

From the Manager's Desk

Good afternoon everyone

It was lovely to be attending the ANZAC service on Tuesday, thank you to all residents involved in the success of the night. And thank you all for being so welcoming to Mia and Aaron.

Bringing butterflies to Fairview

We recently held a talk at the village with butterfly expert, Jacqui Knight, from the Moths and Butterflies of New Zealand Trust. Thank you to all those who attended, we are in the process of arranging another talk so please let us know if you would be interested in this.



In the meantime, the butterflies need your help! We are hoping to establish a group of interested residents to help care for chrysalises and hatch butterflies. When they return from overwintering, we would love to have an established team ready to help get butterflies in the sky. We will have swan plants in the garden to attract the butterflies, who will lay the eggs here that will turn into caterpillars.



Swan plants are a great food source for Monarch butterflies, and these caterpillars will eat up the leaves and turn into a chrysalis. However, New Zealand has a nasty wasp problem and leaving the butterflies outside could mean they get attacked. Are you interested in saving them? Would you like to know what a caterpillar castle is? Let us know if you are interested in becoming part of the butterfly group and we will hold a meeting to discuss how we can give this project wings.



Croquet lawn maintenance

Our contractor started the maintenance on our croquet lawn last week. The area will be closed for a further 2 weeks. We are sorry for the inconvenience.

Sales update

Robyn will be out of the office next week as she is visiting her mother in Sydney.

Emergency Preparedness Presentation - Monday 1st May 2pm

We will be holding an Emergency Preparedness Presentation, with the participation of our Fire Consultant Paul Walters in the Lounge on Monday 1st May at 2pm. This presentation is addressed to villas and apartments and will cover different emergency scenarios. Please RSVP at reception.

King's Coronation

For marketing and PR purposes, we are looking for some residents who have met Charles or have something particularly insightful to share in regards of the King's Coronation. Please let us know if this would be you!

Your social committee has organized a lovely royal afternoon tea on Thursday 4th May. Please RSVP at reception. You can refer to the menu at the end of the newsletter.

Upcoming events:

You can save the dates below to your calendar.

- Presentation from Auckland Dementia - Monday 8th May 11am
- Mother's Day Lunch – Sunday 14th May
- Pink Ribbon Event - Thursday 25th May. Details to be confirmed.

Did you know?

One of my personal goals is to start doing small environmentally friendly changes in my life, where I can. One thing that I try to do on a daily basis is to reduce the amount of printing at work. Which got me thinking about the printing of our newsletter... so I googled!

Do you know how much paper comes from one tree on average? It is estimated that a standard pine tree, with 45ft of usable trunk and a diameter of eight inches, produces around 10 000 sheets of paper. To consider this in another way, one ream of paper (which is 500 sheets) uses 5% of a tree.

As we use at least 3 reams of paper for the weekly newsletters, we use 15% of a tree daily. After 6 newsletters or after 6 weeks, we use one tree for the weekly newsletter. After 1 year, we use 8 trees for the weekly newsletter only.

If you would like to join me in making small changes, know that you can receive the newsletter directly in your email on a weekly basis, please let us know at reception if you wish to do so. Alternatively, the newsletter is always available on our intranet as well. The printed copies of the newsletter will still be available.

Staff Updates

Congratulations to Cait, our Head Gardener, on winning the Employee of the Month Award. Thank you to everyone who takes the time to send us their vote. It is lovely to read and know that all feedback is shared with the staff.

Farewell to Brody, our cheerful gardener, who will be starting an electrical apprenticeship. All the best Brody and thank you for your hard work at Fairview. His last day will be this Friday 28th April.

Have a good weekend everyone! Marika



Nurses' Corner

Welcome back to our weekly health and wellbeing newsletter! This week, we are focusing on sleep hygiene and tips for better sleep. Good sleep is essential for our physical and mental health, and poor sleep can lead to a range of health problems, including obesity, diabetes, depression, and anxiety.

