

Cockburn Senior Centre Dining Room

Bookings are essential by 10am on 9411 3877

*Please Note: Grilled/Battered Fish or special dietary meals
is an option but must be booked the day prior.
Served at 12pm

November 2017

Meals are subject to change without notice

Cockburn Seniors Centre

Week 1

Wednesday 1st	Soup	Roast Lamb & Seasonal Vegetable
Friday 3rd	Dessert	Battered Fish Chips & Salad

Week 2

Monday 6th	Soup	Chicken Curry & Rice
Tuesday 7th		Melbourne Cup (10:30 am Start)
Wednesday 8th	Dessert	Roast Pork & Seasonal Vegetable
Friday 10th	Soup	Mixed Grill Chips & Salad

Week 3

Monday 13th	Dessert	Spaghetti Bolognaiise & Garden Salad
Wednesday 15th	Soup	Roast Beef & Seasonal Vegetables
Friday 17th	Dessert	Tuna Croquettes Chips & Salad

(BINGO)

Week 4

Monday 20th	Soup	Shepherds Pie Chips & Salad
Wednesday 22nd	Dessert	Roast Chicken & Seasonal Vegetables
Friday 24th	Soup	Grilled Fish Chips & Salad

(MOVIE MEAL DEAL)

Week 5

Monday 26th	Dessert	Crumbed Beef Sausages & Seasonal Veg
Wednesday 28th	Soup	Corned Silverside & Seasonal Vegetables

