The Village News



Reception Phone:477 3900 Nurses 24 hours:021 861 706

21 August to 27 August 2023

No. 284

From the Manager's Desk

Good afternoon Fairview

It's good to be back - again! The Retirement Village Association Annual Conference was very interesting last week, and we listened to excellent speakers on all sorts of topics, from the use of artificial intelligence in retirement villages to our current and future society demography.

We have many events coming up, it's nice to see the Village busy with fun happenings!

Welcome to new resident

Please join me in welcoming Maureen Capon to Fairview, who moved into Apartment 438 last week. We hope you will be enjoying the Village as much as we all do!

Razzle Dazzle Dinner Thursday 24th August

Your Social Committee has a beautiful dinner and evening planned out on Thursday 24th August. "Razzle Dazzle" yourself for this "Razzle Dazzle" night! More details on the flyer attached. RSVP and payment at reception.

A Musical Afternoon Sunday 27th August

Our resident Diane Lyons is organising a beautiful afternoon concert for you all to enjoy on Sunday 27th August from 4pm. Young talented musicians will play on our grand piano. There will be no formal seating, you can just sit in the lounge or in the dining room and relax. No booking required. And why not have dinner in our Relish Café after the concert?

Fundraising for Cancer Society Daffodil Day Wednesday 30th August

Cancer Society Daffodil Day is on Friday 25th August so we will sell yummy cupcakes on that day in our Relish Café for \$3. Half the sale proceeds will go to the Cancer Society.

As we have our big themed night the day before, we will be hosting a fundraiser event the following week on Wednesday 30th August from 2pm. Be prepared for an afternoon of laughter with our own Benjamin being a "Quizmaster" for the occasion. More details to follow very soon!

Bingo Saturday 2nd September

Who is looking forward to Bingo returning to Fairview? Thank you to the residents involved in this. I am sure it will be a great night! Refer to the flyer at the end of the newsletter. Chef Noris and his team will offer a special dinner on that night, which will be served from 5pm so you can all be ready to play by 7pm. Details to be confirmed next week.

Father's Day Sunday 3rd September

We hope you will be joining us for our Special Father's Day on Sunday 3rd September. Please see the flyer at the end of this newsletter for more details and the menu. Bookings at 12pm and 12.30pm. Please pay at reception.

Voting for a Staff of the Month



If you want to let us know about a staff member who has gone above and beyond for you or that you have witnessed their hard work, please let us know. Our next staff meeting is on Wednesday 30th August. As technology was discussed at the Conference, Benjamin and I thought to introduce a new way for you to vote for the Employee of the Month with this QR code.

What is a QR code?

It is a quick-response code, a type of two-dimensional matrix barcode that can be read easily by a digital device and which stores information.

How do you scan a QR code on your smart phone?

- Open the Camera app on your phone.
- Hold your phone steady and point it towards the QR code.
- Wait for your phone to recognize the code, you will see a notification pop up on your screen.
- Tap on the notification to open the link associated with this QR code.
- Complete the short questionnaire with your name (you can write "Confidential" if you prefer), the employee's name and the reason why you vote for them.

Happy Birthday to our Staff

Happy birthday to Tony, our Maintenance person on Tuesday 22nd August and to Seamus, our new gardener on Friday 25th August.

Have a lovely weekend everyone!

Marika

Rain or shine, cold or not, Mia always loves to play at the park





Hello Everyone,

Welcome back to another edition of our Nurses Corner.

I have been approached by a few of our residents regarding the governments' recent removal of the COVID-19 legislation and what we should now be doing. If you have tested positive for COVID-19, we recommend you isolate for 5 days, even if you only have mild symptoms, starting at Day 0.

Day 0 is the day your symptoms started or when you tested positive, whichever came first. If you do need to leave your home during your 5-day recommended isolation period, it is very important you take precautions to prevent spreading COVID-19 to others. You should wear a mask whenever you leave the house.