Here are some tips to help improve your sleep hygiene and get better sleep:

1. **Stick to a sleep schedule:** Try to go to bed and wake up at the same time every day, even on weekends. This can help regulate your body's internal clock and improve the quality of your sleep.
2. **Create a relaxing bedtime routine:** Take a warm bath, read a book, or listen to relaxing music before bed. This can help calm your mind and signal to your body that it's time to sleep.
3. **Create a sleep-conducive environment:** Make sure your bedroom is quiet, dark, and cool. Consider using blackout curtains, earplugs, or a white noise machine to create a more sleep-friendly environment.
4. **Avoid caffeine, nicotine, and alcohol:** These substances can interfere with your sleep and should be avoided, especially in the hours leading up to bedtime.
5. **Get regular exercise:** Regular exercise can help improve sleep quality and duration. Aim for at least 30 minutes of moderate-intensity exercise per day.

Remember, good sleep hygiene is essential for good health and wellbeing. If you continue to have trouble sleeping, talk to your healthcare provider.

Be sure to mark your calendars for the following important dates:

- Emergency Management and Preparedness Presentation by Benjamin & Marika at 2pm on Monday, 1st of May 2023. We will be covering what to do in different emergencies and natural disasters.
- Dementia presentation by Winifred Henderson on Monday, 8th of May 2023.

This weekend Maia is leaving for her sister's engagement party in Dunedin, I elected to stay home with Duckie so I can catch up with the PGA Tour this weekend. Can't wait!!! Suggestions box is also still open for holiday ideas around the upper north!

Best regards,

Benjamin Peattie – HOD Health & Wellbeing – 021 861 706.



From the Chef's oven

Hi everyone!

Meet our staff

Meet Cherish, she has been working here for more than two years. She is one of our baristas and in-charge of setting up all our function requirements whether small gathering or big occasions. She led the amazing set-up for the Easter brunch buffet, Valentine's Day, high tea events and many more.



Feedback Winner

Luella Jacobson, Villa137 – Thank you for your feedback. We will try to accommodate your request as much as we can.

Favourite items on Café Menu

Check out our most favourite dish in the Café – Belgian Waffles and Salmon Wellness Salad. Have you tried those yet? You must try 😊



Takeaway Dinner Meals

We hope you are all enjoying our selection of takeaway dinner meals. Dinner delivery will now start from 5:30pm onwards. Don't worry, if it is too cold to visit the Café for dinner time, we have our own in-house "uber eats"! 😊 You can check our takeaway menu on the DINNER MENU.



Check out last week's events

Look at some of our lovely photos from the ANZAC dinner. Thank you to the social committee for helping us set up the tables. The tables looked really nice, and we are glad that everyone has enjoyed the bread-and-butter pudding, the deconstructed way!



King's Coronation Royal High Tea – Thursday 4th May

Please join us on Thursday 4th May and experience some of the King's favourite dishes as we celebrate King Charles Coronation's Day. Please see our High Tea menu at the end of this newsletter and please book at reception.

Mother's Day Lunch – Sunday 14th May

Please save the date – 14th May. Mother's Day lunch menu is coming soon.

Cheers, Chef Noris & the Relish Café team

What's on this coming week and next



Movie Group

Tuesday 02 May – Faraway

Zeynep hopes to find peace and relaxation at her deceased mother's old home on a Croatian Island. Not quite!

Stars - Naomi Krauss, Goran Bogdon and Adnan Maral.

Every week we endeavour to show a good quality movie for your entertainment. Our Level 2 Theatre has comfortable seats and a big screen to rival Hoyts! You are very welcome to join us.



Friday Night Raffle – 21 April 2023

It was a dismal night, but it was great to see so many of you turn out. We still managed to sell three major raffles.

The dwelling draw was undertaken by Pat Gill and the winner was Ivy Mann. Congratulations Ivy.

The main raffles were drawn by Alastair Glyn-Jones and the winners were:

Richard Jacobson, Brynley Goodger x 3, Richard Jones, Jean Jones, Gordon Tasker x 2, Judy Jetten x 2, Earl Troughton, Viv Hood x 3, Pam Glaum, Gareth Hancock, Bennie Gunn and Lois Hadfield.

Early on it was clear that the noisy boys table was on a winning streak. Congratulations to all of our winners and we look forward to seeing you all back this week.

Diane Brown, Raffle Convenor - Tel: 478 3581



Garden Club

Just a reminder !!! As usual, we have a trading table in September. It would really help if members could start collecting cuttings for plants to sell at that time. This will provide funds to keep the club running.

