

The Village News

From the CEO's desk

As another week draws to an end, I would like to acknowledge and thank all those residents who have popped in with warm greetings whilst I am covering for Marika.

I met with your residents committee at their Tuesday meeting this week.

Our German theme - night on Tuesday was a great success with over 90 residents attending. I have had great feedback from residents.

Sophie Pink Fashions was well attended on Wednesday with thanks to the volunteers who assisted in making this a great event. I hope you all enjoyed the complimentary bubbles.

The gardening team completed the weed spraying exercise before Cait went away on leave last week. Weather permitting we will be fertilising the lawns towards the end of the month. We will need some reasonable evidence of rain coming our way before we make that final decision. Again weather dependant we will be seeding the lawns as needed in September.

The fountain at the front entrance is just about completed now and we are all crossing fingers that this will be a nice addition to the front entrance of the village.

The rates rebate forms for the rating year 1st July 2024 to 30th June 2025 are now available at reception.

Cherie will be away on annual leave tomorrow and returning next Wednesday. Vicki Pritchard will be covering on reception.

We are seeing a low level of reporting on Covid cases across both villages and urge you all to take care of yourselves. Please let Cherie at reception or Maria our Head of Well Being know if you are testing positive and they will advise you on how to manage this.

The next inorganic rubbish collection will be taking place between 21st October and 25th October 2024.

The Annual general Meeting will be held Tuesday 24th September at 10.30 am so please save the date.

Upcoming events – Refer to the flyers in this newsletter

- Friday 16th August 2pm – Grief Centre Presentation on Grief & Loss
- Wednesday 28th August 10am – Ladies' Group Morning Tea
- Friday 30th August - Daffodil Donut Day fundraising
- Sunday 1st September 12pm - Father's Day Lunch

Have a great weekend.

Terry



Health and Wellbeing Corner

Dear Residents,

Ambulance officers to strike

More than 2500 ambulance officers have voted to go on strike later this month. These dates will be Tuesday the 20th of August and again on Saturday the 24th of August. Life threatening and time critical transfers will still be answered.

We would advise our residents to speak to your families or friends and have a plan for someone that is able to transfer you to the hospital if need be on those dates.

Those of you that are volunteer drivers could you please let the nursing department know if you are available on those dates and the times that you would be likely to be available.

We hope that this strike can be averted but it is best to be prepared.

Nurse Call Upgrade

Nurse call will be down on Monday 19th August from 11.00am – 12.00 noon due to an upgrade. In an emergency, please contact the nurse on 021 861 706.

Tomorrow we have a fabulous presentation on Grief and Loss, I have seen this presentation before at a conference and thought I would love you all to learn a little from this.

Today, we would like to address an important topic that touches us all at different stages in life: grief and loss. Often, we associate grief with the loss of a loved one, but grief can manifest in many forms, including the loss of mobility, independence, memory, or even everyday abilities that we once took for granted.

Understanding Grief and Loss

Grief is a natural response to loss. It is a complex and deeply personal experience that can arise from various situations, not just the passing of someone dear or our fur-baby. As we age, we may encounter different types of losses that impact our lives in significant ways. Understanding that these feelings are normal and valid is the first step in managing them.

Types of Losses We May Experience:

Loss of Mobility:

As our bodies age, we may face physical limitations that restrict our ability to move as freely as we once did. This can lead to feelings of frustration, sadness, and a sense of loss.

Loss of Independence:

Losing the ability to drive, manage daily tasks independently, or make decisions can be deeply challenging. This loss of autonomy can evoke strong emotions and require significant adjustments.

Loss of Memory:

Memory loss, whether due to aging or conditions like dementia, can be distressing. The inability to recall names, places, or events can lead to feelings of confusion, fear, and grief over the loss of cognitive abilities.

Loss of Roles and Identity:

Retirement, moving to a new living situation, or changing social roles can bring about a sense of loss. The transition from being an active worker, parent, or caregiver to a more passive role can be difficult to navigate.

Loss of Social Connections:

As we grow older, we may experience the loss of friends or social networks, leading to feelings of loneliness and isolation.