You should not:

- visit a healthcare facility (except to access medical care).
- visit an aged residential care facility (i.e. Fairview Care).
- have contact with anyone at risk of getting seriously unwell with COVID-19.

If you live in an apartment or multi-unit dwelling, you should follow the same isolation advice, including:

- wear a mask in communal areas if you need to leave your apartment, for example, using a shared laundry.
- physically distance from others in the apartment building.
- not use the lift with anyone else.
- not use shared areas such as gyms, pools or saunas while you are isolating.

You can use your balcony, and we encourage you to have the external doors open to allow air circulation into the unit.

In case of emergency, you should follow normal evacuation protocols — have a mask by your door ready to go in case.

If there are any concerns, as always feel free to get in touch with me and I will hopefully be able to clarify.

New 'Dancercise' Class: We are delighted to announce the introduction of a new 'Dancercise' class, led by the wonderful Libby from Albany Stadium. Starting on Thursday, August 24th, 2023, at 10:45 am, this class will take place weekly and run for 45 minutes. Partially subsidized by our Residents Committee, the remaining cost is just \$5.00 per person. We anticipate this fun addition to our existing classes will attract a fantastic turnout!

"Adopt a Grandparent" Initiative: We're exploring a new collaboration with Albany Primary School, initially called "Adopt a Grandparent." This unique program will allow selected children, who might lack engagement with older generations, to 'adopt' a grandparent. They'll be able to develop their reading skills and build a meaningful relationship. This promises to be a wonderful way to positively impact our future generations, and it may also benefit our Residents. If you are interested, please contact me directly.

Dental Hygienist Visit: WM Dental, whom I've mentioned before, is interested in sending a Dental Hygienist to Fairview Lifestyle Village for cleanings. We're targeting Tuesday, November 28th, 2023, for their first visit. The cost to Residents will be \$180.00. If you are interested in this service, please reach out to me directly and I will book you in once we sort.



There is a motorised wheelchair available for purchase through Fairview Care. Please contact Benjamin if you are interested on 021 861 706.

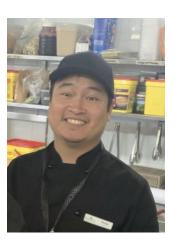




Meet our staff

Meet our two Café Chefs, Pong and Apple! Our Chefs are working hard to serve you delicious and homemade dinner meals and café menu. Apple, Pong and the team are always happy to hear your valuable feedback.





Dinner Menu & Alternative Meals

Our weekly dinner menu is always placed at the end of the newsletter, which also details our alternative meals available for that week. We offer roast meals on Wednesdays and Sundays.

If the weather is too unpredictable to come down to the Lodge, don't worry, we always have our inhouse "uber eats" delivery service so we deliver your meals to your doorstep.

Photos of meals which have been popular lately:





Father's Day Menu

We will be offering a special Sunday Roast Lunch for Father's Day on Sunday 3 September. Have a look at our menu at the end of the newsletter and please book your seat at reception.

Recipe of the month - Steak on Skewers

Back home in the Philippines, this is how we normally eat our steak, on skewers! It's a BBQ style cut of sirloin steak (cubes), served on a skewer and alternating with your favourite vegetable, which we serve over rice. You can easily substitute the rice with roasted vegetables and potatoes. I have used courgettes and onions for this recipe, served on a bed of pilaf rice. And best of all, it's very easy to prepare. I love to cook my steak medium rare.



To make the skewers, you'll need:

500 grams sirloin – cut in cubes Slices of courgettes and onions – to your liking

Marinate the meat with Lea Perins, crushed garlic, salt, pepper and a pinch of rosemary

To make the rice pilaf, you'll need:

- 2 cups basmati rice
- 4 cups water
- 2 tbsp olive oil
- 1 tbsp paprika
- 1 tsp turmeric
- 1 cup mixed frozen vegetables

Cook your rice with a rice cooker.

