

**Telephone: 9435 1379**

*Menu is subject to change without notice  
depending on availability of produce*

# Chorus Kitchen Menu

Monday 9 November 2020 to 29 January 2021



## Monday

**9 November, 7 December, 4 January**

Soup: Soup of the Day

**Main: Creamy Honey Mustard Chicken**

Dessert: Fruit Cake

Diabetic: As above

## Tuesday

**10 November, 8 December, 5 January**

Soup: Soup of the Day

**Main: Cold Meats with Greek and Potato Salads**

Dessert: Chocolate Coconut Slice

Diabetic: Chocolate Mousse

## Wednesday

**11 November, 9 December, 6 January**

Soup: Soup of the Day

**Main: Silverside with Mustard Sauce**

Dessert: Banana Bread Pudding

Diabetic: As above

## Thursday

**12 November, 10 December, 7 January**

Soup: Soup of the Day

**Main: Pork Tikka Masala with Brown Rice**

Dessert: Lemon Marshmallow Slice

Diabetic: Lemon Slice

## Friday

**13 November, 11 December, 8 January**

Soup: Soup of the Day

**Main: Fish in White Wine and Caper Sauce**

Dessert: Gingerbread Cake with Lemon Icing

Diabetic: Gingerbread Cake with Custard

## Monday

**16 November, 14 December, 11 January**

Soup: Soup of the Day

**Main: Chicken and Chorizo Pasta**

Dessert: Blueberry Muffin

Diabetic: As above

## Tuesday

**17 November, 15 December, 12 January**

Soup: Soup of the Day

**Main: Cold Meat with Garden and Thai Noodle Salad**

Dessert: Orange Jelly with Two Fruits

Diabetic: As above

## Wednesday

**18 November, 16 December, 13 January**

Soup: Soup of the Day

**Main: Roasted Sage & Onion Chicken with Gravy**

Dessert: Date Slice with Custard

Diabetic: As above

## Thursday

**19 November, 17 December, 14 January**

Soup: Soup of the Day

**Main: Lamb Meatloaf with BBQ Glaze**

Dessert: Pineapple Tart

Diabetic: As above

## Friday

**20 November, 18 December, 15 January**

Soup: Soup of the Day

**Main: Chicken Chasseur**

Dessert: Mango Trifle

Diabetic: As Above

## Monday

**23 November, 21 December, 18 January**

Soup: Soup of the Day

**Main: Mediterranean Lamb Meatballs with Spiral Pasta**

Dessert: Coffee Crumble Cake

Diabetic: As above

## Tuesday

**24 November, 22 December, 19 January**

Soup: Soup of the Day

**Main: Cold Meats with Italian Garden and Pasta Salads**

Dessert: Berry Pannacotta

Diabetic: As above

## Wednesday

**25 November 23 December, 20 January**

Soup: Soup of the Day

**Main: Roast Beef with Gravy and Yorkshire Pudding**

Dessert: Impossible Pie

Diabetic: As above

## Thursday

**26 November 24 December, 21 January**

Soup: Soup of the Day

**Main: Pork Sausage with Gravy & Caramelised Onions**

Dessert: Apple Galette

Diabetic: As above

## Friday

**27 November, 25 December\*, 22 January**

Soup: Soup of the Day

**Main: Fragrant Coconut & Coriander Fish**

Dessert: Caramel Mousse Cake

Diabetic: As above

## Monday

**30 November, 28 December\*, 25 January**

Soup: Soup of the Day

**Main: Beef & Red Wine Casserole**

Dessert: Lemon Jelly Cake

Diabetic: As above

## Tuesday

**1 December, 29 December, 26 January\***

Soup: Soup of the Day

**Main: Chicken Caesar and Mixed Bean Salad**

Dessert: Chocolate Cake with Custard

Diabetic: As Above

## Wednesday

**2 December, 30 December, 27 January**

Soup: Soup of the Day

**Main: Roast Pork with Gravy and Apple Sauce**

Dessert: Paradise Slice

Diabetic: Fruit and Custard

## Thursday

**3 December, 31 December, 28 January**

Soup: Soup of the Day

**Main: Beef Lasagna**

Dessert: Cherry Cheesecake

Diabetic: Cherry Jelly

## Friday

**4 December, 1 January\*, 29 January**

Soup: Soup of the Day

**Main: Teriyaki Chicken with Fried Rice**

Dessert: Orange Marmalade Cake

Diabetic: As above

*\*Friday 25 December to Monday 28 December, there are no deliveries. Your meal for these days will be delivered on Thursday 24<sup>th</sup> December.*

*For other public holidays, a meal will be delivered on the previous delivery day.*

