

# The Village News

Reception Phone: 477 3900 Nurses 24 hours: 021 861 706 03 March to 09 March 2025 No. 361

### From the Manager's desk

#### **EV Policy**

Following the circulation of our EV Policy a few questions have been raised with respect to the capabilities of the charging system we will be installing. Some residents are concerned that their vehicle requires to be trickle charged to preserve the life of the battery and others have concerns that the charger will not be able to charge their particular vehicle.

The provider of the charging system has advised us that the charger is a heavy duty and commercial system and will be suitable to charge any plug-in vehicle currently on the market in New Zealand. If you have any concerns relating to the capability of the charging system, please write to us advising of your concerns. Following this we will draw up a Q & A to answer these questions and will organise a face-to-face meeting with the installer to ensure that we can answer all the questions that concern you.

If you can please return the completed forms as early as possible to reception, even if you do not have a car please complete the form noting no vehicle.

### Painting villa roofs

The villa roof program continues as per the below schedule of works. Please note the guidance 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 contractors will be moving across to Villas 6, 7 and 8 in the next two weeks with the installation of the edge protection. When the team are spraying Villas 3, 4 and 5 the top carpark will need to be clear.

	8				
Day	Date	Works	Villas	Notes	
Thusday	27-Feb	Fix pointing	3, 4 & 5		
Friday	28-Feb	Spray primer coat	3, 4 & 5	No vehicle to be in drive of 3, 4 & 5 or located in the upper carpark	
Friday	28-Feb	Fix pointing	3, 4 & 5		
Saturday	1-Mar	No work			
Sunday	2-Mar	No work			
Monday	3-Mar	Fix pointing	3, 4 & 5		
Tuesday	4-Mar	Spray primer coat	3, 4 & 5	No vehicle to be in drive of 3, 4 & 5 or located in the upper carpark	
Wednesday	5-Mar	Spray second coat & spray third coat	3, 4 & 5	No vehicle to be in drive of 3, 4 & 5 or located in the upper carpark	
Thursday	6-Mar	Spray second coat & spray third coat	3, 4 & 5	No vehicle to be in drive of 3, 4 & 5 or located in the upper carpark	
Friday	7-Mar	Spray second coat & spray third coat	3, 4 & 5	No vehicle to be in drive of 3, 4 & 5 or located in the upper carpark	
Saturday	8-Mar	Spray second coat & spray third coat	3, 4 & 5	No vehicle to be in drive of 3, 4 & 5 or located in the upper carpark	
Sunday	9-Mar	No work			
Monday	10-Mar	Remove edge protection	3, 4 & 5	No vehicle to be in drive of 3, 4 & 5	
Tuesday	11-Mar	Install edge protection	6 & 7	No vehicle to be in drive of 6,7 & 8	
Tuesday	11-Mar	Washing	6	No vehicle to be in drive of 6,7 & 8	
Wednesday	12-Mar	Install edge protection	7 & 8	No vehicle to be in drive of 6,7 & 8	
Wednesday	12-Mar	Fix pointing	6		
Thursday	13-Mar	Install edge protection	8	No vehicle to be in drive of 6,7 & 8	
Thursday	13-Mar	Spray primer coat	6	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Thursday	13-Mar	Washing	7 & 8	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Friday	14-Mar	Spray second coat & spray third coat	6	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	

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

#### Welcome to our new residents

We are thrilled to welcome Bev & Michael Levett, who have moved into Villa 97, and Wendy Crabb, who has moved into Villa 105, this week. Let's make sure we give them a heartfelt welcome, ensuring they feel right at home at Fairview.

#### Lodge doors on the weekend

Just as a reminder the lodge doors are only on auto open on a weekend between the hours of 9am and 4.00pm. Outside of these times you will need your key fob to access the lodge.

#### **Croquet Green**

The croquet green remains closed as there is an extensive amount of work that Wesley and the team need to do to ensure that the residents have a quality green to enjoy. We will keep you updated on progress with the timings of when it will be open for play again. At this stage the green is forecast to reopen on the 24<sup>th</sup> of March.