Coping with Grief and Loss

Grieving these losses is a natural and necessary process. It's important to allow yourself to feel and process these emotions. Here are some ways to cope with grief and loss:

Acknowledge Your Feelings:

Recognize that it's okay to feel sad, angry, or frustrated. These emotions are a normal part of the grieving process.

Seek Support:

Talk to friends, family members, or professionals about what you're going through. Sharing your feelings can help you feel less isolated and more understood.

Engage in Meaningful Activities:

Focus on activities that bring you joy and fulfillment. Whether it's a hobby, volunteer work, or spending time with loved ones, staying engaged can help you find purpose and satisfaction.

Practice Self-Compassion:

Be gentle with yourself during this time. Grief is a process, and it's important to allow yourself the time and space to heal.

Join Support Groups:

Consider joining a support group where you can connect with others who are experiencing similar losses. These groups can provide a sense of community and shared understanding.

Seeking Help

If you find that grief is overwhelming or persistent, don't hesitate to reach out for professional help. Speaking with a counsellor, therapist, or grief support specialist can provide additional tools and strategies for coping with loss.

Closing Thoughts

Grief and loss are inevitable parts of life, especially as we age. However, by acknowledging these feelings and seeking support, we can navigate these challenges with strength and resilience. Remember, you are not alone—your Fairview community is here to walk with you every step of the way.

Hope to see so many of you there tomorrow.

Upcoming events:

August 16 – **TOMORROW** Grief and loss 2.00pm

I will be commencing alarm and pendant testing starting this week, IF YOU DO NOT WANT ME TO ENTER your property if you are out, please contact me directly to arrange a suitable time to complete this on : 021 861 706.

Wishing you all a week filled with, gratitude, and happiness!

Maria and the nursing team

Firewall update this Tuesday 20 August around midnight

Lexel will be upgrading the network firewalls this Tuesday night around midnight.

There will be a small window where the internet service will be out of action and will affect Nurse Call for maybe 5 – 10 minutes. Internet access for residents will be down for 5-10 minutes.



From the Chef's Oven

Did you know....

1. That selected cabinet food is HALF PRICE after 2pm including soup, sandwiches and salads.
2. Every Wednesday there is a drop off container for your used oil. Simply hand it over to one of our kitchen staff. We do not accept any other kitchen condiments, just your used oil.
3. We will be asking you to sign our café till receipts every time you use your Fairview charge card.
4. We have our own RELISH CAFÉ LOYALTY CARD - Collect 9 coffee stamps and the 10th coffee is on us. Just ask one of our team and every time you order coffee and we will stamp your card.

Crockery

We are running out of crockery, especially the lasagne and fish pie oval plates. Can these please be returned to the kitchen.

Donut Friday

Donut Friday tomorrow as usual! Donuts are \$4 each or 3 for \$10. Better be quick, first come first served.

Ladies' Group Morning Tea – Wednesday 28th August 10am

Every 4th Wednesday of the month, we will be hosting a special morning tea for the ladies. Please see the flyer at the end of this newsletter. Please book at the Café by 12pm, Monday 26th August

Lunch with Dad for Father's Day - Sunday 1st September 12pm

Our menu for Father's Day is out and you can book and pay at reception. We have a two-course meal for only \$25. All Dads & Grandads will receive a complimentary beer on this day. Our standard Café Menu will be open from 8am to 11:30am only as we will be serving our two-course meal at 12pm. Barista coffee will be available all day.

Chef's Special for the month of August

This month we will take a culinary journey to Thailand with a warm Thai beef salad. Marinated beef strips served on a bed of soba noodles and garden salad paired with a ginger, lime and sesame dressing topped with fried shallots and dukkha sesame seeds. Give it a try, it's delicious!



Happy Tuesday, Happy Residents

Thank you all for supporting our Tuesday 2 for 1 dinner. We served over 90 residents.



This Week's Frozen Meals

We have beef brisket, corned beef, lamb stroganoff, roast lamb, braised beef and fish pie. There is no cut off time for frozen meals as you just pick them up from the café. If you would like them heated and delivered, the same dinner cut off time applies which is 12:00pm.