Cheers Noris and the Relish Café Team

What's on this coming week and next



Movie Group

Tuesday 22nd August – The Best of Dad's Army

Captain Mainwaring and his men are ready for any Nazi invasion. So funny!

Stars Arthur Lowe, John Le Mesurier and Clive Dunn.

Many thanks to Richard Jones who kept the movies showing every Tuesday while I was away. Much appreciated Richard.

Every week we endeavor 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.

Peter Woolnough



Friday Night Raffle – 11th August 2023

We sold four major raffles this week.

The dwelling draw was undertaken by Ivy Mann and the winner was Lois Hadfield. Congratulations Lois.

The main raffles were drawn by Owen Young. The winners were:

Earl Troughton, Jocelyn Goodger, Richard Jacobson, Lois Hadfield, Colleen Leonard, Sandie Jennins, Barrie Flint, Ces Gunn, Dianne Turner, Luella Jacobson, Nancy Cotton, Brynley Goodger, Helen Hunter, Clark Robbie, Clive Sandham, Bruce Benfell, Ivy Mann, Jean Jones and Brian Sutherland.

Congratulations to all of our winners. We look forward to seeing you all there this week.

Diane Brown

Raffle Convenor - Tel: 478 3581



East Coast Bays Catholic Parish - Friday 18th August

Our Liturgy Service for this month will be held in the Sun Room, 3rd Floor this Friday 18th August at 11.00am.

Holy Mass will be celebrated by a priest of our parish. We are very privileged to have a priest in attendance and to lead us at our regular liturgy gatherings.

Following the Mass, we will enjoy refreshments together in the lounge.

A warm invitation is extended to all who may wish to join our small community in prayer and friendship.

For further information, please contact Natalie Turner (Ph: 479 9527).

Garden Club



There will be a trip to the Cornwall Park Café and hopefully to see the lambs and daffodils on Monday 21st August.

The bus departs at 10.30am. For a seat phone Anne Pike 475 6741.



Fairview Fellowship

Next Meeting: Monday 21st August 3pm in the 3rd Floor Sun Room

Our Fairview Christian Fellowship offers a warm welcome to all who would like to join us each month. We meet to encourage each other in our shared faith and hear from an invited speaker.

Contact Bronwen 09 478 0513

STEPPING OUT

I am fed up with winter, we need to get out and have a good laugh! Let's kick our heels up, grab the bus, kidnap a driver, and go and enjoy an afternoon of fun.

CENTRESTAGE THEATRE IN OREWA is presenting STEPPING OUT a funny and entertaining play which will take our minds off the rain and mud. Mavis, an ex-professional dancer, is trying to get her group of misfits tap dancing pupils sufficiently well-

ex-professional dancer, is trying to get her group of misfits tap dancing pupils sufficiently well-rehearsed to enter a charity event.

If you would like to come along, we will take the bus and get a group booking. The tickets are going fast and for groups are \$25.00 each. SUNDAY (Father's Day) 3rd September is the date, and the time is for a matinee at 2.00pm.

There may be wheelchair friendly seats available. Make sure you can get on the bus if you are thinking of hoping for one of these seats. Seats will be allocated on a first come first served basis.

Please contact me JUDY WALKER Apartment 415 either by phone 477 3910

Or email: judy_walker@xtra.co.nz

Residents' Notices

Razzle Dazzle Dinner

To avoid any confusion regarding the Razzle Dazzle/Bling it on night, it was originally called Bling it on, but it was changed to Razzle Dazzle as it sounded better. We are sorry for any confusion this has caused.

Please book and pay at reception by Monday 21 August.

Social Committee

FIFA Women's World Cup

This exciting competition of the world's best women's football teams is nearing its end. The semi finals have been played but we plan to show the following two games on the big TV in the level 3 lounge.

You are very welcome to join us as we enjoy some of the best sport of 2023.