#### **Hot Tub**

The hot tub has been repaired and is back up and running.

#### Welcome to new residents' morning tea - Friday 28th February at 11am

We are inviting residents who have moved into the village over the last six months to join us for a belated 'welcome home' high tea in the Lounge on Friday 28<sup>th</sup> February at 11am. Personal invites have been sent. Please RSVP at reception.

#### **Upcoming Events**

- Friday 28<sup>th</sup> February at 11am Welcome to new residents' morning tea
- Saturday 1<sup>st</sup> March at 7pm Bingo in main lounge
- Friday 7th March 8:30am Gentlemen's club
- Monday 17<sup>th</sup> March at 6pm St Patrick's Dinner
- Tuesday 18<sup>th</sup> March at 2pm Ladies Club Afternoon Tea
- Thursday 20<sup>th</sup> March at 12pm Volunteers Lunch
- Friday 28<sup>th</sup> March at 2pm Westpac presentation on fraud/scams in main lounge

**Gary Jarvis** 



# **Health and Wellbeing Corner**

Hi All,

Just a quick one from me today as I didn't realize I was to write something this week. So I thought a bit of humor should be on the cards.

I thought I would just relay a poem that my husband sent me the other day.

I read the first few lines and thought oh how sweet.... And then read on!

I have everything that I wanted as a teenager, Only 60 years later I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

The people I hang around with are not scared of getting pregnant And I don't have acne.

Life is great.

I changed my car horn to gunshot sounds.

People get out of the way much faster now.

Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.

I didn't make it to the Gym today. That makes it five years in a row.

I decided to stop calling the bathroom the "john" And renamed it the "Jim".

I feel so much better saying I spent ages in the Jim this morning.

When I was a child I thought "Nap" time was a punishment. Now it feels like a short vacation.

The biggest lie I tell myself is:

"I don't need to write that down, I'll remember it."

I don't have gray hair; I have wisdom highlights"! I'm just very wise.

If god wanted me to touch my toes He would have put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Of course I talk to myself.

Sometimes I need expert advice.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

I have more friends I should be sending this to, but right now I can't remember their names.

Now, I'm wondering did I send this to you or did you send this to me?

Now something more serious.

Do you want a walkie talky with our Rebecca.

She can walk and talk and she will help you do the same.

Or just for a chat if you're feeling a bit lonely.

She will leave you feeling so much better so just give the nurses department a ring and Rebecca will arrange something with you.

Now stay well.

Catharina and all our other angels.



# From the Chef's Oven

#### Did you know?

- 1. We have placed a dish trolley outside the kitchen door. We kindly ask that you please place any dirty plates, glasses, or utensils in the trolley after dining in. This will ensure a more efficient and tidier environment for everyone. Your cooperation in keeping the space clean is greatly appreciated, and it helps us maintain a smooth and organized kitchen for all.
- 2. Our dinner menu changes weekly and features a variety of delicious meals prepared just for you! Each week, we offer a fresh cycle of dinner options that cater to different tastes and preferences, ensuring there's something for everyone to enjoy. Whether you're craving a hearty classic or something a little more adventurous, our kitchen team is always working hard to bring you flavours that will make your mealtime special.

#### **Staff Updates:**

Meet Chef Vicky, she is a seasoned culinary expert with over 20 years of experience in the kitchen, and her expertise spans both traditional cooking and the specialised requirements of hospital nutrition. Throughout her career, she has honed a deep understanding of the unique dietary needs for the elderly ensuring that every meal is crafted with both their health and taste preferences in mind. Chef Vicky is highly skilled in creating nutritious, flavourful meals that adhere to medical dietary restrictions, and she is dedicated to enhancing the dining experience for our residents by offering variety, balance, and care in each dish.

Her contributions to our CARE meal section and restaurant make her an invaluable member of our team, always striving to provide the highest standards of dining and patient care.



#### **Donut Friday**

Don't forget it's Donut Friday tomorrow. \$4 each or 3 for \$10. First come first served.

