

**Monday****1 February, \*1 March, 29 March**

Soup: Soup of the Day  
**Main: Beef Meatloaf with BBQ Glaze**  
Dessert: Caramel Mud Cake with Caramel Custard  
Diabetic: Baked Apple with Dates

**Tuesday****2 February, 2 March, 30 March**

Soup: Soup of the Day  
**Main: Lime & Coriander Chicken with Mexican Bean & Green Leaf Salad**  
Dessert: Chocolate Choc Chip Mousse  
Diabetic: Chocolate Mousse

**Wednesday****3 February, 3 March, 31 March**

Soup: Soup of the Day  
**Main: Roast Beef with Yorkshire Pudding and Red Wine Gravy**  
Dessert: Apricot and Apple Crumble  
Diabetic: As above

**Thursday****4 February, 4 March, 1 April**

Soup: Soup of the Day  
**Main: Lamb & Potato Curry with Biryani Rice**  
Dessert: Italian Ricotta Cake  
Diabetic: As Above

**Friday****5 February, 5 March, \*2 April**

Soup: Soup of the Day  
**Main: Lemon Garlic Poached Fish with Creamy Parsley Sauce**  
Dessert: Tiramisu Cake  
Diabetic: As above

**Monday****8 February, 8 March, \*5 April**

Soup: Soup of the Day  
**Main: Beef and Red Wine Casserole**  
Dessert: Coconut Cake with Passionfruit Icing  
Diabetic: As above

**Tuesday****9 February, 9 March, 6 April**

Soup: Soup of the Day  
**Main: Cold Meats with Garden and Pesto Potato Salad**  
Dessert: Salted Caramel Cheesecake  
Diabetic: Citrus Cheesecake

**Wednesday****10 February, 10 March, 7 April**

Soup: Soup of the Day  
**Main: Roasted Garlic & Herb Butter Chicken with Chicken Gravy**  
Dessert: Blueberry and Lemon Bread Pudding  
Diabetic: As above

**Thursday****11 February, 11 March, 8 April**

Soup: Soup of the Day  
**Main: Sage & Garlic Pork Sausages with Gravy**  
Dessert: Mango Tart  
Diabetic: Mango Flummery

**Friday****12 February, 12 March, 9 April**

Soup: Soup of the Day  
**Main: Savoury Lamb Potato Bake**  
Dessert: Raspberry and Peach Trifle  
Diabetic: As above

**Monday****15 February, 15 March, 12 April**

Soup: Soup of the Day  
**Main: Chicken A La King with Basmati Rice**  
Dessert: Mocha Cake with Vanilla Mousse  
Diabetic: Mocha Cake with Vanilla Cream

**Tuesday****16 February, 16 March, 13 April**

Soup: Soup of the Day  
**Main: Crunchy Thai Beef and Noodle Salad**  
Dessert: Custard Puff with Chocolate Sauce  
Diabetic: Chocolate Mousse Puff

**Wednesday****17 February, 17 March, 14 April**

Soup: Soup of the Day  
**Main: Corned Beef Silverside with Parsley Sauce**  
Dessert: Sticky Date Pudding with Caramel Sauce  
Diabetic: Sticky Date Pudding

**Thursday****18 February, 18 March, 15 April**

Soup: Soup of the Day  
**Main: Asian Pork Meatballs with Honey Ginger Sauce and Saffron Rice**  
Dessert: Key Lime Pie  
Diabetic: Lime Flummery

**Friday****19 February, 19 March, 16 April**

Soup: Soup of the Day  
**Main: Spanish Fish in Roasted Tomato and Garlic Sauce with Couscous**  
Dessert: Banana Cake with Toffee Icing  
Diabetic: Banana Cake with Custard

**Monday****22 February, 22 March, 19 April**

Soup: Soup of the Day  
**Main: Beef Bolognaise with Penne Pasta**  
Dessert: Black Forrest Cake  
Diabetic: As above

**Tuesday****23 February, 23 March, 20 April**

Soup: Soup of the Day  
**Main: Lemon Herb Chicken with White Bean, Kale and Mediterranean Salad**  
Dessert: Berry Jelly with Berries and Cream  
Diabetic: As above

**Wednesday****24 February, 24 March, 21 April**

Soup: Soup of the Day  
**Main: Roast Pork with Apple Sauce and Gravy**  
Dessert: Semolina Pudding  
Diabetic: As above

**Thursday****25 February, 25 March, 22 April**

Soup: Soup of the Day  
**Main: Greek Lamb Rissole with Tomato Gravy**  
Dessert: Pear and Ginger Cake  
Diabetic: Spiced Fruit Roll

**Friday****26 February, 26 March, 23 April**

Soup: Soup of the Day  
**Main: Creamy Chicken and Broccoli Casserole**  
Dessert: Apple Crumble Cake  
Diabetic: As above

**\*Please note: The kitchen will be closed on Monday 1<sup>st</sup> March and Friday 2<sup>nd</sup> to Tuesday 6<sup>th</sup> April.**

