

The Village News

Reception Phone:477 3900 Nurses 24 hours:021 861 706 27 January to 02 February 2025 No. 356

From the Manager's desk

Welcome to our new resident

We are excited to extend a warm welcome to Andy Milliken who moved into Apartment 429 today. Let's make sure we give Andy a heartfelt welcome, ensuring he feels right at home at Fairview.

Painting villa roofs

Platinum Painters returned to continue with the villa roof painting yesterday. 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. You will note that the program now includes additional Villas 143,145 and 146.

Villa Roof Painting

Day	Date	Works	Villas	Notes
Wednesday	22-Jan	Erect edge protection	136 & 137	
Thursday	23-Jan	Fix Pointing	136 & 137	
Friday	24-Jan	Fix Pointing	136 & 137	
Saturday	25-Jan	No work	136 & 137	No work
Sunday	26-Jan	No work	136 & 137	No work
Monday	27-Jan	No work - public holiday	136 & 137	Public Holiday
Tuesday	28-Jan	Fix Pointing	136 & 137	
Wednesday	29-Jan	Spray primer coat	136 & 137	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Wednesday	29-Jan	Erect edge protection	143	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Thursday	30-Jan	Spray first coat	136 & 137	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Friday	31-Jan	Spray second coat	136 & 137	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Saturday	1-Feb	No work		No work
Sunday	2-Feb	No work		No work
Monday	3-Feb	Spray second coat - if needed	136 & 137	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Monday	3-Feb	Washing	143	No vehicle to be in drive of 143
Tuesday	4-Feb	Removal of edge protection	136 & 137	No vehicle to be in drive of 136 and 137
Tuesday	4-Feb	Edge Protection	145	No vehicle to be in drive of 145
Tuesday	4-Feb	Fix Pointing	143	
Wednesday	5-Feb	Edge Protection	145 & 146	No vehicle to be in drive of 145 and 146
Thursday	6-Feb	No work - public holiday		
Friday	7-Feb	Washing	145	No vehicle to be in drive of 145

Please note that the above program is subject to change with weather conditions etc.

WashCo Update

- **Current Status:** WashCo are making good progress and are $\frac{3}{4}$ of their way through the Villa cleaning process.
- **Today's Tasks:** They will be cleaning the building/windows for Villas 91 to 102 and completing all Apartment balconies today. The internal window cleaning will commence on Wednesday 29th January.

Auckland Anniversary on Monday 27th January

A reminder that Monday 27th January is a public holiday, therefore only the nurse on duty will be available. Please bring your swipe when visiting the Lodge as the automatic doors to the entrance of the Lodge will be locked. Relish Café will be closed but meal deliveries will be available, please contact the Café to book. Waste management will be carried out on Tuesday 28th January.

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

As the days are warmer and we enjoy the beautiful sunshine, it's essential to pay close attention to hydration and skin care. The summer months can be tough on our bodies, so let's take proactive steps to stay healthy and comfortable.

The Importance of Staying Hydrated

Hydration is vital for our overall well-being, especially as temperatures rise. Dehydration can lead to fatigue, dizziness, appearance of delusion, urinary tract infections and even become unconscious, particularly in older adults.

Here are a few simple tips to stay hydrated:

- **Drink Plenty of Water:** Aim for at least 6-8 glasses of water daily, more if you're spending time outdoors, but not that much if you are on water restrictions by your Dr.
- **Enjoy Hydrating Foods:** Fresh fruits like watermelon, oranges, and cucumber are not only delicious but also packed with water.
- **Keep Water Accessible:** Carry a water bottle when you're out and about to sip throughout the day.
- **Limit Dehydrating Beverages:** Minimize drinks with caffeine or alcohol, as these can contribute to dehydration.

Caring for Your Skin

Our skin can become drier and more fragile as we age, making it prone to tears and injuries, especially in the summer when we're more active outdoors. Well-moisturized skin is less likely to tear and more likely to stretch and recover from minor scrapes.

Tips for Healthy, Resilient Skin

1. **Moisturize Daily:** Use a moisturizer on your arms, legs, and hands after showering or bathing. This helps lock in moisture and keeps skin supple.
2. **Protect Your Skin Outdoors:** Wear lightweight, long-sleeved clothing and apply sunscreen to exposed areas to prevent sunburn and further dryness.
3. **Stay Gentle:** Avoid harsh soaps or overly hot showers, which can strip natural oils from your skin.
4. **Examine Your Skin Regularly:** Check for any dry, cracked, or irritated areas, and treat them promptly to prevent tears or infections.