Thanks so much. Anne Pike



John's Jaunts

Wednesday 10th May – Trip to Leigh for a fish and chip lunch. Leaving reception at 11am. Call John on 479 9318 to book.

Anzac Day Dinner and Entertainment

Thank you to all the people who helped to set up the tables and the room for the Anzac dinner. The room looked wonderful with the New Zealand and Australian flags on the curtains put up by Barrie Flint and Sheryl Wales and the Candle of Remembrance.

The Candle of Remembrance was lit by Cherry Bramwell as the resident who has been here the longest and who's father won a VC at Gallipoli.

Thank you to Robin Cusdin for all the flowers around the room including on the tables. Thanks also to all the people on the Social Committee – Sandie Jennins, Angela Woolnough, Marlene Crosby, Pam Glaum and Muriel Sandham and others who helped.

Fairview Singers

We were royally entertained by the Fairview Singers who have been led and trained by Len Hancy. His background in entertainment treated us to a very professional production with lovely songs. We were able to join in some of the songs and often felt a little nostalgic.

The Fairview Singers are Jim and Natalie Turner, Jill Fish, Lorraine Dale, Alison Leadley, Len Hancy, Diane Lyons, Pat Sievers, Paula Turner, Nola Neas, Yvonne Keir, Wilma Halling, Jill Hill and Richard Jacobson.

The music was by Bennie Gunn, Mary Barrett, Len Hancy and Natalie Turner.

Upcoming Events

Thursday 4th May at 3pm - Coronation Afternoon Tea in the Lodge.

This will be a buffet style with hot and cold dessert. If you like you could dress up to fit the occasion for a bit of fun.

Sunday 14th May - Mother's Day lunch.

A chance to get the family together without any trouble for the hostess.

Sunday 21st May 3-4pm – A speaker about the Mercy Ships which provide medical services in remote and difficult places.

Thursday 22nd June – Village Birthday.

Kane Steves has been booked to entertain us during the evening.

Convenor – Lois Hadfield

Anzac Day 25th April 2023

THANKYOU

THANKYOU

WE CANNOT HAVE THESE
DAYS WITHOUT YOU



THE SET UP TEAM AND EVENT ORGANISERS

*Pam Glaum Elaine McClintock Wendy Johnstone Sandie Jennins Muriel Sandham Marlene Crosby, Lois Hadfield
Missing Persons: (From Photo) Angela Woolnough, Jackie Thompson*



**Cherry Bramwell lights the
Remembrance Candle.**

**Cherrys Father Cyril Bassett
was awarded the NZ Victoria Cross**



Barrie Flint "The Ode"



**Roger Watson Friend of the
Denvers was our Bugler**

**Gordon Tasker was our 'Speaker'
and gave an interesting talk on life
in the services as a youngster**



**Robin Cusdin has been our flower
Lady for many years and keeps our
lounge looking beautiful**



Rinnai Gas Fire Service

Exclusive Fairview Village Offer – Monday 1st May 2023

Rinnai Flame Fire Service & Gas Safety Certificate (parts additional)	\$209.00+GST (reduced from \$241.00+GST)
Rinnai INFINITY Service & Gas Safety Certificate (parts additional)	\$176.00+GST (reduced from \$201.00+GST)
Rinnai Convector Service & Gas Safety Certificate (parts additional)	\$176.00+GST (reduced from \$201.00+GST)

Service Includes:

- Complete strip down of appliance
- Cleaning of fan/s
- Cleaning of burners and combustion chamber
- Adjustment of ignition and flame rods
- Reassembling and re-commissioning
- Recalibration of gas valve
- Testing operation; and
- Issuing a Gas Safety Certificate

Please note that any parts would be an additional cost. Servicing a gas fire often includes the replacement of some parts - we have listed some examples below.

Pilot \$68.00+GST (recommended at each service - some fires have two pilots)

Glass seal \$52.50+GST (sometimes)

Paint \$27.50+GST (sometimes)

If you would like to book a service, please phone reception.

Text Scam – NZTA Toll Roads

If you receive the following text from NZ Transport Agency Toll Roads, please don't click on the link, just delete it.

NZ Transport Agency Toll
Roads
NZTA-You have an
outstanding fee to be
processed as soon as
possible within 24 hours. So
as not to fine.

