

Monday

19 July, 16 August, 13 September

Soup: Soup of the Day
Main: Chicken Korma with Biryani Rice
Dessert: Date & Apple Cake
Diabetic: As Above

Tuesday

20 July, 17 August, 14 September

Soup: Soup of the Day
Main: Lamb Shepherd's Pie
Dessert: Pink Jelly Cake
Diabetic: As Above

Wednesday

21 July, 18 August, 15 September

Soup: Soup of the Day
Main: Roast Pork with Apple Sauce & Gravy
Dessert: Sticky Vanilla Pudding (Malva)
Diabetic: As Above

Thursday

22 July, 19 August, 16 September

Soup: Soup of the Day
Main: Chicken Sausages with Sage Gravy
Dessert: Ginger Cake with Custard
Diabetic: As Above

Friday

23 July, 20 August, 17 September

Soup: Soup of the Day
Main: Garlic & Red Wine Beef Casserole
Dessert: Chocolate Bread Pudding
Diabetic: As Above

Monday

26 July, 23 August, 20 September

Soup: Soup of the Day
Main: Braised Pork with Rice
Dessert: Banana Cake
Diabetic: As Above

Tuesday

27 July, 24 August, 21 September

Soup: Soup of the Day
Main: Thai Chicken with Egg Noodles
Dessert: Vanilla Mousse with Coffee Crumb
Diabetic: Vanilla Mousse

Wednesday

28 July, 25 August, 22 September

Soup: Soup of the Day
Main: Roast Beef with Garlic & Thyme Gravy
Dessert: Spiced Apple Cake
Diabetic: As Above

Thursday

29 July, 26 August, 23 September

Soup: Soup of the Day
Main: Lamb Rissoles with Gravy & Mint Jelly
Dessert: Greek Custard Cake (Souffra)
Diabetic: As Above

Friday

30 July, 27 August, *24 September

Soup: Soup of the Day
Main: Fish in Creamy Garlic & Parsley Sauce
Dessert: Baked Rice Pudding
Diabetic: As Above

Monday

2 August, 30 August, *27 September

Soup: Soup of the Day
Main: Mongolian Beef with Basmati Rice
Dessert: Chocolate Mud Cake
Diabetic: Chocolate Mousse

Tuesday

3 August, 31 August, 28 September

Soup: Soup of the Day
Main: Creamy Lemon Chicken Primavera
Dessert: Blueberry Cheesecake
Diabetic: As Above

Wednesday

4 August, 1 September, 29 September

Soup: Soup of the Day
Main: Smokey BBQ Pulled Pork
Dessert: Golden Syrup Dumplings
Diabetic: As Above

Thursday

5 August, 2 September, 30 September

Soup: Soup of the Day
Main: Lamb & Rosemary Sausages with Mint Gravy
Dessert: Baked Apple & Dates
Diabetic: Baked Apple & Custard

Friday

6 August, 3 September, 1 October

Soup: Soup of the Day
Main: Beef Bolognese with Pasta
Dessert: Orange & Poppy Seed Cake
Diabetic: As Above

Monday

9 August, 6 September, 4 October

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

Tuesday

10 August, 7 September, 5 October

Soup: Soup of the Day
Main: Beef Meatballs with Mushroom Sauce
Dessert: Vanilla Slice
Diabetic: Peaches and Baked Custard

Wednesday

11 August, 8 September, 6 October

Soup: Soup of the Day
Main: Sweet Sticky BBQ Chicken
Dessert: Semolina Pudding with Pears
Diabetic: As Above

Thursday

12 August, 9 September, 7 October

Soup: Soup of the Day
Main: Honey Glazed Ham Steak with Pineapple
Dessert: Lemon Coconut Macaroon Pie
Diabetic: As Above

Friday

13 August, 10 September, 8 October

Soup: Soup of the Day
Main: Fisherman's Pie
Dessert: Pineapple Trifle
Diabetic: As Above

