

<b>Braised Beef with Balsamic Glaze</b> Gently braised beef, finished with a balsamic reduction, rested on sweet potato mash and served with seasonal vegetables. <i>LF, GF, LC, Gi, LaF, D, RS</i>	<b>G1</b>	<b>\$14.50</b>
<b>Braised Beef with Dianne Sauce</b> Beef fillet rested on pontiac potato, beans & carrots finished with a dianne sauce. <i>LF, GF, LC, D, RS, Gi, LaF</i>	<b>G2</b>	<b>\$14.50</b>
<b>Chicken Ratatouille with Roasted Potato</b> Chicken breast served with pontiac potato accompanied with tomato infused vegetables. <i>LF, GF, D, RS, LC, Gi, LaF</i>	<b>G3</b>	<b>\$14.50</b>
<b>Chicken Cacciatore</b> Tender chicken breast served with potato mash, classic Italian sauce and black olives. <i>GF, LC, Gi, LaF, D, RS, RF</i>	<b>G4</b>	<b>\$14.50</b>
<b>Moroccan Lamb Curry</b> Succulent lamb pieces marinated in a mild coconut curry sauce atop basmati rice. <i>LF, Gi, LaF, D, RS, GF</i>	<b>G5</b>	<b>\$14.50</b>
<b>Braised Lamb, Roasted Pumpkin and Feta</b> Braised lamb topped with roasted pumpkin and feta. Served with seasonal vegetables. <i>LF, GF, LC, Gi, LaF, RS</i>	<b>G6</b>	<b>\$14.50</b>
<b>Pan Seared Pork with Pear &amp; Fig</b> pan seared pork accompanied by a pear and fig reduction. Served with seasonal vegetables. <i>LF, GF, LC, Gi, LaF, D, RS</i>	<b>G7</b>	<b>\$14.50</b>
<b>Thai Green Pork Curry</b> Mild Thai Green curry pork pieces atop a coconut and sultana basmati rice finished by a yoghurt reduction. <i>LF, GF, Gi, LaF, RS</i>	<b>G8</b>	<b>\$14.50</b>
<b>Barramundi with Caramelised Leek &amp; Lime</b> Panned barramundi fillet with a caramelised leek and lime sauce. <i>LF, GF, LC, Gi, RS, LaF</i>	<b>G10</b>	<b>\$14.50</b>

#### Symbol Keys:

<b>GF:</b>	<b>Gluten Free</b> (No detectable Gluten)
<b>Gi:</b>	<b>Low Gi</b> (Low Glycaemic index foods present in meal)
<b>LC:</b>	<b>Lower Carbs</b> (Less than 20g of carbohydrate per serve of food)
<b>LF:</b>	<b>Low fat</b> (Up to 3g of fat per 100g of food)
<b>RF:</b>	<b>Reduced fat</b> (Up to 10g of fat per 100g of food)
<b>LaF:</b>	<b>Lactose Free</b> (No detectable lactose)
<b>D:</b>	<b>Dairy Free</b> (Free from all dairy products)
<b>RS:</b>	<b>Reduced Salt</b> (Less than 300mg per 100g serve)
<b>V:</b>	<b>Vegetarian</b> (Free from red meat, fish & poultry meat. Dairy & egg may be used)