Kitchen Ala Carte Menu:

Have you tried our eggs benedict? It can be ordered with smoked salmon, streaky bacon or vegetarian.

Daffodil Day Coffee and Donut Combo

On Friday 30th August come and grab a delicious homemade donut and a small hot drink to raise money for Daffodil Day. This combo includes a small hot drink plus a donut for \$8 and \$1 of the sale will be donated to the cancer Society.

Gentlemen's Breakfast

The next gentlemen's breakfast will be on Friday 13th September at 10am. We will be serving homemade pancakes (2 pcs) with streaky bacon and banana served with seasonal fruits and maple syrup for only \$12.00. Payment and bookings are at the Café.

Spring Dinner Dance Function

Wednesday 11th September at 6pm - Save the date.

Our Spring dinner dance menu will be out soon. This will be a 3 course meal. Bookings and payment are to be made at reception.

Noris and the Relish team.



Hair Salon Update

Kim has been working hard to find another hairdresser to help out while she is away. She has organized for Lisa, the hairdresser in Fairview Care, to help on Friday 16th August and Friday 23rd August from 11.30am to 3.00pm.

Sophie Pink Fashion Parade

The fashion parade was a great success with over 70 residents attending.

Thank you to the lovely models, Louise, Margaret, Wendy, Pam and Sandy.

Thank you also to the ladies that helped behind the stage Marlene, Jackie, Lois and Elaine.



What's on this coming week and next



Movie Group – Tuesday 20 August – Dr Zhivago

Amid World War I, Dr. Yuri Zhivago, a physicist and poet, tries to fight his inner demons when he is attracted to a woman despite being married to the love of his life.

Starring Julie Christie, Omar Sharif, Alec Guinness.

You are very welcome to join our Movie Group each week. Take a comfortable chair and enjoy good entertainment on a big screen with awesome sound. Don't miss the musical concert movie at the end of each month. Peter Woolnough



Friday Night Raffle – 9th August 2024

This week we sold 4 majors.

Sandie Jennins drew the dwelling draw. Won by Luella Jacobson Congratulations Luella.

Neville Turner drew the main raffles. The winners were:-

Patrick Knell, Dianne Turner, Dave Ellis, Bruce Benfell, Earl Troughton, Dulcie Kortegast, Adele Carlisle, Ruth Duxfield, Lois Hadfield, Ian Johnstone, Monica Creedon, Jill Draper, Brian Sutherland, Clive Sandham, Robin Hood, Owen Young, Joan Poultney, Andra Gyn-Jones, Pam Glaum, Luella Jacobson, Viv Hood, Sandie Jennins.

Congratulations to all our winners.

Ian Johnstone Tel: 021 855227

On Behalf of Diane Brown

Raffle Convener – Tel: 4783581



East Coast Bays Catholic Parish - Friday 16th August

Our Liturgy Service for this month will be held in the Sunroom on the 3rd Floor on Friday 16th August at 11.00am. Holy Mass will be celebrated by a priest of our Parish. We are indeed 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 – Monday 19th August

The weather is too wintry at present for garden tours, so we have planned a trip to "Blossoms" at Riverhead for a club lunch on Monday 19th August. Leaving at 11am. (So sell up your investments to pay for the lunch!!).

Interested, phone Anne Pike 475 6741.



Quiz Night – Sunday 25th August

The August questions will be on: **General Knowledge 1, The Romans, Mottos, Vegetables, Hands & Feet** and **General Knowledge 2**. The first question is asked at 7.00pm and quizzers are home by 8.45, so why not give it a go? You can expect an entertaining evening of fun and laughter. Bring a bottle

of wine and some nibbles. The cost is \$2 per quizzer with cash prizes for the winners.

We will see you there!



Fairview Fellowship

Next meeting

Monday 26th August at 3pm

3rd Floor Sun Room

Our Christian Fellowship group meets each month for friendship and to hear from an invited speaker. We are an interdenominational group where visitors are most welcome.

Enquiries to Bronwen Charlesworth 021 920 000



John's Jaunts – Wednesday 28th August

We will be going to the Kauri Museum leaving the Lodge at 10.00am. Please phone John Gardner on 479 9318 to secure your seat on the bus.