Why It Matters

Dry, fragile skin can tear easily if caught on something sharp or during minor falls, even kitchen benches, drawers and car doors is very common, leading to injuries that may take time to heal. By staying hydrated and keeping your skin moisturized, you're giving your body the best chance to stay healthy and active all season long.

If you have any questions or concerns, don't hesitate to reach out to our nursing team. Let's make this summer a healthy and happy one!



From the Chef's Oven

Did you know?

1. We also make fresh smoothies and milk shakes to complement your sweet treats. Whether you're after something fizzy or a refreshing fruit drink, we've got the perfect beverage to pair with your homemade treats at Relish Cafe.
2. We make and sell a delicious range of homemade treats, from gooey cookies and flaky biscuits to soft, fragrant loaves and more! Every bite is made with love and the finest ingredients, creating the perfect sweet moments for any occasion. Come visit us and indulge in a taste of homemade goodness, fresh from our oven to you!
3. 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!
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, let us know your requirements and we will organise for you.

Staff Updates

This week we introduce Chef Jake. With over 10 years of culinary expertise and a diploma in Culinary Arts, our Filipino Chef brings a wealth of knowledge and passion to every dish. Drawing from rich traditions and modern techniques, he creates authentic, flavourful meals that showcase European Continental Cuisine with a twist Asian-Filipino taste. Whether you're savouring a classic favourite or trying something new, each plate reflects his dedication to quality and craftsmanship.

Stay tuned for next week, when we'll introduce another amazing member of our kitchen team!



Commitment to Cleanliness

At our café, we take pride in maintaining the highest standards of cleanliness. Our dedicated kitchen team conducts thorough deep cleaning every week, ensuring that every corner of our kitchen meets top-tier hygiene standards. This commitment to cleanliness ensures that we not only serve delicious food but also provide a safe and pristine environment for our residents. Your health and safety are our top priorities!

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 griller 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. We have 10 seats available – be quick!

Café Holiday Opening Hours:

Monday 27th January - CLOSED

Thursday 6th February - CLOSED

Chef Lunch Special for month of February

This February we will offer you a Korean Cuisine. Indulge in our Chef's Special featuring tender grilled striploin in Korean bulgogi sauce paired with a vibrant soba noodle and fresh garden salad. The savoury richness of the perfectly grilled striploin complements the refreshing cold soba noodle and mesclun garden salad, tossed in a delicate Korean-inspired dressing topped with toasted sesame seeds and seaweed.

Noris and the Relish Team





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

The Movie Group will start 2025 on Tuesday January 29th at 7pm. We will have the delicious party treats for all our regular group members (who donated for an end of year celebration in December last year which was cancelled because of health concerns).

This will be followed by top entertainment by the very popular, very funny TOP TWINS.
Peter Woolnough



Friday Night Raffle

We had a great night on Friday selling five main raffles.

The dwelling draw was drawn by Mary Gardner. The winner was Linda Pinder. Congratulations Linda.

The main raffles were drawn by another new resident, Christine Nicholls. The winners were: Jillian Milne, Brian Sutherland, David Ellis, Cynthia O'Callaghan, Darlene Edwards (visitor), Allan O'Callaghan, Bruce Benfell, Dianne Turner, Clive Sandham, Viv Hood, Lorraine Dale, Brynley Goodger, Juliet Pratt, Neil Butt, Chris Nicholls, Gordon Tasker, Murray Keenan, Pam Glaum, Richard Jones, Dave Brand, Graeme Pullar, John Gardner, Jill Cornthwaite, Ted Ranyard, Robin Hood, Jean Elliott, and Earl Troughton.

We look forward to seeing you all again this week.

Diane Brown
Raffle Convenor



Bingo

Bingo resumes on Saturday 1st February at 7.00pm in the main lounge.
Everyone is welcome.

Residents' Notices

Thank You

Thank you to Jim Turner, and other residents, for their constant donations of fresh fruit and vegetables over the months which have been really appreciated by all that have received them.

Missing Paintings

Two Resident's much loved paintings have gone missing from temporary storage in the Game's Room cupboard. Any help to find them would be much appreciated.

Peter Woolnough 027 485 5637

Lost

If you find a nurse call pendant, please contact reception. It may have been left in the level 2 changing room. Thank you.