#### **Upcoming Events:**

• Friday 28<sup>th</sup> February at 11am – Welcome to new residents morning tea
We are inviting residents who have moved into the village over the last six months to join us
for a belated 'welcome home' high tea. Personal invites have been sent. Please RSVP at
reception.

## Friday 7<sup>th</sup> March at 8:30am – Gentlemen's club

Mark your calendars for Friday 7<sup>th</sup> March for our second Gentleman's Club gathering of the year! We want to extend a heartfelt thank you for your valuable feedback on our last breakfast event. We hope to see even more of you this time for a bigger and better gathering! Looking forward to a fantastic time together! Bookings and payment at the Café.

#### Monday 17<sup>th</sup> March at 6pm – St Patrick's Dinner

The menu is at the end of the newsletter. It will be a three course meal. Bookings and payment at reception.

Tuesday 18<sup>th</sup> March at 2pm – Ladies Club Afternoon Tea
 This will be our second ladies club for the year and just a quick
 reminder, the Club afternoon is moved to 2pm due to a majority
 request. A special afternoon tea of one sweet and one savoury
 plus your favourite barista coffee for only \$10. Booking at the
 Café.



#### Thursday 20<sup>th</sup> March at 12pm – Volunteers Lunch

Volunteers appreciation lunch – A special thank you to the residents of Fairview.

We want to extend our heartfelt thanks to all the wonderful volunteers who have given their time and energy to support our community here at the village. To show our appreciation, we are hosting a complimentary lunch exclusively for our volunteers! This is our way of saying "thank you" for all your hard work and dedication. Invitations will be sent shortly.

#### **Chef Lunch Special for Month of March**

March Chef's Lunch Special - We're thrilled to announce that, by popular demand, we're bringing you a beloved British classic! For the entire month of March, we're serving up the ultimate comfort food: Bangers and Mash. Enjoy juicy, savoury sausages perfectly paired with creamy mashed potatoes and a side of vibrant, sweet peas that bring it all together. Whether you're craving something hearty for lunch or just in the mood for a comforting classic, this dish is sure to hit the spot.

It's available every day throughout March, so there's no excuse not to treat yourself! Come in, sit back, and savour every bite of this mouthwatering special. With flavours like this, you'll be counting down the days to lunch!

Noris and the Relish Team.

# What's on this Coming Week and Next



# Movie Group Tuesday 4th March - Ladies in Lavender

Beautifully crafted story of the effect a young man has on the lives of two sisters. Stars Judi Dench and Maggie Smith.

If you are a new resident, you are welcome to join us in the Level 2 Theatre every Tuesday at 7.15pm to enjoy a good movie. With our big screen, brilliant picture and great sound, it's like going to the cinema for free!

Peter Woolnough



# **Friday Night Raffle**

There were 4 majors sold last Friday, thanks to everyone!

The dwelling draw was drawn by Gareth Hancock - thank you Gareth; the lucky winner was Jill Cornthwaite.

The main raffles were drawn by Robin Hood - thanks for doing it Robin. The winners were: Rosalie Hancock, Adele Carlisle, Margot Sturmey, Allan O'Callaghan, Wilma Cooper, Clark Robbie, Murray Keenan, David Ellis, Viv Hood, Lorraine Dale, Bruce Draper, Neil Butt, Dianne Turner, Brenda Lee, Claude Martignier, Earl Troughton, Dulcie Kortegast, John Gardner, Elaine McClintock, Priscilla Page, Bev Wade, Bruce Benfell, Maureen Capon. Congratulations to everyone.

Jocelyn Goodger (acting convenor)



# **Bingo**

Saturday 1<sup>st</sup> March at 7.00pm in the main lounge Everyone welcome.



# **Fairview Fellowship**

Next meeting: Monday 3<sup>rd</sup> March at 3pm

3<sup>rd</sup> Floor Sunroom

Our Christian Fellowship offers a warm welcome to all who would like to join us each month.

We meet to learn from God's word, listen to an invited speaker and encourage each other in our shared faith.

