Cream	Entrée: Chicken Shawarma Main: Grilled Fish with Side Salad and Sweet Potato Wedges Dessert: Scones with Jam & Cream	Entrée: Bacon and Tomato Soup Main: Pastitsio and Salad + Wedges Dessert: Crème Brûlée	Entrée: Mushroom & Spinach Crepes Main: Honey, Garlic Pork with Chats and Veg Dessert: Apple Tea Cake	Entrée: Pea and Mint Soup Main: Roast Lamb Dinner Dessert: Fresh Fruit Salad

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Date	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: 11-15 November 2024 Orders Close: Friday 1 Nov 2024 at 2:00PM	Entrée: Fish Cakes & Side Salad Main: Lamb Fry and Bacon with Mash, Gravy and Veg Dessert: Banana Cake	Entrée: Chicken and Rice Soup Main: Roast Pork Dinner with Roast Potato, Roast Pumpkin Vegetables, Gravy and Apple Sauce Dessert: Fresh Melon Wedges	Entrée: Frittata with Side Salad Main: Chermoula Fish Parcels and Vegetables Dessert: Petit Fours	Entrée: Minestrone Soup Main: Southern Fried Chicken with Warm Potato Salad and Vegetables Dessert: Profiteroles	Entrée: Miso Soup Main: Beef Teriyaki, Noodles and Vegetables Dessert: Red Velvet Cake
Week 2: 18-22 November 2024 Orders Close: Friday 8 November at 2:00PM	Entrée: Roast Pumpkin Soup Main: Sweet and Sour Pork with Rice and Vegetables Dessert: Jellied Fruit	Entrée: Caesar Salad with Egg Main: Corned Beef with Mash, Cabbage, Vegetable and White Sauce Dessert: Pavlova	Entrée: Red Lentil Soup Main: Roast Chicken Dinner with Roast Potato, Pumpkin, Vegetables and Gravy Dessert: Fresh Fruit Salad	Entrée: Green Vegetable Soup Main: Lamb Souvlaki with Greek Salad and Tzatziki Dessert: Coffee Cake	Entrée: White Bean Soup Main: Crumbed Fish with Mash Sweet Potato and Vegetables. Dessert: Pannacotta with Passionfruit Coulis
Week 3: 25-29 November 2024 Orders Close: Thursday 15 November at 2:00PM	Entrée: Mushroom Arancini Main: Parmesan Crusted Grilled Fish with & Veg Dessert: Custard Tart	Entrée: Potato & Leek Soup Main: Honey Soy Chicken Stirfry with Hokkien Noodle Dessert: Strawberry Shortcake	Entrée: Summer Tuna Pasta Salad Main: Lamb & Spinach Curry with Dessert: Ricotta and Pear Tart	Entrée: Potato and Leek Soup Main: Roast Beef Dinner with Roast Potato, Pumpkin, Vegetables and Gravy Dessert: Fresh Melon Wedges	Entrée: Chicken Noodle Soup Main: Pork San Choy Bow Dessert: Chocolate Mousse
Week 4: 2-6 December 2024 Orders Close: Friday 22 November 2024 at 2:00PM	Entrée: Mild Mexican Corn Soup Main: Chicken & Leek Pie with Mash Sweet Potato and Vegetables Dessert: Pancakes with Maple Syrup and Cream	Entrée: Chicken Shawarma Main: Grilled Fish with Side Salad and Sweet Potato Wedges Dessert: Scones with Jam & Cream	Entrée: Bacon and Tomato Soup Main: Pastitsio and Salad + Wedges Dessert: Crème Brûlée	Entrée: Mushroom & Spinach Crepes Main: Honey, Garlic Pork with Chats and Veg Dessert: Apple Tea Cake	Entrée: Pea and Mint Soup Main: Roast Lamb Dinner with Roast Potato, Pumpkin, Vegetables, Gravy and Mint Sauce Dessert: Fresh Fruit Salad
