

WHAT'S ON THIS MONTH

JUNE 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>1</div> <div>Beef Lasagne</div> <div>WA Day</div>	<div>2</div> <div>Singaporean Chicken Noodles</div>	<div>3</div> <div>Cream Cheese &amp; Sundried Tomato Stuffed Chicken <i>or</i> Salmon with Lemon Butter Sauce</div>	<div>4</div> <div>Beef Rendang with Rice</div> <div>Gentle Exercise at 10.30am &amp; 11.15am</div>	<div>5</div> <div>Fish &amp; Chips</div>	<div>6</div> <div>Quiche Lorraine served with salad or vegetables</div>	<div>7</div> <div>Roast Lamb &amp; Vegetables</div>
<div>8</div> <div>                     PIZZA: Aussie Bacon, Pineapple, Tomato sauce and BBQ.                      PACIFIC: Prawns, Salmon, Coriander and Chilli.                      PEPPER STEAK: Diced Beef, Mushroom and Aioli                 </div> <div>Chair Yoga at 2pm &amp; 3pm</div>	<div>9</div> <div>Tuscan Beef Stew served with Polenta</div> <div>Gentle Exercise at 10.30am &amp; 11.15am</div>	<div>10</div> <div>Lamb with Red Wine Sauce <i>or</i> Barramundi with Sage &amp; Coconut Sauce</div>	<div>11</div> <div>Chicken Tikka Masala with Rice</div> <div>Gentle Exercise at 10.30am &amp; 11.15am</div>	<div>12</div> <div>Fish &amp; Chips</div>	<div>13</div> <div>Beef &amp; Veal Meatballs in Tomato Sauce with Penne &amp; Broccoli Puree</div>	<div>14</div> <div>Roast Turkey &amp; Vegetables</div>
<div>15</div> <div>Chicken Parmigiana <i>or</i> Schnitzel with steam potatoes &amp; vegetables</div> <div>Chair Yoga at 2pm &amp; 3pm</div>	<div>16</div> <div>Pork Normandy Casserole with steam potatoes &amp; vegetables</div> <div>Gentle Exercise at 10.30am &amp; 11.15am</div>	<div>17</div> <div>Beef Fillet with Mushroom Sauce <i>or</i> Barramundi with Creamy Garlic Sauce</div>	<div>18</div> <div>Lamb Rogan Josh with Rice</div> <div>Gentle Exercise at 10.30am &amp; 11.15am</div>	<div>19</div> <div>Fish &amp; Chips</div> <div>Lions Hearing Clinic</div>	<div>20</div> <div>Chicken, Mushroom &amp; Pea Risotto</div>	<div>21</div> <div>Roast Pork &amp; Vegetables</div>
<div>22</div> <div>Spinach &amp; Ricotta Cannelloni</div> <div>Chair Yoga at 2pm &amp; 3pm</div>	<div>23</div> <div>Mini Slider Burgers served with Chips or Wedges</div> <div>Gentle Exercise at 10.30am &amp; 11.15am</div>	<div>24</div> <div>Baked Snapper with Tomato Salsa <i>or</i> Beef Guinness Stew with Mash Potatoes</div>	<div>25</div> <div>Vegetable Curry served with Rice</div> <div>Gentle Exercise at 10.30am &amp; 11.15am</div> <div>GP Clinic</div>	<div>26</div> <div>Fish &amp; Chips</div>	<div>27</div> <div>Bangers and Mash served with peas, onions &amp; gravy</div>	<div>28</div> <div>Roast Beef &amp; Vegetables served with Yorkshire Pudding</div>
<div>29</div> <div>Lamb Ragout with Gnocchi</div> <div>Chair Yoga at 2pm &amp; 3pm</div>	<div>30</div> <div>Mongolian Beef Stir-fry with Rice</div> <div>Gentle Exercise at 10.30am &amp; 11.15am</div>					