Next meeting: Monday 3<sup>rd</sup> March at 3pm. Contact Bronwen Charlesworth 021 920 000



#### Garden Club

Our next trip is to the Greenlaw Gardens in Helensville. When we went there in 2023 it rained all day but the lunch was worth it. This time it will be sunny!!!!

Date: Monday 10<sup>th</sup> March

Depart: 9.45am

Morning Tea at 10.30am

The cost of morning tea and entrance fee is a total of \$12.00. (Please place your money in an envelope with your name)

If you are interested, please phone Anne 475 6741.

### **Residents' Notices**

#### Message from Isabella

To all my friends and acquaintances I have made in my 20 years at Fairview. I have to say goodbye and move to Christchurch to be near my daughter. Kindest regards to you all.

Isabella Dixon

#### **Ten Minute Wonders**

If any of you find your social calendar did not allow you to see our little show last Sunday, our resident videographer Peter Woolnough will be showing this for the cast next Thursday 27th at 7.15pm in the theatre.

Room for a few more if you would like to come.

**Evelyn Ross** 

#### **BACCHUS PIANO TRIO**

What a wonderful performance we enjoyed last Sunday afternoon.

My audience numerator (ahem!) states that there were over 125 people present.

Thank you for bringing your family and friends. It was a delightful program by three very talented musicians who chose a variety of music to please all tastes.

Angela Woolnough Social committee

#### **Bev Barnes writes**

I was very excited to be seeing Joy Crabtree when she arrived with the Bacchus Trio last Sunday. She too had been a member of the same church but 14 years younger than me. What a surprise it was to learn that I was also her year 1 teacher in my first year at Takapuna Primary School!

#### Wanted

Cane baskets suitable for raffles.

If you have any cane baskets you do not want could you please get in touch with Elaine McClintock. Phone contact is 0210713833 or 9403808.

#### **Gareth's Puzzle**

- 1) I always sit in the centre seat in the cinema, 12 rows from the front and three from the back. How many rows are there?
- 2) Which is the odd one out? Two vowels, three syllables, seven letters or ten consonants.
- 3a) Who is this? Bee 3b) What is this? DEEF

Say

4) Here are 3 girl's names. If dis-assembled and re-assembled alphabetically, which would come first? Samantha Hopkins, Peggy Longbottom, Veronika Patterson

Last week's puzzles and answers.

1) What is this expression?

Liverpool 4 - 1 Arsenal

Brighton 4 - 1 Luton AND Chelsea 4 - 4 Brentford

West Ham 4 - 1 Millwall

Newcastle 4 - 1 Rochdale

- 2) Wake at 11 and stay awake till midnight. What is the minimum number of hours awake?
- 3) Considering the pro's and con's of these words, which is the odd one out? Tractor, found, test, claim.

Answers are:

1) All for one and one for all. 2) 1 hour 3) Tractor is the odd one as puting one pro or con in front doesn't make a new word

#### **Bug Doctor**

Hello again Fairview Lifestylers.

Peter, that's me, the Bug Doctor will be treating villas and apartments.

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

#### **APARTMENT GARDEN NEWS**

Goodness me how the time flies, beginning of March on Saturday!

It hasn't been a particularly good summer for my garden, what with the wind then the heat then very little rain I've had to use the hose a lot more ...well that's my story, it could be because (Manager) Gary Ok'd for me to have a decent light-weight flexible hose which is a joy to use. Thanks Gary it's made a huge difference. Althea had shown me the pamphlet of where to buy but Wesley found it at Mitre 10. Wesley and Matt provided me with 8 barrow loads of mulch which I spread so not much weeding required. I've got some Kowhai seedlings growing. If anyone is interested just let me know.

My veges haven't been very prolific either, but lots of wasps around may be the problem, even the Monarch butterfly eggs aren't developing. I've hung two wasp traps on 2 trees but not many wasps went in them, the liquid keeps evaporating though. The other problem has been ants on my bench seat under the plum tree, Dennise gave me some of her 'ant sand' which I've spread around that area and at times I think it has worked. You don't want to sit on the lovely bench seats that Clive made for me when you are likely to have ants crawling over you, do you?