Garden Club – Trading Table in October

The Trading Table will be held in October this year. If you are able to pot up some cuttings or any other plants or items, it would be appreciated as this is our only source of finance to keep the club running.

Regards, Anne Pike

Residents' Notices

All Blacks vs The Pumas



**The All Blacks vs The Pumas second test.
Saturday 17th August. Kick off at 7-05pm.
Come and watch the match on the big screen in the lounge, level 3.**

Barry Jones

Fairview Singers

From now, the Fairview Singers will be in recess until they are ready to resume – I will let you know in the newsletter.

Len Hancy

Bingo

Despite the Olympics and the All-Blacks Games, our dedicated Bingo players came for a night of fun, laughter and "money".

Congratulations to all our winners especially our lucky Jackpot winner Lorraine Dale who won \$100. We look forward to seeing you all again on 7 September, our next Bingo Night.

The Bingo Team

Sail City Stompers

The concert was well attended, great traditional jazz music and an excellent history lesson on New Orleans music roots.



**NOTICE FROM THE LIBRARY
MISSING BOOK**

The Hospital by the River by Catherine Hamlin

We have a most inspirational talk by Hamlin Fistula NZ coming up on Sunday 18th August, organised by Bronwen Charlesworth. We do have this book in the Library but it seems to be missing at the moment. Perhaps a resident is enjoying it - if so, we would appreciate it if it could be returned as soon as it is read.

NOTICE FROM THE LIBRARY

GENERAL - MISSING BOOKS

One of our very hard-working committee members has been working on the book databases. We have found that we have a large number of books missing. It would be appreciated if residents could kindly check their bookcases, etc for any books that belong to the Library. Please just pop them into the Returns box - 'NO QUESTIONS ASKED!' Many thanks.

Reading is a basic tool in the living of a good life.

– *Mortimer J. Adler*

LAUGHTER LINES

More Trivia:

1. In English, the number four is the only digit that has the same number of letters as its value.
2. The average depth of the ocean is four kilometres.
3. More people are killed by donkeys each year than are killed in plane crashes.
4. Women blink nearly twice as much as men.
5. Our eyes are always the same size from birth, but our nose, ears, hair, toe nails and finger nails never stop growing.

One Liners:

1. Growing your own tomatoes is the best way to devote 3 months of your life for a saving of \$2.47.
2. When you think about it, egg salad is still chicken salad.
3. Good mothers let you lick the beaters after making cake icing. Great mothers turn them off first.
4. Wife: Do I look fat? Husband: Do I look stupid?
5. Jellyfish have survived for 650 million years despite not having a brain. This fact gives so many people hope.
6. I don't always carry the grocery bag on one arm, but when I do the car keys are always in the wrong pocket.
7. I just got a full tank of gas for \$22.00! Granted, it was for my lawn mower, but I am trying to stay positive.

For the past 25 years, my wife has been complaining about me not putting the cap back on the toothpaste. This anniversary, I decided to change this bad habit and make my wife happy. For a week, I was diligent, always capping the toothpaste. I was expecting my wife to thank me, but she never did. Finally yesterday while having dinner, she turned and looked at me and said – “Why have you stopped brushing your teeth?” Marriage is a difficult relationship, I tell you.

I was visiting my daughter last night when I asked her if I could borrow the newspaper. “This is the 21st century,” she said, “We don't waste money on newspapers. Here, use my iPad.”
I can tell you this....that fly never knew what hit him.

An old man, who'd been a lifelong member of the Socialist movement, was on his deathbed, and his son – also a lifelong Socialist – asks his father if there is anything he's left undone, anything he'd like to do before his life is over. The old man says, “Yes, there is one thing. I'd like you to organise for me to become a member of the Conservative Party.” The son is shocked. “You can't do that. It goes against everything you've stood for all your life.” “Maybe so,” says the old man. “But if someone has got to die, I'd rather it was one of theirs than one of ours.”

A woman was sitting in the lounge reading the newspaper when her husband rushed past her into the hall, looked at the doormat and then went back to his study. A little later the same thing happened again. Five minutes passed and the husband stormed into the hall for the third time. “Is there anything wrong, dear?” the woman enquired. “Yes there is, he replied furiously. “My stupid computer keeps telling me “You've got mail”.”