Match for third place Saturday 19th August at 8pm



Sweden vs Australia



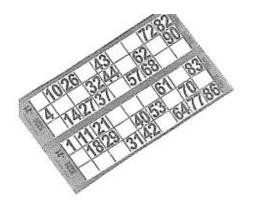
FinalSunday 20th August at 10pm



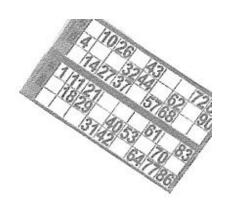
Spain vs England



Peter Woolnough



BINGO



\$100 Jackpot

Saturday 2nd Sept 7 pm 3rd Floor Lounge

20 games – Will you be a Winner Come and join in the fun

2 choices of Ticket Packets
\$10 gives 2 chances at Jackpot
\$15 gives 3 chances at Jackpot
Plus Lunch Voucher

The more people that come along means Bigger Prizes

Looking forward to seeing you

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INVITATION TO FAIRVIEW RESIDENTS BEGINNERS BALLROOM FITNESS

NO PARTNER REQUIRED

We are from a generation of social dancers and this activity is a fun way to increase balance, mental health and connectivity with other like minded people. Come along and see if it's for you.



Settlers Lifestyle Village Wednesdays @ 9.45- 10.45 Kell Lounge



Dance yourself Happy

Trial class \$5.00 then regular classes \$10.00. (If you introduce a friend to this class you can enjoy the initial \$5 charge with your friend for their first class only)

If you are interested in attending the above fitness class, please contact Cherie at reception.

Gareth's Puzzle

Last week's puzzle asked what comes next? That place, this place, before, ?????????.

And the answer is about or concerning. That place is there, this place is here, before is ere - with the first letter being omitted each time. So, taking off the first letter again gives us re meaning about or concerning as in an email.

This week's puzzle is: what do these four items have in common? A raging bull's testicle, Juliet's right breast, John Harvard's left shoe, Abraham Lincoln's nose

Good luck.

Laughter Lines

One Liners:

- 1. I'd give my right arm to be a concert pianist.
- 2. My room is so cold, every time I open the door the light comes on.
- 3. Guest Speaker at a Rotary Conference, "I have noticed an odd coincidence; there are five hundreds of us here tonight and we have all ordered the same meal."
- 4. A Bridegroom is one who is amazed at the outcome of what he thought was a mild flirtation..
- 5. Queenslanders drink "XXXX" because it is the only beer they can spell.
- 6. She said, one more word and she would go back to her mother. He roared, "Taxi!"

Three prisoners were sentenced to twenty years behind bars. Each was allowed one item to keep in their cells. The first prisoner asked for a pile of law books. The second prisoner asks for his wife. The third prisoner asks for 200 cigarettes. After twenty years they are all released. The first says, "Thank God for those books. I have now passed all my law exams and can practice as a highly paid lawyer." The second says, "Thank God for my wife. How I have five children and a settled family life to look forward to. The third prisoner says, "Anyone got a match?"

A small boy complains to his mother that his new trainers hurt his feet. "You've got them on the wrong feet darling," says his mother. "But these are the only feet I've got, mummy," the young lad replies.

After years in a high security jail Pat devised a way to communicate with his mate Mick. It was an ingenious ploy using a secret code to tap out messages on pipes. However, the scheme was eventually thwarted when they were transferred to separate cells.

She answered the telephone to hear a very repentant voice. "I'm sorry darling," he said. I have thought it over and decided that you can have the Rolls as a wedding present, we will move to the Gold Coast immediately, and, okay, your mother can come with us, as well, your personal spending money will be \$5,000 a month. Will you marry me?" "Of course, I will," she said, "Who's speaking?"

It was Saturday and the traffic cop signaled the bloke driving the horse float to pull over. "What's your hurry?" he said. The Trainer looked at his watch. I have to be at the track for the first race at 1.30." he said. The cop did a slow navigation of the vehicles, looked in the float, and finally reappeared at the driver's window. "You've got no horses on board," he said. "I know, I know," said the trainer. I'm taking the non-starters aren't I!"

