

The Village News

Reception Phone:477 3900 Nurses 24 hours:021 861 706 20 January to 26 January 2025 No. 355

From the Manager's desk

Nicki Currin

Nicki Currin our fabulous village administrator has sadly resigned from her role at Fairview with her last day being Wednesday the 12th of February. Nicki has worked for the company for six and half years starting in Fairview Care before moving across to the village in December of 2019. Nicki's bubbly can do attitude will certainly be missed by all at the village as will her extensive knowledge. Nicki has been offered a wonderful opportunity within her chosen career and passion of retirement living and we wish her all the very best in her new role. Good luck Nicki and don't be a stranger!

Welcome to our new residents

Welcome to Jill and Murray Keenan who move into Villa 102 today. We are delighted to have them join our wonderful community and know they will enjoy everything Fairview Lifestyle Village has to offer.

Residents' birthday morning tea

We will be having this month's residents' birthday morning tea on Friday 17th January at 10.00am in the main lounge. I look forward to the opportunity of meeting with those residents celebrating their special day this month.

Lift smoke curtain servicing

A technician will be testing the lift smoke curtains in the Lodge on Tuesday 21st January commencing at 10.00am. This is expected to take 15 minutes. We apologise for any inconvenience.

Painting villa roofs

Platinum Painters will be recommencing the villa roof painting next Wednesday 22nd of January. The schedule of works is as per below with accompanying comments, please note the direction about parking of vehicles. Whilst all care is taken, with the wind it is likely that there will be overspray so vehicles should be parked in garages. Please advise any visitors of the same to prevent any issues.

Villa Roof Painting

Day	Date	Works	Villas	Notes
Wednesday	22-Jan	Erect edge protection	136 & 137	
Thursday	23-Jan	Fix Pointing	137 & 137	
Friday	24-Jan	Fix Pointing	138 & 137	
Saturday	25-Jan	No work	139 & 137	No work
Sunday	26-Jan	No work	140 & 137	No work
Monday	27-Jan	No work - public holiday	141 & 137	Public Holiday
Tuesday	28-Jan	Fix Pointing	142 & 137	
Wednesday	29-Jan	Spray primer coat	143 & 137	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Thursday	30-Jan	Spray primer coat	144 & 137	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Friday	31-Jan	Spray primer coat	145 & 137	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Saturday	1-Feb	No work	146 & 137	No work
Sunday	2-Feb	No work	147 & 137	No work
Monday	3-Feb	Spray primer coat - if needed	148 & 137	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road

WashCo

WashCo commenced the building and window wash this week. They will need to gain access to apartment balconies to clean the windows next week. Please be advised that should you not be home at the time of the visit, Washco personnel will be granted access to your apartment. If you have any concerns, please let me know. Please see schedule in newsletter.

Carpet Cleaning in Level 3 Lounge

Please be advised that the carpet in the Level 3 Lounge will be cleaned on Thursday 30th January, starting at 7:30am. The cleaning process is expected to take approximately 3 to 4 hours. We apologise for any inconvenience and appreciate your understanding.

Upcoming Events

- Bingo – Saturday 1st February 7pm
- Gentlemen's Club Breakfast – Friday 7th February 8.30am
- Valentine's Day Dinner – Friday 14th February 6pm
- Ladies Club Afternoon Tea – Tuesday 18th February 2pm
- Happy Tuesday 2 for 1 dine-in deal – Tuesday 25th February 6pm

Gary Jarvis



Health and Wellbeing Corner

Embracing a Healthy Diet: The Taste of Summer and the Mediterranean Way.

Summer is a season of abundance, with vibrant fruits and vegetables filling our markets and plates. It's the perfect time to embrace the benefits of a healthy diet, nourishing our bodies with the goodness nature provides. As we age, good nutrition becomes even more critical, supporting our overall health, vitality, and longevity.

The Bounty of Summer

The summer season brings a rainbow of fresh, delicious produce, all packed with nutrients that keep us feeling our best.

