

Alternatives for Tuesday, Thursday  
& Fridays

Battered Fish & Chips

Sandwiches (Fresh or Toasted)  
- assorted fillings

Soup of the Week

Bowl of Vegetables (gluten free)

*Para Hills Seniors Centre*

*22 Wilkinson Rd, Para Hills*

*8406 8587*

*All meals need to be ordered by 11.00am*

Hot & Cold drinks available

Hills  
Meals

Hills  
Meals

PARA HILLS  
SENIORS CENTRE MENU



NOVEMBER—  
DECEMBER 2022

Lunch served between  
12.00noon—1pm  
Tuesday, Thursday & Fridays  
only

Please call before 11.00am to  
order your meal.  
Ph: 8406 8587

## MEALS SPECIALS NOVEMBER—DECEMBER 2022

Tuesday 1st Nov & Friday 4th Nov

Fish n Chips with salad

Tuesday 8th Nov & Friday 11th Nov

Chicken Schnitzel with vegetables

Tuesday 15th Nov & Friday 18th Nov

Lasagne with side salad and garlic bread

Tuesday 22nd Nov & Friday 25th Nov

Zucchini and bacon slice with salad

Tuesday 29th Nov & Friday 2nd Dec

Fish Tacos with chips

Tuesday 13th Dec & Friday 16th Dec

Roast Chicken and vegetables

## THURSDAY LUNCH CLUB

### The Big Burger

Sesame seed bun with a meat pattie, lettuce, tomato, cheese and caramelised onion.

### The Vegie Burger

Sesame seed bun with a vegie pattie, lettuce, tomato, cheese and caramelised onion.

### Seafood Basket

Calamari, prawns, scallops and a portion of fish served with chips and salad.

### Crispy Chicken

Crumbed sliced chicken served with a carrot and cucumber salad and a curry dipping sauce.

### Roast Beef Roll

Roast Beef and salad on a Turkish roll with horseradish.

\* All meals served with chips\*