And finally: At the AGM of the Clairvoyants' Association, they read out the minutes of next year's meeting.

From the joke books of A. Nonny Muss

Fairview Residents Social Committee
requests expression of interest to attend a concert of

Forest of Harps



With a large repertoire of music the Forest of Harps concert will last 45 minutes with time to answer questions and allow the audience to try a harp.

Saturday 7th December either 10:30am or 3:00pm

Tickets are just **\$10** per person

We need a minimum of 40 people to register, so please invite family and friends from outside Fairview village so we can secure these wonderful artists.

Please register with Cherie at the front desk

FOREST OF HARPS

Come along to hear Bev Wade's granddaughter who will, hopefully, be playing in the Forest of Harps concert on December 7th.

Please put your name down with Cherie by August 15th.

Thanks Angela



Grief Centre

support + education

The Grief Centre is a charitable trust and their vision is to support all people living through loss.

They provide loss and grief counselling, resources and support groups for anyone experiencing any form of significant loss.

The Grief Centre Birkenhead will be presenting at Fairview Village on **Friday 16th August at 2pm**. Our friends from Settlers & family are welcome.

For those attending, please confirm your presence by ticking the list on the easel notice board at Reception.

Loss and Grief in the Village

Loss and grief for residents is almost inevitable at some stage during their life in the village. This presentation from Katrina King, General Manager of the Grief Centre, will cover:

- What is grief?
- Grief and life transitions: retirement, selling the family home, loss of close friends/family, illness etc.
- Grief literacy: how to be comfortable talking about grief.
- How to support residents and staff.
- Practical tools and tips for working alongside loss and grief.

Resident, Bronwen Charlesworth, is organising the following event in the Level 2 Theatre, followed by a light afternoon tea. Please RSVP to Bronwen.



Hamlin Speaking Tour

Sunday 18 August

2pm - 3.30pm | Fairview Lifestyle Village

A story of hope - the Hospital by the River

Come and be inspired by the team from Hamlin Fistula NZ followed by a light afternoon tea. All welcome. The event is free of charge.

Please RSVP **BRONWEN 021 920000**

VENUE: 21 Fairview Avenue, Fairview Heights, Auckland



The Hamlin Speaking Tour is a vital awareness raising event to help Hamlin Fistula NZ continue the incredible work started by Drs. Reg and Catherine Hamlin in treating and preventing devastating childbirth injuries (obstetric fistula) across Ethiopia. www.hamlinfistula.org.nz  HamlinNZ

LADIES' GROUP

morning tea

Wednesday 28th August 10am

4th Wednesday of every month

\$10/person including
1 savoury & 1 sweet treat
A drink of your choice

*Pay & book at Relish Cafe
by Tue 2nd Aug 12pm*





Friday 30th August
Cancer Society
Daffodil Day

Come and grab a delicious
homemade donut
and a small hot drink in our Relish
Cafe to raise money for the cause!

**\$8 including a small hot drink
and homemade donut**

**\$1 of the sale proceeds
will go to the Cancer Society,**



Father's day

LUNCH WITH DAD & JOIN US FOR A SUNDAY ROAST

Sunday 1st September 2024

Serving all tables at 12pm

2-course meal - \$25/person

TRADITIONAL BEEF ROAST

Served with peas & glazed carrots,
roasted pumpkin & kumara,
Yorkshire pudding

DESSERT

Warm apple tart
caramel glaze & custard sauce

Book & pay at Reception by 29 Aug 1pm

Complimentary Heineken to all Dads



FLOWER POWER!!!

Spring Dinner & Dance
Wednesday 11th Sept 6pm

**Save the date &
get your groove on!**

**Full menu &
more details to come**

\$35/person
3 course dinner

**Book & pay at
Reception**

**Entertainment
by 3 Decibelles**



Strength and Balance

Monday 19 August - 10.30am – 2nd Floor Lounge
Please remember to bring your water bottles.
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.