Fruits to Enjoy: Berries, watermelon, peaches, plums, and kiwi are rich in antioxidants and vitamins.

Vegetables to Savor: Tomatoes, cucumbers, zucchini, capsicum, and leafy greens provide essential minerals, fibre, and hydration.

Make the most of these seasonal delights by incorporating them into your meals. Whether it's a refreshing fruit salad or a crisp vegetable stir-fry, these foods are as tasty as they are nutritious.

The Mediterranean Diet: A Recipe for Healthy Aging

The Mediterranean diet is widely praised for its health benefits and is especially beneficial as we age. It focuses on whole, minimally processed foods and healthy fats, which support heart health, brain function, and overall well-being.

Key Features of the Mediterranean Diet

Plenty of Vegetables: Fill your plate with a variety of colorful veggies at every meal.

Fruits as Snacks: Opt for fresh fruit instead of processed treats.

Healthy Fats: Include olive oil, avocados, and nuts for heart-friendly fats.

Lean Proteins: Enjoy fish, chicken, eggs, and legumes for balanced protein intake.

Whole Grains: Choose whole-grain bread, pasta, and rice for lasting energy.

Herbs and Spices: Use fresh herbs and spices to flavor your meals instead of salt.

Why Good Nutrition Matters as We Age

A healthy diet is the foundation for maintaining strength, energy, and immunity as we grow older.

Nutrient-rich foods:

Support muscle mass and bone health.

Boost the immune system to help fight illnesses.

Enhance digestion and prevent constipation.

Protect against chronic conditions such as heart disease and diabetes.

Improve cognitive function and mental clarity.

Making Healthy Choices Simple

Plan Balanced Meals: Include a mix of proteins, healthy fats, and fiber-rich carbs in every meal.

Stay Hydrated: Pair your nutritious meals with plenty of water, especially in the summer heat.

Treat Yourself Wisely: Enjoy indulgences in moderation, savouring special treats like a scoop of gelato or a slice of pavlova.

A Delicious Journey to Well-Being

Eating well doesn't mean sacrificing flavour—it means embracing the delicious, wholesome foods that make every meal a pleasure. This summer let's celebrate the joy of eating well and staying healthy, one bite at a time.

Here's to vibrant health and delicious days ahead!

Nurse Maria & the nursing team



From the Chef's Oven

Did you know?

1. We have lots of kitchen condiments and we kindly ask all residents to remember that condiments such as ketchup, salt, and pepper are available for use in the dining lounge. If you borrow any condiments, please be sure to return them to the lounge after use so that they can be enjoyed by others. We appreciate your cooperation in keeping these items available for everyone and ask that they not be taken home. Thank you for helping us maintain a shared and pleasant dining experience!
2. We serve Barista Coffee from 8:00am to 4:00pm daily. There is also a \$1 coffee machine near the water and condiments station.
3. We have a "used oil" drop off every Wednesday. Accepting only used oil and not any other kitchen sauces.
4. We accept party reservations and private catering, either a birthday party, Christmas get together or even a small catch up with friends. Just book your dates and let us know your requirements and we will organise for you.

Alternative Dinner / Frozen Meal Sale – Friday 17th January

BUY ONE GET ONE FREE! There will be a special one-day sale on our delicious frozen dinner meals! If you're looking for a convenient and tasty alternative to our regular dinner menu, this is the perfect opportunity. Our frozen meals are crafted with the same care and quality as our regular offerings, and they're ready to heat and enjoy whenever you need them. Stock up on your favourites or try something new—this limited-time sale won't last long, so don't miss out on a hassle-free dinner option for those busy days! Some of the frozen meal selections are beef roast, lamb shanks, lamb bourguignon, braised beef and more.

Staff Updates

As we have a lot of new residents in the village, we will introduce our kitchen team members. This week, we're starting with Chef Abdel, our expert in creating a variety of flavourful dishes that everyone loves. With over 10 years of experience, Chef Abdel brings creativity and a passion for fresh, local ingredients to every plate. He is Moroccan by nationality and grew up in Belgium. He specialises in creating French and Italian dishes. We will introduce another amazing member of our kitchen team next week.



