



### **Monday 13<sup>th</sup>**

Roasted Pork Loin with Caramelized Onion (GF,DF)  
Golden Beets & Butternut Squash (GF,DF,Veg)  
Wild Rice Pilaf (GF,Veg)  
Roasted Asparagus & Peas (GF,DF,Veg)

### **Tuesday 14<sup>th</sup>**

Chicken Cordon Bleu with Hollandaise (GF)  
Vegetable Pasta Bake (Veg)  
Paprika Potatoes (GF,Veg)  
Prince Edward Blend Vegetables (GF,DF,Veg)

### **Wednesday 15<sup>th</sup>**

Grilled Flank Steak with Beets & Bleu Cheese (GF)  
Grilled Corn with Herb Butter (GF,Veg)  
Roasted Potatoes (GF,DF,Veg)  
Steamed Broccoli (GF,DF,Veg)

### **Thursday 16<sup>th</sup>**

Balsamic & Brown Sugar Beef Short Ribs (GF,DF)  
Roasted Carrots & Leeks (GF,DF,Veg)  
Sour Cream Mashed Potatoes (GF,Veg)  
Biscayne Blend Vegetables (GF,DF,Veg)

### **Friday 17<sup>th</sup>**

Honey Glazed Barramundi (GF,DF)  
Vegetable Lasagna (GF,DF,Veg)  
Cilantro Rice (GF,DF,Veg)  
Roasted Cauliflower (GF,DF,Veg)

*August 13<sup>th</sup> - 17<sup>th</sup> 2018*