<https://t.ly/nz-pay>

Residents' Notices

..... Wanted

Fun loving folk who would like to be entertained by a small group of our very own villagers.

11.30am Monday 1st May
MAYPOLE DANCING 3rd floor lounge

Maypole dancing has been an annual event in Fairview village for 19 years now. Soooo..... Come along and enjoy the fun & laughter as we weave our way around the Maypole..... perhaps have a go yourself.... then maybe enjoy lunch afterwards in the Café.

Cheers Pat

Apartment Gardens

A feeling of urgency and gritting of teeth this past week saw me get into sorting out the winter vege garden area - however it wasn't without cost! So days of rest & drugs got me over that. Anyway, thanks to the help of Richard and Jean, I've lifted the rhubarb and given it a big dose of feed on a raised bed so hopefully there may be some sticks available for residents, won't that be nice?

Then with Norman's help, the raised vege garden got a good dose too. Dennise helped me empty out the garden of the few silverbeet, lettuce and carrots.

Sage got put into a pot and is now up by the Mint, Oregano and Thyme. The Chives may be the next for a shift into the same vicinity - easier for you to pick when they are all together except for the Bay tree down by the chairs.

It was lovely to look at the refreshed vege garden loaded with worms then another regular visitor offered me some silverbeet and lettuce seedlings she has in excess so I'm sure they will enjoy the rich food. What a wonderful Village of people we have.

So special thanks to the above friends, it made it much easier for me.

As for colour, I've planted 5 punnets of Jim's Lavatera up by the Feijoas & yet to be planted amongst them are some Cinnareria so it should be a pretty winter display.

Once again, any apartment resident wanting a plot, please phone me.

Barbara Bailey Ph. 027-416-8945

PLANTS AVAILABLE FREE!!!

Lavatera - also known as Mallow. I have grown several hundred seedlings from last year's plants. They are in recyclable seedlings punnets and are now ready for planting. Lavatera is a hardy, fast growing annual perennial and grows to about 1m or higher, and flowers for months on end. The flowers are similar in looks to petunias - they are mixed colours - pale pink, deep pink and white.

Collect them from my driveway - Jim Turner, Villa 147



NOTICE FROM THE FAIRVIEW LIBRARY

The Albany Library are offering to come to the Village as part of a new outreach program to the Retirement Villages in the Albany area.

This program is to introduce the Albany Library's e-collection and to help residents with any Auckland Library-related questions. They can do it regularly or as one-off event, and they could come on a Tuesday or Thursday.

E-collections enable you to: download and read eBooks, eNewspapers and eMagazines, eAudiobooks, listen to books on the go, stream New Zealand and international movies and documentaries, listen to Podcasts.

If you are interested please contact Natalie Turner

Ph: 09/479 9527 Mobile 0204 068 5144 theturnerfamily@actrix.co.nz

Gareth's Puzzle

Last week's puzzle was what links these items?

Skull , Scapulae , Patellae, Phalanges

And the clue was think of a childrens' action song. Well:

Skull is a head, Scapulae are shoulders, Patellae are knees and Phalanges are toes

So we get "Head, Shoulders, Knees and Toes"

I was pleased to see our nursing staff answered this very quickly!

This week's puzzle is what comes next?

A barber showing photographs, A banker with a motorcar, A fireman with an hourglass

????????????????????

LAUGHTER LINES

Great quotes from Phyllis Diller:

1. The reason why women don't play football is because 11 of them would never wear the same outfit in public.
2. Best way to get rid of kitchen odours, eat out!
3. I want my children to have all the things I couldn't afford. Then I want to move in with them.
4. What I don't like about office Christmas parties is having to look for a new job the next day.
5. The reason the golf pro tells you to keep your head down is so you can't see him laughing.
6. You know you are old if they have discontinued your blood type.

Gallagher opened the morning paper and was dumfounded to read in the obituary column that he had died. He quickly phoned his best friend Finney. "Did you see the paper?" asked Gallagher. "They say I died." "Yes, I saw it!" replied Finney. "Where are you calling from?"

Bob the Aussie was complaining to Luigi the barber about the price of his haircut. "I've just come back from New York," said Bob. "Over there you can get a good haircut for about five bucks." "That's as may be," said Luigi, "but what about the fare."