Donut Friday

Don't forget our donut Friday tomorrow, homemade by our talented baker Celeste. It's only \$4 each or 3 for \$10. Better be quick, first come first served.

Upcoming Events:

- **Friday 7th February at 8:30am – Gentlemen's Club Breakfast**
Bookings and payment at the café. See flyer in newsletter.
- **Friday 14th February at 6pm – Valentines Day**
Bookings and payment at reception. See flyer in newsletter.
- **Tuesday 18th February at 2pm – Ladies Club Afternoon Tea**
A special afternoon tea of one sweet and one savoury plus your favourite barista coffee for only \$10. Bookings at the Café.
- **Tuesday 25th February at 6pm – Happy Tuesday 2 for 1 Dine-in Deal \$20**
Join us on our first Happy Tuesday of the Year – This time we will take you to FRANCE, we will have a culinary tour of their famous Ratatouille and poulet grillé with a twist (chicken and vegetable stew) and pana cotta as an optional dessert. Bookings and payment are now at Reception accepting maximum of 76 seats.

Café Holiday Opening Hours:

Monday 27th January - CLOSED

Thursday 6th February - CLOSED

Chef Lunch Special for Month of January

Prawn Tacos - 2 pieces of soft shell tacos served with a generous amount of salad greens, mashed avocado, topped with 4 pieces of crumbed prawns, drizzled with aioli and served with chipotle mayonnaise

Noris and the Relish Team





Gardening Update

Hello everybody!

A belated Happy New Year to everyone in the village, I hope you had a lovely Christmas and some time with loved ones.

Some residents have expressed uncertainty about the irrigation system regarding timing, duration etc. The irrigation system runs from 7:40pm to 7:40am and each valve/sprinkler runs for 15 minutes. If you're concerned that the sprinklers are not functioning properly, or are watering the wrong areas, please let me know and I'll adjust/replace them. We've had ongoing issues with the system but after many replaced decoders, solenoids, sprinklers, and pipes we should be back up to 100% functionality.

Apologies to the croquet players. As you know the croquet has started to dry out. We were advised by a third party that we were overwatering the turf, but we've evidently reduced it by too large a margin. We've increased the watering frequency to the previous levels but will have to wait until coring and reseeding in March to see a full recovery.

We were two staff members down during the previous mowing cycle, so the edges were left due to time constraints. We appreciate your patience and will do all the edges next time.

We've been fortunate to have young Jacob helping us over the last two weeks. Despite his height, he's only 14 and this is his first job so please take it easy on him.

Some residents have asked how to dispose of broken glass/crockery. Please wrap broken glass/crockery in newspaper and place in your general rubbish bag for the gardening team to collect on Monday morning.

Lastly, the King Bromeliads at Villa 97 are now in full flower so feel free to enjoy them while they last.

See you out there!

Wesley and the team.

Housekeeping Update

I would like to let everyone know that I am expecting a baby boy in April.
Ellen





Fairview Cleaning Schedule for January 2025

Date	Building
13th January	Villas 1 to 147 - Building & Window Wash
14th January	Villas 1 to 147
15th January	Villas 1 to 147
16th January	Villas 1 to 147
17th January	Villas 1 to 147

20th January	Apartment Building - Window Wash Villas 1 to 147
21st January	Apartment Building Villas 1 to 147
22nd January	Apartment Building Villas 1 to 147
23rd January	Apartment Building Villas 1 to 147
24th January	Apartment Building Villas 1 to 147

27th January	Villas 1 to 147
28th January	Villas 1 to 147
29th January	Villas 1 to 147 + Garden Apartments Internal Window Cleaning Requests
30th January	Villas 1 to 147 + Garden Apartments Internal Window Cleaning Requests
31st January	Villas 1 to 147 + Garden Apartments Internal Window Cleaning Requests

FAIRVIEW INTERNAL WINDOW CLEANING REQUESTS

Requests to be made to reception and paid to WashCo staff at time of cleaning.