Now I must share my amazing good news - my Oncologist has just told me that I'm cancer free! Yippee. So the experimental trial program Merck Sharp & Dohme put me on has worked - well at least for the cancer, the side effects I got from the infusions I was having have left me permanently with three diseases but they are treating me for them which has been great as I haven't had pain for over 2 months, and as there are many of you who have to live with pain, you can imagine how marvellous I feel. The diseases I have which are being controlled are Type 2 Diabetes Rheumatoid arthritis (so Arthur is still with me haha) and grade 3 Myositis. Thank you to all who showed much support and care of me over the trial period from November 2023, I feel like Sir Ed Hillary when he said "he knocked the B.... off". Now down to the plum tree fruit, those that did survive the birds and me were few .... hence I didn't get to share as many as last year, so sorry but I just couldn't help myself. Daphne's gift of old CD discs hanging from the branches didn't deter ME! The Feijoas may be a better crop but we'll just wait and see.

Barbara Dines Dahlia and roses have been beautiful in their pots and the colour outside the gym is very pretty.

Lesley Strode has some Rhubarb in the ground by the large Kowhai tree she looks after.

I've found planting my veges in bags more manageable for me, especially my potatoes, just lift the bag into the wheelbarrow Gerald gave me and tip the bag over, no dig, no issue, tip the soil back in the bag and start all over again.

The three Tamarillo planted by the big Kowhai were kindly given by Sandy Archer, let's hope they continue growing like the other 2 trees, the one in the big bag is a yellow one though, which will be interesting.

At times there have been 17 people in one day looking around the garden whilst I've been down there and it is a joy to be able to greet and chat awhile, especially the friends who are now in Care and are wheeled up to the area. This is what gardening is all about, providing colour, perfume, memories and curiosity.

Before I close off please help yourselves to the herbs I have growing: Mint, Parsley, Chives, Sage, Oregano, Thyme, Bay leaves, Rosemary and Basil.

You may have to search around for them though.

Take care and enjoy life.

**Barbara Bailey** 





# Free cooking and nutrition course for older people

Learn to plan and cook simple healthy meals for 1 or 2 people plus shopping tips, label reading and time-saving strategies.

Ideal for those lacking practical cooking skills or who need a boost of confidence to cook for themselves.

Three hour friendly and social classes held over four weeks. Includes morning tea and lunch.

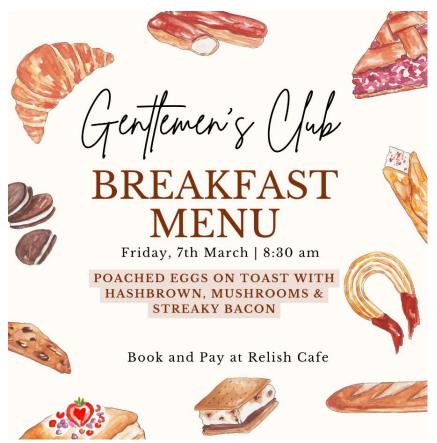
Date: Monday 24th February, 3, 10 & 17 March 2025

Time: 9.30am - 12.30pm

Where: 105 Apollo Drive, Rosedale, Auckland

To register contact: Anna on 021 143 7308 or

anna@nutritionfoundation.org.nz or Priscilla on 027 4447648







PUB STYLE
DINNER MENU \$35 PP

TO START: MARGHERITA TORTILLA PIZZA -

Choice of Mains:

SMOKEY BARBECUED PORK BELLY

SMOKEY BARBECUED CHICKEN THIGH FILLETS

both served with garden salad with french vinaigrette and seasoned potato wedges

DESSERT: St. PATRICK'S PISTACHIO GREEN CHEESECAKE

green cheesecake with biscoff crust filled with mascarpone & cream cheese topped with matcha & pistachio dust

Bookings and payment at the reception on or before 13th March

### **Strength and Balance**

Monday 03 March  $10.30am - 2^{nd}$  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 3<sup>rd</sup> floor. If you would like to make an appointment with Darrell, please phone him on 021 046 6777.