Update on Olivia Forbes

Update on Olivia Forbes music career following her concert in the lounge last year.

She has completed a B.A.Honours Degree in Music at Auckland University. Last week in Whanganui she attended the NZ Opera School where it was announced that she has been accepted to study at the Royal College of Music, London commencing in September 2025. At the NZ Opera School she won the Dame Sister Mary Leo Scholarship for 2025.

Cheers

Jennifer Jones



Greeting Cards

Just a gentle reminder that the greeting cards in the games room are \$4.00 each.

Thank you.

Gareth's Puzzle

Last week's puzzles asked?

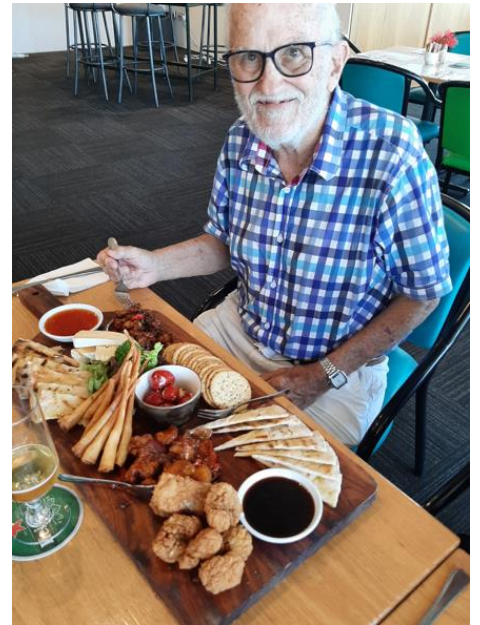
- 1) If all the 12 months had 30 days, would the year be shorter or longer?
- 2) How many squares are there in the outside squares on a chess board?
- 3) On a standard analogue clock, how many digits appear only once?
- 4) What does this say?

B	B
U	U
R	R
N	N
S	S

And this week:

- 1) How many vowels are there in the names of these countries?
Grease , Hungry , Spain
- 2) In this sequence, what number would logically come next?
2 4 8 4 6 5 9 4 ?
- 3) If you count from 1 to 30, how many numbers have exactly three syllables?

Gareth looks happy with his choice of meal at Bays Club lunch outing for our Iris Watchers quiz group.



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

FAIRVIEW VILLAGE LIBRARY

FOR NEW RESIDENTS

INSTRUCTIONS FOR SIGNING A BOOK OUT and OTHER USEFUL INFORMATION

- There is an Issue Book on the desk. Please complete the next blank line with your details and the details of the book.
- Complete the slip at the back of the book.

Page No.	Line No.	Date Borrowed	Initials
22	2	20.06.2024	NT

Sample

- Once you have completed entering in the Issue Book, if you transfer the details to the slip at the back of the book (see above) this will help you to find the place in the Issue Book where you can sign your book back in later. By completing the slip at the back of the books, it also helps the library committee members get an idea about the popularity of that book and author, for future ordering.
- New books with label should be returned to the Library promptly - within two weeks. When returning book, once you have found the correct entry in the Issue book complete the return with the date and your initials. Please leave in the Return Box and do not shelve. The library committee members will do that.
- Donated book box - because of the lack of space, we ask that donated books have a publication date of no more than two years ago.
- Large Print books are labelled LP and are found on the wall adjacent to the door.
- Books with Orange dots (on the back wall) - Non Fiction books.
- Books with Green dots (on the back wall) - Biographies etc.
- Magazines, Jigsaws and DVDs do not need signing out.

For further assistance, please contact Jill 476-6958 or Natalie 479-9527

FAIRVIEW VILLAGE LIBRARY LATEST BOOKS JANUARY 2025

NEW BOOKS

Where the Light Meets the Water by Susan Patterson - An evocative novel of love and art, and one man's journey to find his place in the world. A moving debut traversing nineteenth-century London, Melbourne and New Zealand's rugged South Island. On shore leave, while his ship is being repaired, sailor Thomas Rutherford is restless, waiting to return to sea, but then he meets artist Catherine Ogilvie and is swept into her privileged yet stifling world. His eyes are opened to a new way of life, but when the sea calls he must face an impossible choice.

The Act of Disappearing by Nathan Gower - The photo shows a woman clutching a baby as she falls from a train bridge, and Julia White is tasked with finding who they were and what became of them. As Julia unravels the mystery surrounding the Fairchilds of Gray Station, she discovers a story more staggering than anything she could have imagined.