Beautician

Wednesday 21st August.
Natalie is at the Village every Wednesday from 9.45am – 4.00pm.
She works from the Doctor's Room on the 3rd floor.
Call or text on 0211458542 to make your booking.

Restorative Yoga with Joy – Stretch Strengthen Revitalise

Thursday 22nd August - 1.30pm – 2nd Floor Lounge
Monthly prepaid fee of \$20.00
We appreciate the subsidy from the Village Residents' Committee

Aqua Class with Libby

Friday 23 August – 9.15am – Level 2 Swimming Pool
\$5.00 per class

Attendance at the aqua class has been dropping and Libby will not be able to continue if people don't attend more regularly.

Doctor

Thursday 22 August – 2.00pm to 3.45pm – 3rd Floor Doctors Room
Please contact reception if you would like an appointment to see Dr Paul Hunter

Podiatrist

Thursday 22 August – 9.00am to 12.00 noon – 3rd Floor Doctors Room
Please contact reception if you would like an appointment to see Paul Hames

WEEKLY SCHEDULE

19 August to 25 August 2024

RECEPTION 477 3900 / NURSES Mob 021 861 706 / BLOKES SHED 477 3966

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 19 Aug	Hair Salon with Kim (CLOSED)	9.30am	3 rd Floor Salon with Kim
	Strength & Balance	10.30am	2 nd Floor Lounge
	Line Dancing	4.00pm	2 nd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Lounge
Tue 20 Aug	Minibus – Albany Westfield	9.15am/9.45am/10.15am	Return 10.30am/11.00am/11.30am
	Croquet (weather permitting)	9.00am	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	Dr Zhivago
Wed 21 Aug	Hair Salon with Margaret	9.00am – 1.00pm	3 rd Floor Salon with Margaret
	Petanque	9.30am	Petanque Court
	Beautician	9.45am	3 rd Floor Doctors Room
	Dance Practice (POSTPONED) Will resume in 4 weeks' time	9.30am	2 nd Floor Lounge
	Scrabble	1.30pm	3 rd Floor Games Room
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 22 Aug	Hair Salon with Margaret	9.00am – 1.00pm	3 rd Floor Salon with Margaret
	Podiatrist	9.00am	3 rd Floor Doctor's Room
	Croquet (weather permitting)	9.00am	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 Sunroom
	Yoga with Joy	1.30pm	2 nd Floor Lounge
	Dr Hunter	2.00pm	3 rd Floor Doctor's Room
Fri 23 Aug	Hair Salon with Lisa	11.30am to 3.00pm	3 rd Floor Salon with Lisa
	Minibus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Aqua Class with Libby	9.15am	Level 2 Swimming Pool
	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 24 Aug	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 25 Aug	Outdoor Bowls	1.00pm	Assemble for 1.15pm start



Relish Café
By Chef Noris & Team

Dinner Menu

19th to 25th August

Bookings by **12pm**
(Please phone 09 477 3957)
Small meal \$18.00 – Large meal \$20.00
\$2.00 delivery fee applies per Villa

Monday (Beef)

GF Beef Bourguignon on a bed of mashed potato, green beans and carrots

Tuesday (Chicken)

GF Famous Butter Chicken, steamed vegetables, aromatic jasmine rice with roti

Wednesday Roast (Choice of meat)

*GF Roast Lamb Shoulder, jus & gravy, or Chicken Roast
Both served with peas, maple glazed carrots, mashed potatoes.*

Thursday (Pork)

*GF Pork Roast with apple sauce, steamed peas
Served with roasted pumpkin, potato & kumara*

Friday (KIWI classic)

*Market Beer-battered Fish with tartare sauce , slaw and fries
Or Baked Salmon with hollandaise sauce, steamed vegetables and mashed potatoes
(large only)*

Saturday (chicken)

*GF Grilled Chicken with BBQ sauce , homemade baked and
seasoned potato wedges, buttered corn & peas*

Sunday Roast (Kiwi Classic)

*Beef Roast in classic gravy, peas, roasted pumpkin, carrots & potato, Yorkshire
pudding*

Optional Dinner Menu – in foil tin:

Beef brisket, corned beef, lamb stroganoff, roast lamb, braised beef and fish pie.