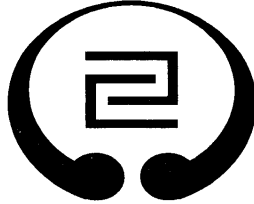


**INTERNATIONAL OKINAWAN GOJU-RYU KARATE-DO  
FEDERATION**

國際沖繩剛柔流空手道連盟

(Australia)

**IOGKF GOULBURN**  
**SENSEI PAUL PARLETT**  
**88 CITIZEN ST**  
**GOULBURN NSW 2580**  
**0418 482282, 0248 220264**  
**learnkarate@bigpond.com**



**DOJO ADDRESS**  
**SCHOOL HALL**  
**GOULBURN PUBLIC SCHOOL**  
**BOURKE STREET**  
**GOULBURN NSW 2580**

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**Dinner**            7pm Saturday 15 May 2010  
Lilac City Steakhouse  
Lagoon Street, Goulburn  
2 Course Menu - \$35.00

**Name** \_\_\_\_\_

Please tick your selection

<b>Entree</b>	Thai chicken & basil spring rolls	<input type="checkbox"/>	
	Soup of the Day	<input type="checkbox"/>	
	Prawn Twisters with homemade tartare	<input type="checkbox"/>	
	Salt & Pepper Squid with homemade tartare	<input type="checkbox"/>	
<b>Main</b>	300g sirloin with mushroom, pepper or dienne sauce	<input type="checkbox"/>	R – MR – M MW – WD
	Chargrilled chicken breast with honey mustard sauce	<input type="checkbox"/>	
	Perch fillets topped with prawns & hollandaise	<input type="checkbox"/>	
	Herbed crumbed lamb cutlets with rosemary gravy	<input type="checkbox"/>	
	Pork chops with a devilled sauce	<input type="checkbox"/>	

- Main meals include vegetables and baked potato
- Tea and coffee included