#### **Beautician**

Wednesday 05 March 2025. Natalie is at the Village every Wednesday from 9.45am – 4.00pm. She works from the Doctor's Room on the 3<sup>rd</sup> floor. Call or text on 0211458542 to make your booking.

# Restorative Yoga with Joy - Stretch Strengthen Revitalise

Thursday 06 March – 1.30pm – 2<sup>nd</sup> Floor Lounge Monthly prepaid fee of \$20.00 We appreciate the subsidy from the Village Residents' Committee

# **Aqua Class with Libby**

Friday 07 March— 9.15am — Level 2 Swimming Pool \$5.00 per class

#### **Doctor**

Thursday 13 March – 2.00pm to 3.45pm – 3<sup>rd</sup> Floor Doctors Room Please phone reception to book an appointment with Dr Hunter.

#### **Podiatrist**

Thursday 6<sup>th</sup> March – 9.00am to 12.00 noon – 3<sup>rd</sup> Floor Doctors Room Please phone reception to book an appointment with Paul Hames.

# **WEEKLY SCHEDULE**

# 03 March to 09 March 2025

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

Mon 03 Mar	Hair Salon is closed on Mondays		
	Strength & Balance	10.30am	2 <sup>nd</sup> Floor Lounge
	Line Dancing	4.00pm	2 <sup>nd</sup> Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Lounge
Tue 04 Mar	Minibus – Albany Westfield	9.15am/9.45am/10.15am	Return 10.30am/11.00am/11.30am
	Croquet (weather permitting) Green Closed	<del>9.00am</del>	Croquet Green
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Mahjong	1.00pm	3 <sup>rd</sup> Floor Games Room
	Craft Group (newly formed group)	1.30pm	3 <sup>rd</sup> Floor Sun Room
	Movie Group	7.15pm	Ladies in Lavender
Wed 05 Mar	Hair Salon with Kim	9.00am – 1.00pm	3 <sup>rd</sup> Floor Salon with Kim
	Petanque	9.00am	Petanque Court
	Beautician	9.45am	3 <sup>rd</sup> Floor Doctors Room
	Dance on Request	9.30am	2 <sup>nd</sup> Floor Lounge
	Scrabble	1.30pm	3 <sup>rd</sup> Floor Games Room
	Twilight Croquet (Cancelled until further notice)	<del>5.00pm</del>	Croquet Green
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
Thu 06 Mar	Hair Salon with Kim	9.00am – 1.00pm	3 <sup>rd</sup> Floor Salon with Kim
	Croquet (weather permitting) Green Closed	<del>9.00am</del>	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 <sup>rd</sup> Floor Sunroom
	Yoga with Joy	1.30pm	2 <sup>nd</sup> Floor Lounge
Fri 07 Mar	Hair Salon with Kim	9.00am to 1.00pm	3 <sup>rd</sup> 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 <sup>rd</sup> Floor Games Room
	Friday Night Raffle	3.30pm	3 <sup>rd</sup> Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
Sat 08 Mar	Croquet (weather permitting) Green Closed	9.00am Croquet Green	
	Indoor Bowls	1.00pm	2 <sup>nd</sup> Floor Games Room for 1.15pm
Sun 09 Mar	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start



# Dinner Menu 03 Mar to 09 Mar

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 Hickory BBQ pork loin, honey glazed carrots, broccoli & mashed potatoes

# Tuesday (chicken)

**GF** Relish fried chicken drumsticks (2 pieces) served with baked mac and cheese

# Wednesday Roast - choice of meat

**GF** beef roast, jus and gravy or Grilled Moroccan spiced chicken & gravy

Both served with green beans and maple carrots

And mashed potatoes

# Thursday (beef)

**GF** soy and honey stir-fry beef with green beans and mushrooms served with java yellow rice

# 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)

Grilled chicken, fettuccine pasta with creamy carbonara sauce With broccoli and mushrooms

# Sunday Roast (Kiwi Classic)

Beef roast in classic gravy, peas and corn, roasted pumpkin & potato, Yorkshire pudding

# Optional Dinner Menu – in foil tin:

JUST CALL IN, LIMITED BATCHES WEEKLY