Trivia:

1. The teeth of a rabbit never stop growing. 2. Dolphins jump out of the water to conserve energy. It is easier to move through the air than through the water. 3. The bark of the redwood tree is fire-proof. Fires in redwood forests take place inside the tree. 4. There are 22 bones in the adult human skull. 5. "The Adventures of Tom Sawyer," written by Mark Twain, was the first novel ever to be written using a typewriter.

<u>Daffy Definitions</u>: **AVAIL** headscarf worn by brides. **ACME**, pimples on the face. **ARROWMATIC**, an automatic long bow. **ALIMONY**, the amount paid to see Cassius Clay box.

And finally: Money can't buy friends, but you can get a better class of enemy. Spike Milligan.

From the Joke Books of A. Nonny Muss

COTTON TREE AT MAROOCHYDORE

The sound of the waves and the smell of the sea,

The warmth of the sun beats down onto me.

With sparkling waters, waves crash to the shore,

While surfers wait patiently, looking for more.

People out laughing and all having fun,

Swimming or sunbathing out in the sun.

Golden sands and trees line the shore,

With a gentle breeze blowing at Maroochydore.

Quick as a flash the next day turned grey,

A nasty storm had approached this way.

The beach was desolate, people stayed away,

The beautiful sunshine had not come today.

Next morning we woke to the sound of the sea,

People back surfing and laughing with glee.

The birds were all singing a sweet melody,

To welcome the sun back to Cotton Tree.

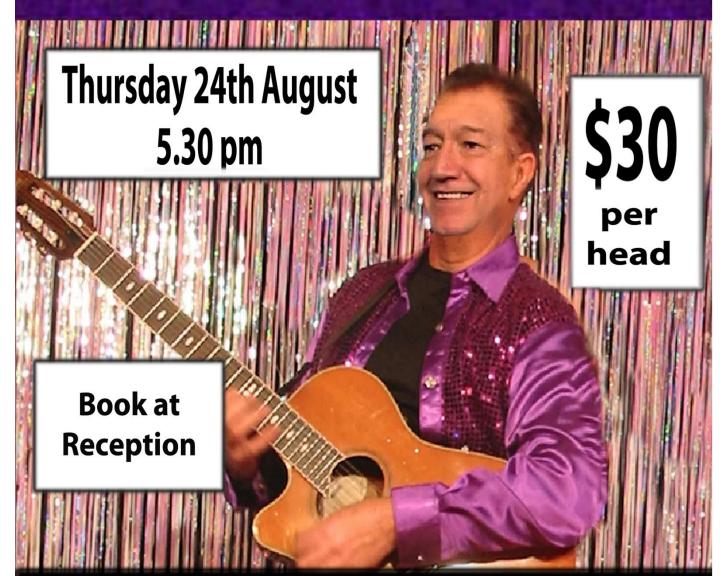
Yvonne Keir

Dance the night away and enjoy Jim's music

Jim Joll presents

Razzle Dazzle

Request quieter seating if dancing not your thing



ROAST BEEF & PORK

BUFFET DINNER

(2 STATIONS)

Dessert Sticky Date pudding

GARLIC BREAD STARTER

Roast POTATO, PUMPKIN & KUMARA.

YORKSHIRE PUDDING, GRAVY,

BEANS & CAULIFLOWER/BROCCOLI

(IN WHITE SAUCE)

