

WHAT'S ON THIS MONTH

MAY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Fish and Chips	Lamb Rogan Josh served with Rice	Roast Beef & Vegetables
				1	2	3
Chicken Pumpkin Ravioli served with Tomato Sauce Chair Yoga at 2pm	Beef Goulash served with Sweet Mash Potato & Vegetables Gentle Exercise at 11.15am	Lamb Rump served with Thyme Sauce Barramundi served with Tarragon Sauce	Beef & Guinness Pie served with a choice of Salad or vegetables Gentle Exercise at 11.15am	Fish and Chips	Thai Red Chicken Curry served with Rice	Roast Lamb & Vegetables Mother's Day
4	5	6	7	8	9	10
Tuna & Vegetable Pasta Bake Chair Yoga at 2pm	Pulled Pork Burger with Coleslaw & Chips Gentle Exercise at 11.15am	Beef Fillet served with Garlic Sauce Chicken Breast served with Mushroom Sauce	Chicken Pad Thai Gentle Exercise at 11.15am	Fish and Chips	Beef Massaman Curry served with Rice	Roast Turkey & Vegetables
11	12	13	14	15	16	17
Creamy Spinach & Mushroom Gnocchi Chair Yoga at 2pm	Beef Goulash served with Sweet Mash Potato & Vegetables Gentle Exercise at 11.15am	Salmon Fillet served with Garlic Prawns Beef Fillet served with Garlic Prawns	Chicken Pumpkin Ravioli served with Tomato Sauce Gentle Exercise at 11.15am	Fish and Chips	Butter Chicken served with Rice	Roast Pork & Vegetables
18	19	20	21	22	23	24
Spaghetti Bolognese Chair Yoga at 2pm	Lamb Navarin Stew served with Mash Potato Gentle Exercise at 11.15am	Chicken Breast served with Creamy Sage Sauce Barramundi served with Lemon & Herb Sauce	Chicken Mushroom Pie served with Roast Vegetables GP Clinic Gentle Exercise at 11.15am	Fish and Chips	Coconut Beef Curry served with Rice	Roast Beef & Vegetables
25	26	27	28	29	30	31

Meal of the day

Important Dates/Public Hols

Events in the Village

Activities in the Village