A rather demanding wife returning home after a long trip abroad was met at the airport by her husband. Her first question was: "How's the cat?" "Dead." replied the husband. His wife replied angrily. "What a way to break the news," she said. "Why couldn't you tell me something like, well, the cat was playing on the roof, say, and it slipped off and injured itself, and although you took it to the vet it eventually passed away very quietly. Why not break the news that way and not be so brutal about it. Mother always said you were brutal. By the way, how is mother?" "Well," said the husband slowly. "She was playing on the roof....."

The neighbours were discussing the newly-weds next door. "They seem a devoted couple, John. He kisses her every time he goes out and even blows kisses to her from the pavement. Why don't you do that?" "Good heavens!" replied John "I don't even know her well enough yet."

The two mates were down at the front fence for the rugby league match when the beer cans started to fly. One was so concerned about being hit he kept looking over his shoulder and couldn't concentrate on the game. "Don't worry," said his mate, "as they say in the war, if there is one with your name on it..." "That's just it, my name is Foster."

Daffynitions: **PSEUDONYM**, A nym that's not your real nym, **OBESITY**, surplus gone to waist, **GALLERY**, a hostel for young women, **GRANARY**, a home for senior female citizens, **SHINS**, for finding furniture in the dark, **SONATA**, songs sung by Frank,

He thought/She thought: **HE** thinks a brassiere is for warming your hands on. **SHE** thinks the tooth fairy is a gay dentist. **HE** thinks a bulletin is a can of pressed beef. **SHE** thinks a metronome is a midget working on the Paris underground. **HE** thinks an alter ego is a conceited priest. **SHE** thinks a Lieutenant Commander is a Lieutenant's wife.

From the joke books of A. Nonny Muss

**2023 ANNUAL GENERAL MEETING OF THE FAIRVIEW LIESTYLE VILLAGE
RESIDENTS' ASSOCIATION INCORPORATED TO BE HELD 4th MAY 2023 AT 10.30 AM IN
THE 2ND FLOOR LOUNGE**

AGENDA

WELCOME:

APOLOGIES:

ACKNOWLEDGEMENT OF PROXIES:

MINUTES OF PREVIOUS MEETING

Moved to accept:

Seconded:

MATTERS ARISING:

FINANCIAL REPORT:

Moved to accept:

Seconded:

AUDITOR'S REPORT:

Moved to accept:

Seconded:

CHAIRMAN'S REPORT:

Moved to accept:

Seconded:

ACTIVITY GROUP REPORTS:

BALLOT FOR RESIDENTS' COMMITTEE (if required):

The candidates for these positions are listed below:

Chairperson: Alastair Glyn-Jones

Committee: Gordon Tasker, Andra Glyn-Jones, Wendy Johnstone, Alison Leadley,
Angela Woolnough, Averil Denvers, Mark Jennins

ANNOUNCEMENT OF THE NEW COMMITTEE FOR THE COMING YEAR 2023/2024

CHAIRMAN'S ADDRESS:

APPOINTMENT OF HONORARY AUDITOR:

NOTICES OF MOTION:

GENERAL BUSINESS:

CLOSURE:

Strength and Balance

Monday 01 May at 10.30am – 2nd Floor Lounge

Please remember to bring your water bottle – it is very important to keep your fluids up.

Tai Chi

Tuesday 02 May at 2.30pm – 2nd Floor Games Room.

Physiotherapist

Darrell has a clinic every Tuesday and works from the Doctors Room on the 3rd floor.

If you would like to make an appointment with Darrell, please phone him on 021 046 6777.

Beautician

Wednesday 03 May - Natalie is at the Village every Wednesday from 9.45am – 4.00pm and works from the Doctor's Room on the 3rd floor.

A 45-minute rejuvenating facial Only \$40.00

A 20-minute massage for your neck and shoulders Only \$25.00

Wednesdays are available with Natalie until 31 May.

Call or text on 0211458542 to make your booking.

Restorative Yoga with Joy – *Stretch Strengthen Revitalise*

Thursday 04 May at 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Podiatrist

Thursday 04 May 9.00am to 12.00noon – 3rd Floor Doctors Room

If you would like an appointment to see Paul Hames, please contact Reception.

