### 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

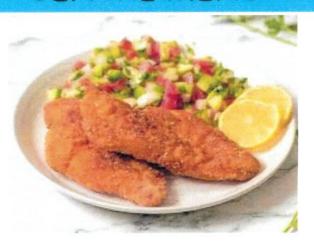
All meals need to be ordered by 11am

Hot & Cold drinks available





# 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

Crymbed 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
			9

#### **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