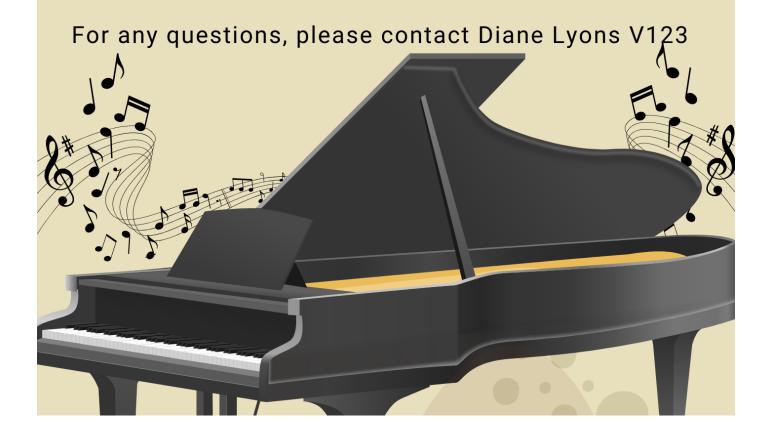
FAIRVIEW PRESENTS A

SUNDAY 27 AUGUST | FROM 4PM IN THE LODGE LOUNGE

Come and listen to classical and easy listening music, played on our grand piano by talented young musicians.

No formal seating.

Just sit in the lounge or dining room and relax.
Why not have dinner at our Relish Cafe after the concert?



SUMMARY OF DECISIONS MADE AT RESIDENTS' COMMITTEE MEETING AUGUST 2023

To assist residents to be informed of decisions made by the Residents' Committee, below is a summary of matters following our meeting of the 8th August 2023. Full minutes will be available in the library following the confirmation of the minutes at the next monthly meeting.

PRESENT: Alastair Glyn-Jones (Chair), Andra Glyn-Jones, Wendy Johnstone, Mark Jennins, Alison Leadley, Barbara Bailey, Gordon Tasker, Averil Denvers APOLOGIES: Angela Woolnough, Terry Middlemost, Marika Laflamme

FINANCIAL POSITION

The balance in the account as at 7 August 2023 is \$1,835.05. The amount on fixed deposit is \$10.000.

GENERAL

The committee discussed the following safety issues.

- The apartment garden path has uneven parts (trip hazards) that need repainting.
- Two lights were not working.
- Yellow lines (no parking) are needed opposite the entrance to the lodge car park and more lines are needed opposite the entrance to Olive Grove and Poppy Vale.

These matters will be reported to management.

New residents: As a number of new residents have arrived, it was thought a new telephone directory was needed. The suggestion was made to date it and all agreed. This matter is to be discussed with Cherie.

Everyone agreed that a welcome gathering for newcomers was needed as well. Another suggestion was to introduce incoming residents in the newsletter, together with a photo, telephone contact and street name and number.

Food scraps recycle: A suggestion was made that the Auckland City provide green bins for all residents in the village. This matter was strongly debated and it was agreed that the proposal could work if the Auckland City Council would be prepared to pick up green bins from the village. This will be followed up.

Committee members were pleased to hear of the new exercise class due to start on the 24th August, which they had agreed to subsidise at the July meeting.

The next meeting will be on 12th September at 10.00 am.

REMINDER FOR RESIDENTS

Please do <u>not</u> park your car on the grass verges. Grass and sprinklers are easily damaged.

Strength and Balance

Monday 21 August - 10.30am – 2nd Floor Lounge Please remember to bring your water bottle – it is very important to keep your fluids up.

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.

Tai Chi – with Weiping

Tuesday 22 August - 1.30pm - 2nd Floor Lounge Monthly prepaid fee of \$20

Do join us in improving our health and wellbeing in a quiet, calm way. Our thanks to the Village Residents' Committee for their ongoing subsidy.

Beautician

Wednesday 23 August - Natalie is at the Village every Wednesday from 9.45am – 4.00pm and works from the Doctor's Room on the 3rd floor.

Call or text on 0211458542 to make your booking.

Dancercise with Libby

Thursday 24 August - 10.45am – 2nd Floor Lounge \$5.00 per person.

We appreciate the subsidy from the Village Residents' Committee.

Restorative Yoga with Joy – Stretch Strengthen Revitalise

Thursday 24 August - 1.30pm - 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Doctor

Please note, Dr Hunter is on holiday and will be away from the village until Thursday $5^{\rm th}$ October.

If you require a Doctor's appointment, please phone Doctor Hunter's practice as there is a locum covering for him.