Doctor

Thursday 11 May – 2.00pm to 3.45pm – 3rd Floor Doctors Room

Please contact Reception if you would like an appointment to see Dr Paul Hunter.

WEEKLY SCHEDULE

01 May to 07 May 2023

OFFICE 477 3900 / NURSES Ph 477 3951 or Mob 021 861 706 / BLOKES SHED 477 3966

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 01 May	Hair Salon	9.30am	3 rd Floor Salon with Kim
	Strength & Balance	10.30am	2 nd Floor Lounge
	Maypole Dancing	11.30am	3 rd Floor Lounge
	Emergency Preparedness Presentation	2.00pm	3 rd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Lounge
Tue 02 May	Mini Bus –Albany Westfield	9.15am/9.45am/10.15am	Return: 10.30am/11.00am/11.30am
	Croquet- Cancelled due to Maintenance	9.30am	Croquet Green
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Mahjong	1.00pm	3 rd Floor Games Room
	Tai Chi	2.30pm	2 nd Floor Games Room
	Movie Group	7.15pm	Faraway
Wed 03 May	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Beautician	9.45am	3 rd Floor Doctors Room
	Petanque	9.30am	Petanque Court
	Scrabble	1.30pm	3 rd Floor Games Room
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 04 May	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Podiatrist	9.00am – 12.00noon	3 rd Floor Doctors Room
	Croquet-Cancelled due to Maintenance	9.30am	Croquet Green
	AGM	10.30am	3 rd Floor Lounge
	Bus to Milford	11.30am	Returns 2.00pm
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Art Group	1.00pm	3 rd Floor Sun Room
	Restorative Yoga with Joy	1.30pm	2 nd Floor Lounge
	King's Coronation Afternoon Tea	3.00pm	Main Lounge
Fri 05 May	Mini Bus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Hair Salon	9.30am	3 rd Floor salon with Kim
	Rummikub	1.00pm	3 rd Floor Games Room
	Friday Night Raffle	4.00pm	3 rd Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 rd Floor Main Lounge
Sat 06 May	Croquet-Cancelled due to Maintenance	9.30am	Croquet Green
	Cards 500	9.30am	3 rd Floor Games Room
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 07 May	Outdoor Bowls	1.00pm	Assemble for 1.15pm start

King's Coronation - Royal High Tea

Thursday 4th May at 3pm \$25.00



Savoury to start

King's Favourite Assorted Sandwiches
Baked Cheesy Eggs Canapes
Coronation Chicken Apricot Sausage Rolls
Spinach, Feta & Beans Quiches

The best to follow

Scones with Clotted Cream

Sweet to finish

Sponge Cakes with jam & cream
Chocolate Caramel Mini Cakes
Carrot Cake

Complimentary Coffee & Tea

*Please book at reception before Tuesday 2nd May by 3pm .
Maximum of 80 people.*

Dinner Menu 1st to 7th May

Bookings by 1 pm (Phone 477 3957)

Small Meals \$17 – Large Meals \$19 / \$2.00 Delivery Fee applies per Villa

Monday / Chicken

GF Pan Grilled Chicken breast, brown gravy, grilled broccoli, glazed carrot, roasted potato

Tuesday / Beef

GF Slow roast beef, jus, mushy peas, grilled mushrooms, Brussel sprouts, mashed potato

Wednesday / Lamb

GF Roasted lamb slices, jus, steamed vegetables, roasted carrots, potatoes

Thursday / Seafood

Seafood Salad – smoked salmon, 3 prawn twisters, calamari, garden salad, chips

Friday / Fish

Battered Market Fish, slaw and fries

Saturday / Pork

GF Maple glazed ham, pineapple sauce, wilted spinach, roasted carrots, potatoes

Sunday / Roast

GF Beef roast, brown gravy, garden salad, roasted pumpkin and potatoes

Alternative TAKEAWAY Dinner Menu – in foil tin – limited batches weekly

Braised Beef & Sausages on mash \$15

Beef Bolognese \$12

Vegetarian Lasagna (cauliflower, spinach, chili beans, courgettes) \$15

GF Smoked fish pie \$15

Add a small tube of green salad for \$2