***Frozen meals will be delivered for these days, with the previous delivery day.***

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

**Monday**
**1 February, \*1 March, 29 March**

Soup: Soup of the Day  
**Main: Glazed Vegetarian Lentil Loaf**  
 Dessert: Caramel Mud Cake with Caramel Custard  
 Diabetic: Baked Apple with Dates

**Tuesday**
**2 February, 2 March, 30 March**

Soup: Soup of the Day  
**Main: Chickpea and Coriander Pattie with Mexican Bean and Green Leaf Salad**  
 Dessert: Chocolate Chip Mousse  
 Diabetic: Chocolate Mousse

**Wednesday**
**3 February, 3 March, 31 March**

Soup: Soup of the Day  
**Main: Roast Vegetable Medley with Rossini Pasta**  
 Dessert: Apricot and Apple Crumble  
 Diabetic: As above

**Thursday**
**4 February, 4 March, 1 April**

Soup: Soup of the Day  
**Main: Coconut Red Lentil Dahl with Biryani Rice**  
 Dessert: Italian Ricotta Cake  
 Diabetic: As above

**Friday**
**5 February, 5 March, \*2 April**

Soup: Soup of the Day  
**Main: Vegetable Rosti with Parsley Sauce**  
 Dessert: Tiramisu Cake  
 Diabetic: As above

**Monday**
**8 February, 8 March, \*5 April**

Soup: Soup of the Day  
**Main: Vegetable Casserole with Dumplings**  
 Dessert: Coconut Cake with Passionfruit Icing  
 Diabetic: As above

**Tuesday**
**9 February, 9 March, 6 April**

Soup: Soup of the Day  
**Main: Three Cheese Quesadilla with Garden and Pesto Potato Salad**  
 Dessert: Salted Caramel Cheesecake  
 Diabetic: Citrus Cheesecake

**Wednesday**
**10 February, 10 March, 7 April**

Soup: Soup of the Day  
**Main: Roasted Pumpkin and Caramelised Onion Tart**  
 Dessert: Blueberry and Lemon Bread Pudding  
 Diabetic: As above

**Thursday**
**11 February, 11 March, 8 April**

Soup: Soup of the Day  
**Main: Baked Haloumi with Balsamic Roasted Tomato and Capsicum**  
 Dessert: Mango Tart  
 Diabetic: Mango Flummery

**Friday**
**12 February, 12 March, 9 April**

Soup: Soup of the Day  
**Main: Roasted Vegetable and Potato Bake**  
 Dessert: Raspberry and Peach Trifle  
 Diabetic: As above

**Monday**
**15 February, 15 March, 12 April**

Soup: Soup of the Day  
**Main: Creamy Mushroom Risotto**  
 Dessert: Mocha Cake with Vanilla Mousse  
 Diabetic: Mocha Cake with Vanilla Cream

**Tuesday**
**16 February, 16 March, 13 April**

Soup: Soup of the Day  
**Main: Tahini Rice Pattie with Crunchy Thai Noodle Salad**  
 Dessert: Custard Puff with Chocolate Sauce  
 Diabetic: Chocolate Mousse Puff

**Wednesday**
**17 February, 17 March, 14 April**

Soup: Soup of the Day  
**Main: Gorgonzola, Mushroom and Leek Crespelle Bake**  
 Dessert: Sticky Date Pudding with Caramel Sauce  
 Diabetic: Sticky Date Pudding

**Thursday**
**18 February, 18 March, 15 April**

Soup: Soup of the Day  
**Main: Sweet Potato and Black Bean Veggie Balls**  
 Dessert: Key Lime Pie  
 Diabetic: Lime Flummery

**Friday**
**19 February, 19 March, 16 April**

Soup: Soup of the Day  
**Main: Roasted Cherry Tomato and Basil Pasta**  
 Dessert: Banana Cake with Toffee Icing  
 Diabetic: Banana Cake with Custard

**Monday**
**22 February, 22 March, 19 April**

Soup: Soup of the Day  
**Main: Chickpea and Lentil Bolognese**  
 Dessert: Black Forrest Cake  
 Diabetic: As above

**Tuesday**
**23 February, 23 March, 20 April**

Soup: Soup of the Day  
**Main: Roasted Tomato & Mushroom Pasta Salad with Bean, Kale and Mediterranean Salad**  
 Dessert: Berry Jelly with Berries and Cream  
 Diabetic: As above

**Wednesday**
**24 February, 24 March, 21 April**

Soup: Soup of the Day  
**Main: Spinach and Ricotta Quiche**  
 Dessert: Semolina Pudding  
 Diabetic: As above

**Thursday**
**25 February, 25 March, 22 April**

Soup: Soup of the Day  
**Main: Greek Stuffed Zucchini**  
 Dessert: Pear and Ginger Cake  
 Diabetic: Spiced Fruit Roll

**Friday**
**26 February, 26 March, 23 April**

Soup: Soup of the Day  
**Main: Cheesy Broccoli Pasta Bake**  
 Dessert: Apple Crumble Cake  
 Diabetic: As above

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