

Vegetarian Option

Quiche

Served with vegetables OR
chips with salad

Alternative Meal

Sandwiches—

plain or toasted

(with our range of fillings)

Desserts (\$3.00)

See special Board

Desserts served with cream or
Ice-cream

*Para Hills Seniors Centre offers a
variety of freshly made meals that you
are able to enjoy eating anywhere in the
Para Hills Hub.*

Para Hills Seniors Centre



*Located at the
Para Hills Hub
Wilkinson Rd
Para Hills*

MENU

Monday to Friday

Modified Menu Monday & Thursday

Please place orders by calling
8406 8587 before 11am
Lunch service 12noon - 1pm

Frozen Meals also available



Hills Cafe Menu

Menu subject to change

Soup of the week

served with a bread roll

“See specials board for this week’s soup”

***Ask us about our
Weekly Specials***

Chicken Schnitzel

Served with vegetables OR
chips with salad

Choice of sauces include:

Garlic or Plain.

Grilled Chicken

Freshly grilled chicken breast
served with vegetables OR chips
with salad

Choice of sauces include:

Garlic or Plain.

Sausages

Sausages served with veg & gravy
OR
chips with salad

Fish & Chips

Crumbed fish served with vegetables
OR salad

Chunky Meat Pie

Served with mash potato & vegetables OR chips with salad

Tuna Patties

Two tuna patties served with vegetables OR chips with salad