- Please ensure access is available on the days scheduled, otherwise you may have to be missed unfortunately. Day and time of cleaning is based on demand. The last day for registering an internal cleaning request is Monday 27 January.
- Payment must be made at time of cleaning in cash (no eftpos, bank transfer or cheque, sorry!) Receipts available upon request.

2 Bedroom Villa	\$60
3 Bedroom Villa	\$80
1 Bedroom Apartment	\$35
2 Bedroom Apartment	\$40

What's on this Coming Week and Next



Movie Group

Resuming 28th January 2025.



Friday Night Raffle

Welcome to the raffles for 2025. We sold four main raffles and two minors.

The dwelling draw was drawn by new resident Wayne Nicholls. The winner was Brenda Lee. Congratulations Brenda.

The main raffles were drawn by another new resident, John O'Leary. The winners were: Dianne Turner, Denis McCarthy, Claude Martignier, Barrie Flint, Bruce Benfell, Chris Nicholls, Neville Turner, Brynley Goodger, Paula Turner, Clark Robbie, Margo Sturmey, Elaine McClintock, Richard Jacobson, Lois Hadfield, Peter Croft, Viv Hood, Bev Wade, John Gardner, Patrick Knell, Rosalie Hancy, Wayne Nicholls, Gisela Taylor, Bryan Taylor, Liz O'Leary, Linda Pinder and Shirley Hughes.

We look forward to seeing you all again this week.

Diane Brown
Raffle Convenor



Fairview Christian Fellowship

Do join us for a New Year afternoon tea and chat in the main lounge on Monday 20th January at 2pm.

All welcome. Contact Bronwen 02192000



Bingo

Bingo resumes on Saturday 1st February at 7pm in the main lounge. Everyone is welcome.

Residents' Notices

RE: BEV BRAND

David would like to thank and acknowledge all the kind thoughts and support he has received following Bev's passing.

A memorial service will be held on Tuesday 28th January at 1pm at the Waiake Methodist Church, 864 Bach Road, Waiake.

EYE SIGHT PROBLEMS?

If you have problems reading books and small print on food and medical items, you may be interested in the device, which Peter bought for me from Jaycar.

With this inexpensive item, I can now enjoy reading books again.

If you wish to view this special product, we will be in level three lounge tomorrow Friday, January 17 at 3 pm for a demonstration.

Angela and Peter

SAIL GP - AUCKLAND - Jan 18th and 19th

This weekend several Nations will compete in this major sailing event on Auckland Harbour. You can enjoy watching it for free on the large TV in the level 3 lounge.

Saturday at 4 pm

Sunday at 4pm

Peter Woolnough 0274855637

WANTED

We would like to borrow a child's booster seat and child's car seat from 19th February until 7th March.

John and Mary Gardner Ph: 4799318

FOR SALE

Bookcase with doors. Can hang up to ceiling or on the floor.

830mmH x 1160mmW x 205mmL. \$80.00

Tricia 022 152 4091 (Please text)

THANK YOU

Thank you to the gardening team for trimming all the trees at villa 70. You did a fabulous job. Roy Keepin

SCAM

A resident has had a few phone calls from someone, pretending to be from Spark, requesting computer IP number.

If you receive a phone call from Spark asking for your IP number, please hang up.

GARETH'S PUZZLE

Last week's puzzles were

1) What do these 4 words have in common? Haunt , Mumble , Sonic , Granite

2) Answer this question: WAIFUMRTAFV
 HTSOROEHNIE

3) Almost all of the letters of the alphabet are shown below. What word can you make from the missing letters?

BCDEF

GHIJK

NPQRU

VWXYZ

And the answers are:

1) Each word contains the name of a family member - aunt,mum,son,gran.

2) Nine. if you read letters from top line and bottom line alternately, the question reads: What is four more than five.

3) Almost - the first letter in the question, and the missing letters.