Week 1: 9-13 December 2024 Orders Close: Friday 29 November 2024 at 2:00PM	Entrée: Fish Cakes & Side Salad Main: Lamb Fry and Bacon with Mash, Gravy and Veg Dessert: Banana Cake	Entrée: Chicken and Rice Soup Main: Roast Pork Dinner with Roast Potato, Roast Pumpkin Vegetables, Gravy and Apple Sauce Dessert: Fresh Melon Wedges	Entrée: Frittata with Side Salad Main: Chermoula Fish Parcels and Vegetables Dessert: Petit Fours	Entrée: Minestrone Soup Main: Southern Fried Chicken with Warm Potato Salad and Vegetables Dessert: Profiteroles	Entrée: Miso Soup Main: Beef Teriyaki, Noodles and Vegetables Dessert: Red Velvet Cake
Week 2: 16-19 December 2024 Orders Close:6 December 2024 Last Week of Operation in December 2024	Entrée: Roast Pumpkin Soup Main: Sweet and Sour Pork with Rice and Vegetables Dessert: Jellied Fruit	Entrée: Caesar Salad with Egg Main: Corned Beef with Mash, Cabbage, Vegetable and White Sauce Dessert: Pavlova	Entrée: Charcuterie Selection Main: Christmas Roast Turkey and Baked Ham with all the trimmings Dessert: Christmas Pudding with Brandy Flavoured Custard	Annual Shut Down Service resumes Monday 6 January 2025 on Week 2 Menu	Annual Shut Down Service resumes Monday 6 January 2025 on Week 2 Menu
Week 2: 6-10 January 2025 Orders Close: Last Week of Operation in December 2024	Entrée: Roast Pumpkin Soup Main: Sweet and Sour Pork with Rice and Vegetables Dessert: Jellied Fruit	Entrée: Caesar Salad with Egg Main: Corned Beef with Mash, Cabbage, Vegetable and White Sauce Dessert: Pavlova	Entrée: Red Lentil Soup Main: Roast Chicken Dinner with Roast Potato, Pumpkin, Vegetables and Gravy Dessert: Fresh Fruit Salad	Entrée: Green Vegetable Soup Main: Lamb Souvlaki with Greek Salad and Tzatziki Dessert: Coffee Cake	Entrée: White Bean Soup Main: Crumbed Fish with Mash Sweet Potato and Vegetables. Dessert: Pannacotta with Passionfruit Coulis
Week 3: 13 -17 JANUARY 2025 Orders Close: Last Week of Operation in December 2024	Entrée: Mushroom Arancini Main: Parmesan Crusted Grilled Fish with Gnocchi & Vegetables Dessert: Custard Tart	Entrée: Carrot and Coconut Soup Main: Honey Soy Chicken Stirfry with Hokkien Noodle Dessert: Strawberry Shortcake	Entrée: Summer Tuna Pasta Salad with Vinaigrette Dressing Main: Mild Lamb & Spinach Curry with Vegetables Dessert: Ricotta and Pear Tart	Entrée: Potato and Leek Soup Main: Roast Beef Dinner Dessert: Fresh Melon Wedges	Entrée: Chicken Noodle Soup Main: Pork San Choy Bow Dessert: Chocolate Mousse
Week 4: 20-24 January 2025 Orders Close: Friday 10 January 2025 at 2:00PM	Entrée: Mild Mexican Corn Soup Main: Chicken & Leek Pie with Sweet Potato Mash and Vegetables Dessert: Pancakes with maple Syrup and Cream	Entrée: Chicken Shawarma Main: Grilled Fish with Side Salad and Sweet Potato Wedges Dessert: Scones with Jam & Cream	Entrée: Bacon and Tomato Soup Main: Pastitsio and Salad + Wedges Dessert: Crème Brûlée	Entrée: Mushroom & Spinach Crepes Main: Honey, Garlic Pork with Chats and Veg Dessert: Apple Tea Cake	Entrée: Pea and Mint Soup Main: Roast Lamb Dinner Dessert: Fresh Fruit Salad