Podiatrist

Thursday 24th August - 9.00am to 12.00noon – 3rd Floor Doctors Room If you would like an appointment to see Paul Hames, please contact Reception.

WEEKLY SCHEDULE

21 August to 27 August 2023

RECEPTION 477 3900 / NURSES Mob 021 861 706 / BLOKES SHED 477 3966 KITCHEN 477 3957 / HAIRDRESSER 477 3950

	Lite's Oales	0,0050		
Mon 21 Aug	Hair Salon	CLOSED	3 rd Floor Salon with Kim	
	Strength & Balance	10.30am	2 nd Floor Lounge	
	Fairview Fellowship	3.00pm	3 rd Floor Sun Room	
	Line Dancing	4.00pm	2 nd Floor Lounge	
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Lounge	
Tue 22 Aug	Mini Bus –Albany Westfield	9.15am/9.45am/10.15am	Return: 10.30am/11.00am/11.30am	
	Tai Chi	1.30pm	2 nd Floor Lounge	
	Croquet (weather permitting)	1.30pm	Croquet Green	
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start	
	Mahjong	1.00pm	3 rd Floor Games Room	
	Movie Group	7.15pm	The Best of Dad's Army	
Wed 23 Aug	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	
	Fairview Singers	3.00pm	3 rd Floor Main Lounge	
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge	
Thu 24 Aug	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret	
	Podiatrist	9.00am	3 rd Floor Doctor's Room	
	Dancercise Class with Libby (New Class)	10.45am	2 nd Floor Lounge	
	Croquet (weather permitting)	1.30pm	Croquet Green	
	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	
	Razzle Dazzle Dinner	5.30pm	3 rd Floor Main Lounge	
Fri 25 Aug	Hair Salon	CLOSED	-	
	Mini Bus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm	
	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 26 Aug	Croquet (weather permitting)	1.30pm	Croquet Green	
	Cards 500	9.30am	3 rd Floor Games Room	
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm	
Sun 27 Aug	Outdoor Bowls	1.00pm	Assemble for 1.15pm start	
2	Musical Afternoon	4.00pm	3 rd Floor Main Lounge	



Father's Day Lunch SPECIAL SUNDAY ROAST

SUNDAY 3 SEPTEMBER
SEATINGS AT 12PM & 12.30PM



\$20/person

Bookings at reception by Thursday 31 August 12pm

Traditional Roast Beef & Gravy
Roasted Vegetables
Broccoli & Peas
Yorkshire Pudding

Add a delicious dessert for only \$5

Apple Crumble served with custard



Welcome to family & friends.



Our Fairview fathers
will receive a
complimentary dessert
on presentation of a
voucher given at time of
booking.



Dinner Menu 21 to 27 August

Bookings by 1 pm on the day (please phone 477 3957) Small Meals \$17 – Large Meals \$19 \$2.00 Delivery Fee applies per Villa

Monday / Pork

GF Pork Teriyaki, vermicelli noodles and stir-fry vegetables

Tuesday / Chicken

Chicken Schnitzel, napolitana sauce in basil fettuccine pasta with garlic ciabatta bread

Wednesday Roast / Pork

GF Pork Roast, apple sauce, gravy, steamed vegetables, roasted carrots, potatoes

Thursday / Beef

GF Beef Roast, gravy, potatoes, roasted pumpkin, steamed vegetables

Friday / Fish

Battered market fish, slaw and fries

Saturday / Lamb

GF Braised Lamb, jus, mint sauce, sauteed savoy cabbages, mashed potatoes

Sunday Roast

GF Beef Roast, gravy, mushy peas, buttered corn, roasted pumpkin, potatoes, Yorkshire pudding

Alternative TAKEAWAY Dinner Menu - in foil tin

AVAILABLE ALL DAY, JUST CALL IN, LIMITED BATCHES WEEKLY

Braised beef and roasted vegetables \$15 Smoked fish pie \$15 Lamb shanks \$17