And this week's questions:

1) If all the 12 months had 30 days, would the year be shorter or longer?

2) How many squares are there in the outside squares on a chess board?

3) On a standard analogue clock, how many digits appear only once?

4) What does this say? B B
 U U
 R R
 N N
 S S

Have fun!

BUG DOCTOR

Hello again Fairview Lifestylers

Peter, that's me, the Bug Doctor will be treating villas and apartments from Monday 2nd December onwards.

Villas \$115.00 and Apartments \$75.00.

The village gets a great discount (villas 40% and apartments 35% off) compared to the outside world. For those of you that haven't experienced this non-smelling, clear to re-enter in one hour, 6 months guarantee, lasts for a year treatment – then ask your neighbors. I've been in the village for at least 17-18 years and still have my customers on board.

Cheers, Peter.

Phone/text 021 244 5909

LAUGHTER LINES

Lover's Wit:

1. In my house I'm the boss. My wife is just the decision maker. *Woody Allen*
2. I save a fortune on plastic surgery. I just always turn the lights out. *Phyllis Diller*
3. Conrad Hilton gave me a very generous divorce settlement. I ended up with 5000 Gideon bibles. *Zsa Zsa Gabor*
4. I blame myself for my boyfriend's death. I shot him. *Jo Brand*
5. I'd love to go out with you but my favourite commercial is on TV. *Rita Rudner*

What Our Parents Taught Us:

My mother taught me about the science of **OSMOSIS**

"Shut your mouth and eat your dinner."

My mother taught me about the **WEATHER.**

"This room of yours looks like a tornado has been through it."

My mother taught me about **POSITIVE GROOMING.**

"Do you hair; it looks like a birch broom in a fit."

My father taught me about **IRONY.**

"Stop your crying or I'll really give you something to cry about."

My mother taught me **WISDOM.**

"When you get to my age you will understand."

My mother taught me about **ESP.**

"Go and get a jersey on, don't you think I know when you are cold?"

When the sweet young wife met the Chief Executive she gushed, "Oh, so you are John's boss, he is always talking about you Mr Dipstick."

At an interdenominational school in North London, a little catholic boy was arguing with a Jewish kid, " I bet my Priest knows more than your Rabbi," he said. "Well of course he does," answered the Jewish lad, "you tell him everything."

"Darling, I have a confession to make," said Mrs Newlywed to her slightly dense husband. "Before I met you, I was engaged to a boy with one leg called Albert." "Oh, really," said her husband. "What was his other leg called?"

At a remote Army Camp in North Wales, two soldiers were on gate duty at the main gate. A small boy walked past leading a donkey. One soldier nudged the other, "Watch this," he said. "Hey sonny," said the soldier, "why does your brother have a rope around his neck when he goes for a walk?" "In case he tries to join the Army," answered the boy.

It was Talent Time in the local pub and Paddy gave his rendition of 'When Irish Eyes are Smiling' everything he had. When he finished he noticed a woman with a hankie to her eyes wiping away a tear. Thinking that she must have been emotionally moved by his singing, he said to her, "Sorry love, you must be Irish then?" "No, she said, "I am a music teacher."

Finally: "You know I will never repeat gossip, so listen carefully, I will say this only once."

From the Joke Books of A. Nonny Muss (Nonny is on holiday for the next three weeks)



Gentlemen's Club

BREAKFAST MENU

Friday, 7th February | 8:30 am

POACHED EGGS ON TOAST WITH
HASHBROWN, MUSHROOMS &
STREAKY BACON

Book and Pay at Relish Cafe




Ladies Group

AFTERNOON TEA

\$10 per person, enjoy a sweet and a
savory plus your favourite Barista Coffee

Tuesday, 18 February at 2 PM

Bookings and payment at the Cafe



Valentine's Day Dinner

Friday 14th February at 6pm

\$35 per person

Appetizer

Mediterranean Vegetable Crostini Canape

Grilled ciabatta, drizzled with basil oil.

