

Monday**17 August, 14 September, 12 October**

Soup: Soup of the Day

Main: Chicken Korma

Dessert: Date & Apple Cake

Diabetic: As Above

Monday**24 August, 21 September, 19 October**

Soup: Soup of the Day

Main: Tomato and Basil Pork Sausage Casserole

Dessert: Banana Cake

Diabetic: As Above

Monday**31 August, *28 September, 26 October**

Soup: Soup of the Day

Main: Garlic Beef and Red Wine Casserole

Dessert: Chocolate Mud Cake

Diabetic: Choc Vanilla Mousse

Monday**7 September, 5 October, 2 November**

Soup: Soup of the Day

Main: Lamb Irish Stew

Dessert: Blackberry & Apple Crumble

Diabetic: As Above

Tuesday**18 August, 15 September, 13 October**

Soup: Soup of the Day

Main: Shepherd's Pie

Dessert: Apricot Tea Cake

Diabetic: As Above

Tuesday**25 August, 22 September, 20 October**

Soup: Soup of the Day

Main: Honey Soy Chicken & Hokkien Noodles

Dessert: Vanilla Mousse with Coffee Crumb

Diabetic: As Above

Tuesday**1 September, 29 September, 27 October**

Soup: Soup of the Day

Main: Lamb and Eggplant Casserole

Dessert: Fruit Salad & Jelly

Diabetic: As Above

Tuesday**8 September, 6 October, 3 November**

Soup: Soup of the Day

Main: Beef Bolognese

Dessert: Chocolate Brownie

Diabetic: Chocolate Mousse with Raspberries

Wednesday**19 August, 16 September, 14 October**

Soup: Soup of the Day

Main: Roast Pork with Apple Sauce and Gravy

Dessert: Pink Jelly Cake

Diabetic: As Above

Wednesday**26 August, 23 September, 21 October**

Soup: Soup of the Day

Main: Roast Beef with Horseradish & Gravy

Dessert: Spiced Apple Cake

Diabetic: As Above

Wednesday**2 September, 30 September, 28 October**

Soup: Soup of the Day

Main: Pickled Pork with Parsley Sauce

Dessert: Golden Syrup Dumplings

Diabetic: As Above

Wednesday**9 September, 7 October, 4 November**

Soup: Soup of the Day

Main: Sweet and Sticky BBQ Chicken

Dessert: Ginger Pudding

Diabetic: As Above

Thursday**20 August, 17 September, 15 October**

Soup: Soup of the Day

Main: Asian Style Beef with White Rice

Dessert: Semolina Pudding with Pears

Diabetic: As Above

Thursday**27 August, 24 September, 22 October**

Soup: Soup of the Day

Main: Garlic Pork with Saffron Rice

Dessert: Blueberry Cheesecake

Diabetic: As Above

Thursday**3 September, 1 October, 29 October**

Soup: Soup of the Day

Main: Chicken Cassoulet

Dessert: Baked Stuffed Apple

Diabetic: As Above

Thursday**10 September, 8 October, 5 November**

Soup: Soup of the Day

Main: Creamy Pasta Carbonara

Dessert: Vanilla Slice

Diabetic: Baked Pears in Red Wine

Friday**21 August, 18 September, 16 October**

Soup: Soup of the Day

Main: Fisherman's Pie

Dessert: Chocolate Bread Pudding

Diabetic: As Above

Friday**28 August, 25 September, 23 October**

Soup: Soup of the Day

Main: Baked Fish with Lemon and Herbs

Dessert: Baked Rice Pudding

Diabetic: As Above

Friday**4 September, 2 October, 30 October**

Soup: Soup of the Day

Main: Tuna Mornay Bake

Dessert: Orange & Poppy Seed Cake

Diabetic: As Above

Friday**11 September, 9 October, 6 November**

Soup: Soup of the Day

Main: Fish in Creamy Garlic and White Wine Sauce

Dessert: Pineapple Trifle

Diabetic: As Above

*** Kitchen closed Monday 28 September. Fresh Public Holiday meal to be delivered on Friday 25 September**

Monday**17 August, 14 September, 12 October**

Soup: Soup of the Day
Main: Sweet Potato and Chickpea Korma
Dessert: Date & Apple Cake
Diabetic: As Above