*** Kitchen closed Monday 27 September.**

*** Fresh Public Holiday meal to be delivered on Friday 24 September**

Monday

19 July, 16 August, 13 September

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

Tuesday

20 July, 17 August, 14 September

Soup: Soup of the Day
Main: Black Bean & Sweet Potato Pie
Dessert: Pink Jelly Cake
Diabetic: As Above

Wednesday

21 July, 18 August, 15 September

Soup: Soup of the Day
Main: Haloumi & Couscous Stuffed Capsicum
Dessert: Sticky Vanilla Pudding (Malva)
Diabetic: As Above

Thursday

22 July, 19 August, 16 September

Soup: Soup of the Day
Main: Vegetarian Sausages with Sage Gravy
Dessert: Ginger Cake with Custard
Diabetic: As Above

Friday

23 July, 20 August, 17 September

Soup: Soup of the Day
Main: Mushroom Bourguignon
Dessert: Chocolate Bread Pudding
Diabetic: As Above

Monday

26 July, 23 August, 20 September

Soup: Soup of the Day
Main: Roasted Garlic Vegetables with Couscous
Dessert: Banana Cake
Diabetic: As Above

Tuesday

27 July, 24 August, 21 September

Soup: Soup of the Day
Main: Thai Tofu & Egg with Singapore Noodles
Dessert: Vanilla Mousse with Coffee Crumb
Diabetic: Vanilla Mousse

Wednesday

28 July, 25 August, 22 September

Soup: Soup of the Day
Main: Cauliflower Fritters with Tomato Relish
Dessert: Spiced Apple Cake
Diabetic: As Above

Thursday

29 July, 26 August, 23 September

Soup: Soup of the Day
Main: Sweet Potato & Quinoa Patty
Dessert: Greek Custard Cake (Souffra)
Diabetic: As Above

Friday

30 July, 27 August, *24 September

Soup: Soup of the Day
Main: Spinach & Ricotta Tortellini with Garlic Sauce
Dessert: Baked Rice Pudding
Diabetic: As Above

Monday

2 August, 30 August, *27 September

Soup: Soup of the Day
Main: Mongolian Vegetable & Noodle Stir Fry
Dessert: Chocolate Mud Cake
Diabetic: Chocolate Mousse

Tuesday

3 August, 31 August, 28 September

Soup: Soup of the Day
Main: Squash Primavera Pasta
Dessert: Blueberry Cheesecake
Diabetic: As Above

Wednesday

4 August, 1 September, 29 September

Soup: Soup of the Day
Main: Smokey Mushroom & Quinoa Taco
Dessert: Golden Syrup Dumplings
Diabetic: As Above

Thursday

5 August, 2 September, 30 September

Soup: Soup of the Day
Main: Beetroot & Feta Rissoles with Tomato Relish
Dessert: Baked Apple & Dates
Diabetic: Baked Apple & Custard

Friday

6 August, 3 September, 1 October

Soup: Soup of the Day
Main: Tomato & Lentil Bolognese with Pasta
Dessert: Orange & Poppy Seed Cake
Diabetic: As Above

Monday

9 August, 6 September, 4 October

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

Tuesday

10 August, 7 September, 5 October

Soup: Soup of the Day
Main: Vegetable Rissoles with Mushroom Sauce
Dessert: Vanilla Slice
Diabetic: Peaches and Baked Custard

Wednesday

11 August, 8 September, 6 October

Soup: Soup of the Day
Main: Pumpkin Ravioli with Burnt Butter Sauce
Dessert: Semolina Pudding with Pears
Diabetic: As Above

Thursday

12 August, 9 September, 7 October

Soup: Soup of the Day
Main: Pineapple & Ginger Tofu Stir Fry
Dessert: Lemon Coconut Macaroon Pie
Diabetic: As Above

Friday

13 August, 10 September, 8 October

Soup: Soup of the Day
Main: Leek & Mushroom Pie
Dessert: Pineapple Trifle
Diabetic: As Above

*** Kitchen closed Monday 27 September.***** Fresh Public Holiday meal to be delivered on Friday 24 September***Menu is subject to change without notice
depending on availability of produce*