

Cockburn Seniors Centre

Dining Room



Bookings are essential by 10am on 9411 3877

*Please Note: Grilled Fish is an option for all meals and must be specified when making a booking.

Lunch Served at 12pm



JULY 2017

Meals are subject to change without notice

Week 1

Monday	3rd	Soup	Pork Sausages Tomato & Onion Gravy & Veg
Wednesday	5th	Dessert	Roast Lamb & Seasonal Vegetables
Friday	7th	Soup	Fish & Chips with Salad

Week 2

Monday	10th	Dessert	Apricot Chicken & Seasonal Vegetables
Wednesday	12th	Soup	Roast Pork & Seasonal Vegetables
Friday	14th	Dessert	Seafood Platter Chips & Salad

Week 3

Monday	17th	Soup	Curried Beef Rice & Garden Salad
Tuesday	18th		XMAS IN JULY (11:00 for 11:30)
Wednesday	19th		XMAS IN JULY (11:00 for 11:30)
Friday	21st	Soup	Grilled Lamb Chops Gravy & Seasonal Vegetables

(BINGO)

Week 4

Monday	24th	Dessert	Fettuccini Carbonara & Garden Salad
Wednesday	26th	Soup	Roast Beef & Seasonal Vegetables
Friday	28th	Dessert	Chicken Parmigiana Chips & Salad

(MOVIE MEAL DEAL)

Week 5

Monday	31st	Soup	Quiche Lorraine Chips & Salad
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