

Alternatives for Tuesdays & Fridays

Battered Fish

Sandwiches (Fresh or Toasted)
- assorted fillings

Bowl of Vegetables (gluten free)

Para Hills Seniors Centre

22 Wilkinson Rd, Para Hills

8406 8587

All meals need to be ordered by 11am

Hot & Cold drinks available



Hills
Meals

PARA HILLS SENIORS CENTRE MENU



Sept to Nov 2023

Lunch served between
12noon to 1pm

Tuesday, Thursday & Fridays only

Please call before 11am to order your meal.

Ph: 8406 8587

Menu subject to change

THURSDAY LUNCH CLUB

Special of the week

Please see menu board

Quiche

Please ask staff for type of quiche

Schnitzel

Crumbed Schnitzel served with salad

Fish

Portion of fish served with salad.

Soup

TBA Weekly

Toasted or Fresh assorted sandwiches

Available fillings:

Ham, tomato, cheese, egg

MEAL SPECIALS SEPTEMBER

Week Beginning	Tuesday	Thursday	Friday
5th—8th	Butter chicken	Butter chicken	Pork Schnitzel
12th—15th	Pork Schnitzel	Pork Schnitzel	Silverside & veg
19th—22nd	Silverside &	Silverside &	Beef Pasta
26th—29th	Beef Pasta	Beef Pasta	Meatloaf & veg

OCTOBER

Week beginning	Tuesday	Thursday	Friday
3rd—6th	Meatloaf & veg	Meatloaf & veg	Roast Lamb & veg
10th—13th	Roast Lamb & veg	Roast Lamb & veg	Fish n chips
17th—20th	Fish n chips	Fish n chips	Sesame beef & broccoli
24th—27th	Sesame beef & broccoli	Sesame beef & broccoli	Pasty Slice
31st—3rd			

NOVEMBER

Week Beginning	Tuesday	Thursday	Friday
7th—10th	Pasty Slice	Pasty Slice	Lasagne & salad
14th—17th	Lasagne & salad	Lasagne & salad	Tuna Patties
21st—24th	Tuna Patties	Tuna Patties	Salad Plate
28th—1st Dec	Salad Plate	Salad Plate	Christmas Lunch