Tuesday**18 August, 15 September, 13 October**

Soup: Soup of the Day
Main: Mushroom Shepherd's Pie
Dessert: Apricot Tea Cake
Diabetic: As Above

Wednesday**19 August, 16 September, 14 October**

Soup: Soup of the Day
**Main: Haloumi and Couscous
Stuffed Capsicum**
Dessert: Pink Jelly Cake
Diabetic: As Above

Thursday**20 August, 17 September, 15 October**

Soup: Soup of the Day
**Main: Asian Honey Ginger Pineapple Fried
Rice**
Dessert: Semolina Pudding with Pears
Diabetic: As Above

Friday**21 August, 18 September, 16 October**

Soup: Soup of the Day
Main: Tofu and Oyster Mushroom Bake
Dessert: Chocolate Bread Pudding
Diabetic: As Above

Monday**24 August, 21 September, 19 October**

Soup: Soup of the Day
Main: Tomato and Basil Tart
Dessert: Banana Cake
Diabetic: As Above

Tuesday**25 August, 22 September, 20 October**

Soup: Soup of the Day
Main: Honey Soy Tofu with Hokkien Noodles
Dessert: Vanilla Mousse with Coffee Crumb
Diabetic: As Above

Wednesday**26 August, 23 September, 21 October**

Soup: Soup of the Day
Main: Spiced Sweet Potato and Carrot Fritters
Dessert: Spiced Apple Cake
Diabetic: As Above

Thursday**27 August, 24 September, 22 October**

Soup: Soup of the Day
**Main: Stir Fry Honey Garlic Vegetable with
Saffron Rice**
Dessert: Blueberry Cheesecake
Diabetic: As Above

Friday**28 August, 25 September, 23 October**

Soup: Soup of the Day
Main: Pepperonata and Ricotta Frittata
Dessert: Baked Rice Pudding
Diabetic: As Above

Monday**31 August, *28 September, 26 October**

Soup: Soup of the Day
**Main: Mushroom Bourguignon with
Pastry Topper**
Dessert: Chocolate Mud Cake
Diabetic: Choc Vanilla Mousse

Tuesday**1 September, 29 September 27th October**

Soup: Soup of the Day
Main: Eggplant Parmigiana
Dessert: Fruit Salad & Jelly
Diabetic: As Above

Wednesday**2nd September, 30th September, 28th October**

Soup: Soup of the Day
**Main: Roasted Garlic Vegetables Quinoa
and Balsamic Glaze**
Dessert: Golden Syrup Dumplings
Diabetic: As Above

Thursday**3rd September, 1st October, 29th October**

Soup: Soup of the Day
Main: Three-Bean Cassoulet
Dessert: Baked Stuffed Apple
Diabetic: As Above

Friday**4 September, 2 October, 30 October**

Soup: Soup of the Day
Main: Creamy Mushroom and Spinach Bake
Dessert: Orange & Poppy Seed Cake
Diabetic: As Above

Monday**7 September, 5 October, 2 November**

Soup: Soup of the Day
Main: Vegetarian Irish Stew with Dumplings
Dessert: Blackberry & Apple Crumble
Diabetic: As Above

Tuesday**8 September, 6 October, 3 November**

Soup: Soup of the Day
Main: Parmesan Napolitana
Dessert: Chocolate Brownie
Diabetic: Chocolate Mousse with Raspberries

Wednesday**9 September, 7 October, 4 November**

Soup: Soup of the Day
Main: Roast Lentil Loaf
Dessert: Ginger Pudding
Diabetic: As Above

Thursday**10 September, 8 October, 5 November**

Soup: Soup of the Day
Main: Creamy Mushroom Pasta
Dessert: Vanilla Slice
Diabetic: Baked Pears in Red Wine

Friday**11 September, 9 October, 6 November**

Soup: Soup of the Day
Main: Spinach and Cheese Enchilada
Dessert: Pineapple Trifle
Diabetic: As Above

*** Kitchen closed Monday 28 September. Fresh Public Holiday meal to be delivered on Friday 25 September**