Conclave by Robert Harris - The Pope is dead. Behind the locked doors of the Sistine Chapel, one hundred and eighteen cardinals from all over the globe will cast their votes in the world's most secretive election. They are holy men. But they have ambition. And they have rivals. Over the next seventy-two hours one of them will become the most powerful spiritual figure on earth..

The Wedding Forecast by Nina Kenwood - Anna isn't looking forward to her best friend's wedding. Her ex is the best man, and he is there with his pregnant new girlfriend. Anna needs a distraction. Everyone thinks the wedding photographer would be perfect for her but actor Mac complicates things. A charming big-hearted rom-com with very well-drawn characters.

The Dark Wives by Ann Cleeves - A young man is found dead outside a home for troubled teens and resident Chloe is also missing. When a second body is found, the hunt for Chloe intensifies. The investigation takes DI Vera Stanhope to the Three Dark Wives in Northumbria where superstition and folklore seem to collide with fact. Atmospheric and gripping with characters to care for and superb plotting.

No One Will Know by Rose Carlyle - Set against the backdrop of a remote island, an endless stream of secrets, and unbelievable wealth. No One will Know is a propulsive, seductive novel of suspense that shows the terrible consequences of shocking greed, staggering lies, and fatal mistakes.

DONATED

The Butterfly Collector by Tea Cooper - A historical fiction novel set in 1903, following two women: Lily, a young woman in Sydney, and Evelyn, a passionate naturalist. The story explores love, loss, and identity against the backdrop of the Australian landscape, as secrets unfold surrounding a rare butterfly.

A Secret Garden Affair by Erica James - Follows Holly, who moves into a cottage with a neglected garden and uncovers its hidden past linked to a woman named Isabelle. As Holly learns Isabelle's story, she begins to heal and find love, exploring themes of personal growth and emotional healing.

The Dictionary of Lost Words by Pip Williams - The story of Esme, the daughter of a lexicographer, as she grows up amid the creation of the Oxford English Dictionary. Noticing that words from women and marginalised groups are excluded, Esme collects these "lost words" to preserve their voices. The novel explores language, identity, and the power of overlooked stories.

Resident Phone Book Updates

We will advise you of any changes to the phone book so you can update the book you have. The current phone book is available at all times on Fairview Intranet.

Please cut and paste this into your phone books.

Villa 102	Keenan, Jill & Murray
Home number	
Mobile number 1	021 0270 3190 (Jill)
Mobile number 2	021 259 0188 (Murray)
Email 1	jilly.keenan@gmail.com
Email 2	murraykeen@outlook.com

A418	Hunter, Helen
Home number	477 3918
Mobile number 1	
Mobile number 2	
Email 1	
Email 2	