A medley of sun-ripened olives, tangy sundried tomatoes and creamy feta.

Choice of Mains

Slow-cooked Guinness Beef Medallions

4 hour slow-cooked beef medallions, seasoned and cooked in Guinness beer.

Poached Salmon in Prosecco Sauce

Tenderly cooked in golden butter and champagne-infused prosecco sauce.

Both served with silky pumpkin and pomme puree, grilled broccolini, raw julienne beetroot slices and wild rocket salad.

Dessert

Strawberry Mousse

A decadent strawberry mousse accompanied by a vibrant wild berry coulis.

Please book and pay at reception by Wednesday 12th February 4pm

Strength and Balance

Monday 20 January 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 22 January.
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

Resumes Thursday 30th January.

Aqua Class with Libby

Friday 24th January – 9.15am – Level 2 Swimming Pool
\$5.00 per class

Doctor

Thursday 30th January – 2.00pm to 3.45pm – 3rd Floor Doctors Room
Please phone reception to book an appointment with Dr Hunter.

Podiatrist

Thursday 23rd January – 9.00am to 12.00 noon – 3rd Floor Doctors Room
Please phone reception to book an appointment with Paul Hames.

WEEKLY SCHEDULE

20 January to 26 January 2025

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 20 Jan	Hair Salon with Lisa	9.30am	3 rd Floor Salon with Lisa
	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 21 Jan	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 (resuming 28th January)	7.15pm	
Wed 22 Jan	Hair Salon with Kim	9.00am – 1.00pm	3 rd Floor Salon with Kim
	Petanque	9.00am	Petanque Court
	Beautician	9.45am	3 rd Floor Doctors Room
	Dance Practice	9.30am	2 nd Floor Lounge
	Scrabble	1.30pm	3 rd Floor Games Room
	Twilight Croquet	5.00pm	Croquet Green
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 23 Jan	Hair Salon with Kim	9.00am – 1.00pm	3 rd Floor Salon with Kim
	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 (resuming 6th February)	4.00pm	3 rd Floor Sunroom
	Yoga with Joy (resuming 30 January)	4.30pm	2 nd Floor Lounge
Fri 24 Jan	Hair Salon with Kim	9.00am to 1.00pm	3 rd Floor Salon with Kim
	Minibus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Aqua Class with	9.15am	Level 2 Swimming Pool
	Rummikub	1.00pm	3 rd Floor Games Room
	Friday Night Raffle	3.30pm	3 rd Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 rd Floor Main Lounge
Sat 25 Jan	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 26 Jan	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start



Relish Café

By Chef Noris & Team

Dinner Menu

20 Jan to 26 Jan

Bookings by **12pm** / Please phone 09 477 3957

Small Meal \$18.00 – Large Meal \$20.00

\$2.00 Delivery Fee applies per Villa

Monday / Pork

GF Korean style stir-fry pork slices in bulgogi sauce, steamed rice topped with sesame seeds served with Asian style sauteed vegetables

Tuesday / Seafood treat

Herb crusted baked snapper fish, wilted spinach and grilled mushrooms on a bed of chives mashed potatoes

Wednesday Roast / choice of menu

GF rolled lamb leg roast slowly cooked in red wine sauce, jus & gravy, or chicken roast with BBQ sauce. Both served with peas & corn, roasted kumara and potato

Thursday / Beef

GF Corned beef slices with mustard sauce, steamed vegetables with roasted vegetables

Friday / Choice of fish

*Market beer-battered fish with tartare sauce, slaw and fries
Or baked salmon with hollandaise sauce, steamed vegetables and mashed potatoes (large only)*

Saturday / Beef

GF slow cooked and roasted beef brisket, jus and gravy, carrots, broccoli and herb roasted potatoes

Sunday Roast / Lamb

GF braised lamb shanks slowly cooked in red wine sauce, jus & gravy, green beans and carrots with mashed potatoes

Alternative TAKEAWAY Dinner Menu – in foil tin:

JUST CALL IN, LIMITED BATCHES WEEKLY