*If you would prefer not to receive salads on Tuesdays, please contact us on 9435 1379.*

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# Chorus Kitchen Menu - Vegetarian

Monday 9 November 2020 to 29 January 2021



## Monday

9 November, 7 December, 4 January

Soup: Soup of the Day

**Main: Creamy Mushroom & Leek Crepe**

Dessert: Fruit Cake

Diabetic: As above

## Tuesday

10 November, 8 December, 5 January

Soup: Soup of the Day

**Main: Spinach and Feta Quiche with Greek and Potato Salads**

Dessert: Chocolate Coconut Slice

Diabetic: Chocolate Mousse

## Wednesday

11 November, 9 December, 6 January

Soup: Soup of the Day

**Main: Roasted Tomato & Basil Stuffed Capsicum**

Dessert: Banana Bread Pudding

Diabetic: As above

## Thursday

12 November, 10 December, 7 January

Soup: Soup of the Day

**Main: Cauliflower and Chickpea Tikka Masala with Brown Rice**

Dessert: Lemon Marshmallow Slice

Diabetic: Lemon Slice

## Friday

13 November, 11 December, 8 January

Soup: Soup of the Day

**Main: Italian Caper & Olive Pasta with Parmesan**

Dessert: Gingerbread Cake with Lemon Icing

Diabetic: Gingerbread Cake with Custard

## Monday

16 November, 14 December, 11 January

Soup: Soup of the Day

**Main: Mexican Bean Rice**

Dessert: Blueberry Muffin

Diabetic: As above

## Tuesday

17 November, 15 December, 12 January

Soup: Soup of the Day

**Main: Thai Chickpea Patty with Garden and Thai Noodle Salad**

Dessert: Orange Jelly with Two Fruits

Diabetic: As above

## Wednesday

18 November, 16 December, 13 January

Soup: Soup of the Day

**Main: Potato Gnocchi with Pumpkin Sage Sauce**

Dessert: Date Slice with Custard

Diabetic: As above

## Thursday

19 November, 17 December, 14 January

Soup: Soup of the Day

**Main: Spinach & Ricotta Ravioli in Creamy White Wine Sauce**

Dessert: Pineapple Tart

Diabetic: As above

## Friday

20 November, 18 December, 15 January

Soup: Soup of the Day

**Main: Pumpkin, Sundried Tomato and Feta Frittata**

Dessert: Mango Trifle

Diabetic: As above

## Monday

23 November, 21 December, 18 January

Soup: Soup of the Day

**Main: Mushroom & Rice Balls with Neapolitana Sauce**

Dessert: Coffee Crumble Cake

Diabetic: As above

## Tuesday

24 November, 22 December, 19 January

Soup: Soup of the Day

**Main: Zucchini Slice with Italian Garden and Pasta Salads**

Dessert: Berry Pannacotta

Diabetic: As above

## Wednesday

25 November, 23 December, 20 January

Soup: Soup of the Day

**Main: Sweet Potato & Lentil Patty with Tomato Sauce**

Dessert: Impossible Pie

Diabetic: As above

## Thursday

26 November, 24 December, 21 January

Soup: Soup of the Day

**Main: Creamy Leek & Mushroom Risotto**

Dessert: Apple Galette

Diabetic: As above

## Friday

27 November, 25 December\*, 22 January

Soup: Soup of the Day

**Main: Cheesy Loaded Baked Potato**

Dessert: Caramel Mousse Cake

Diabetic: As above

## Monday

30 November, 28 December\*, 25 January

Soup: Soup of the Day

**Main: Vegetable & Bean Casserole**

Dessert: Lemon Jelly Cake

Diabetic: As above

## Tuesday

1 December, 29 December, 26 January\*

Soup: Soup of the Day

**Main: Roasted Pumpkin and Quinoa Patty with Caesar and Mixed Bean Salad**

Dessert: Chocolate Cake with Custard

Diabetic: As Above

## Wednesday

2 December, 30 December, 27 January

Soup: Soup of the Day

**Main: Sweet Potato & Cumin Filo Parcel**

Dessert: Paradise Slice

Diabetic: Fruit and Custard

## Thursday

3 December, 31 December, 28 January

Soup: Soup of the Day

**Main: Eggplant Lasagna**

Dessert: Cherry Cheesecake

Diabetic: Cherry Jelly

## Friday

4 December, 1 January\*, 29 January

Soup: Soup of the Day

**Main: Teriyaki Tofu with Fried Rice**

Dessert: Orange Marmalade Cake

Diabetic: As above

*\*Friday 25 December to Monday 28 December, there are no deliveries. Your meal for these days will be delivered on Thursday 24<sup>th</sup> December.*

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