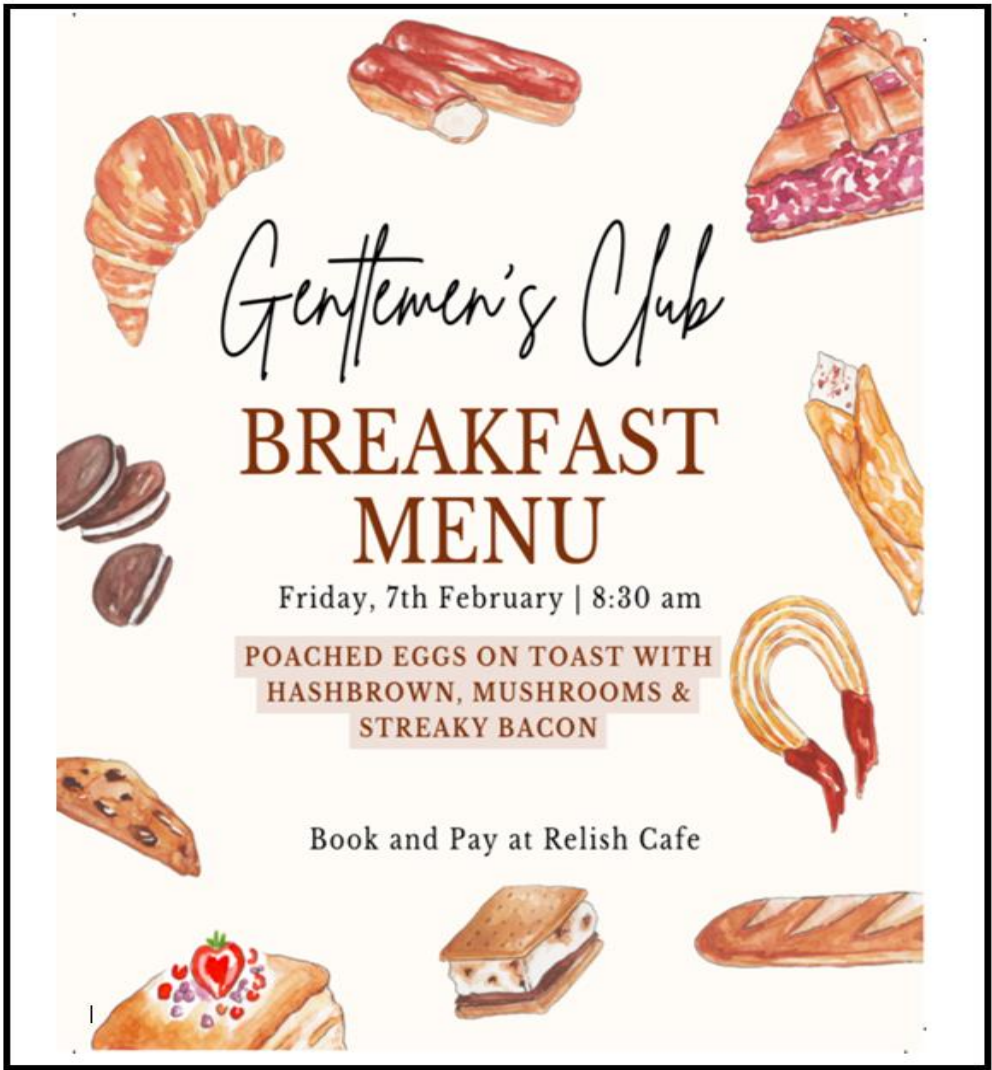


Ladies Group AFTERNOON TEA

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

Tuesday, 18 February at 2 PM

Bookings and payment at the Cafe



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

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 (Earl will be taking the class)

Monday 27 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 29 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

Thursday 30th January – 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 31st 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 20th February – 9.00am to 12.00 noon – 3rd Floor Doctors Room

Please phone reception to book an appointment with Paul Hames.

WEEKLY SCHEDULE

27 January to 2 February 2025

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 27 Jan	Hair Salon with Lisa	9.30am	3 rd Floor Salon with Lisa
	Strength & Balance (Earl will take class)	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 28 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	7.15pm	The Topp Twins
Wed 29 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 on Request	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 30 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	1.30pm	2 nd Floor Lounge
	Doctor Hunter	2.00pm	3 rd Floor Doctor's room
Fri 31 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	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 01 Feb	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
	Bingo	7.00pm	3 rd Floor Lounge
Sun 02 Feb	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start



Relish Café
By Chef Noris & Team

Dinner Menu 27 Jan to 02 Feb

Bookings by **12pm** / Please phone 09 477 3957
Small Meal \$18.00 – Large Meal \$20.00
\$2.00 Delivery Fee applies per Villa

Monday (Café is Closed / Delivery only)

*Crumbed fish fillet, tartare sauce served with roasted vegetable salad
with fresh spinach and feta cheese*

Tuesday (Chicken) -

*Korean boneless fried chicken with bulgogi sauce , Asian stir-fry vegetables
and steamed rice with seaweed and sesame seeds*

Wednesday Roast – choice of menu

*GF beef bolar roast cooked in French mirepoix with red wine jus and gravy,
Or butter-fried rosemary chicken roast and gravy*

Both served with peas and corn, roasted potato & pumpkin

Thursday – (Pork)

*GF bourbon BBQ baby back pork ribs topped with garlic flakes,
savoy cabbage with grilled broccoli, chives mashed potato*

Fish Friday (KIWI classic) your choice of fish

*Market beer battered fish with tartare sauce, slaw and fries
Or GF baked smoked fish pie (hoki and kahawai with boiled egg and peas)*

Saturday – (Chicken)

*Grilled soy and honey chicken with crispy shallots,
hokkien noodles with stir-fry supreme vegetables*

Sunday Roast (Lamb)

*GF lamb shanks, jus & gravy, minted peas and glazed carrots,
chives mashed potato*

Optional Dinner Menu – in foil tin:

JUST CALL IN, LIMITED BATCHES WEEKLY