

**Monday****11 October, 8 November, 6 December**

Soup: Soup of the Day

**Main: Honey Mustard Chicken**

Dessert: Prune Tea Cake

Diabetic: Fruit Cake

**Tuesday****12 October, 9 November, 7 December**

Soup: Soup of the Day

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

Dessert: Vanilla Butter Cake

Diabetic: As above

**Wednesday****13 October, 10 November, 8 December**

Soup: Soup of the Day

**Main: Silverside with Mustard Sauce**

Dessert: Banana Bread Pudding

Diabetic: As above

**Thursday****14 October, 11 November, 9 December**

Soup: Soup of the Day

**Main: Pork Tikka with Brown Rice**

Dessert: Lemon Marshmallow Slice

Diabetic: Lemon Slice

**Friday****15 October, 12 November, 10 December**

Soup: Soup of the Day

**Main: Creamy Tuna Bake**

Dessert: Gingerbread Cake &amp; Lemon Icing

Diabetic: Gingerbread Cake with Custard

**Monday****18 October, 15 November, 13 December**

Soup: Soup of the Day

**Main: Moroccan Beef Tagine**

Dessert: Blueberry Muffin

Diabetic: As above

**Tuesday****19 October, 16 November, 14 December**

Soup: Soup of the Day

**Main: Pulled Pork with Coleslaw & Garden Salad**

Dessert: Chocolate Pudding

Diabetic: As above

**Wednesday****20 October, 17 November, 15 December**

Soup: Soup of the Day

**Main: Roasted Sage Chicken with Gravy**

Dessert: Honey Cake

Diabetic: As above

**Thursday****21 October, 18 November, 16 December**

Soup: Soup of the Day

**Main: Lamb Meatloaf with BBQ Glaze**

Dessert: Pineapple Tart

Diabetic: As above

**Friday****22 October, 19 November, 17 December**

Soup: Soup of the Day

**Main: Chicken Chasseur**

Dessert: Mango and Passionfruit Trifle

Diabetic: As Above

**Monday****25 October, 22 November, 20 December**

Soup: Soup of the Day

**Main: Pork Sausage with Onion & Gravy**

Dessert: Coffee Crumble Cake

Diabetic: As above

**Tuesday****26 October, 23 November, 21 December**

Soup: Soup of the Day

**Main: Chicken Caesar & Mixed Bean Salads**

Dessert: Berry Pannacotta

Diabetic: As above

**Wednesday****27 October, 24 November, 22 December**

Soup: Soup of the Day

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

Dessert: Impossible Pie

Diabetic: As above

**Thursday****28 October, 25 November, 23 December**

Soup: Soup of the Day

**Main: Lamb Meatballs with Penne Pasta**

Dessert: Apple Galette

Diabetic: As above

**Friday****29 October, 26 November, 24 December**

Soup: Soup of the Day

**Main: Coconut & Coriander Fish**

Dessert: Orange Marmalade Cake

Diabetic: As above

**Monday****1 November, 29 November, 27 December\***

Soup: Soup of the Day

**Main: Beef & Vegetable Casserole**

Dessert: Classic Chocolate Cake

Diabetic: As above

**Tuesday****2 November, 30 November, 28 December\***

Soup: Soup of the Day

**Main: Cold Meats with Garden & Pasta Salads**

Dessert: Lemon Jelly Cake

Diabetic: As Above

**Wednesday****3 November, 1 December, 29 December**

Soup: Soup of the Day

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

Dessert: Paradise Slice

Diabetic: Fruit and Custard

**Thursday****4 November, 2 December, 30 December**

Soup: Soup of the Day

**Main: Beef Lasagne**

Dessert: Cherry Cheesecake

Diabetic: As above

**Friday****5 November, 3 December, 31 December**

Soup: Soup of the Day

**Main: Teriyaki Chicken with Fried Rice**

Dessert: Caramel Cake

Diabetic: Vanilla Pudding

**No delivery on Monday 27 December & Tuesday 28 December  
Your meal for these days will be delivered on Friday 24<sup>th</sup> December.**



# Chorus Kitchen Menu - Vegetarian

Monday 11<sup>th</sup> October to Friday 31<sup>st</sup> December 2021

9435 1379

[meals@chorus.org.au](mailto:meals@chorus.org.au)

Office Hours: 8am to 2pm Weekdays

## Monday

11 October, 8 November, 6 December

Soup: Soup of the Day

**Main: Mushroom & Leek Crepe**

Dessert: Prune Tea Cake

Diabetic: Fruit Cake

## Tuesday

12 October, 9 November, 7 December

Soup: Soup of the Day

**Main: Spinach & Feta Frittata with Greek & Potato Salads**

Dessert: Vanilla Butter Cake

Diabetic: As above

## Wednesday

13 October, 10 November, 8 December

Soup: Soup of the Day

**Main: Tomato & Basil Stuffed Capsicum**

Dessert: Banana Bread Pudding

Diabetic: As above

## Thursday

14 October, 11 November, 9 December

Soup: Soup of the Day

**Main: Sweet Potato Tikka with Rice**

Dessert: Lemon Marshmallow Slice

Diabetic: Lemon Slice

## Friday

15 October, 12 November, 10 December

Soup: Soup of the Day

**Main: Vegetable Pasta Bake**

Dessert: Gingerbread Cake & Lemon Icing

Diabetic: Gingerbread Cake with Custard

## Monday

18 October, 15 November, 13 December

Soup: Soup of the Day

**Main: Vegetable Tagine with Couscous**

Dessert: Blueberry Muffin

Diabetic: As above

## Tuesday

19 October, 16 November, 14 December

Soup: Soup of the Day

**Main: Potato & Bean Patty with Tangy Coleslaw & Garden Salads**

Dessert: Chocolate Pudding

Diabetic: As above

## Wednesday

20 October, 17 November, 15 December

Soup: Soup of the Day

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

Dessert: Honey Cake

Diabetic: As above

## Thursday

21 October, 18 November, 16 December

Soup: Soup of the Day

**Main: Lentil Loaf with Mushroom Sauce**

Dessert: Pineapple Tart

Diabetic: As above

## Friday

22 October, 19 November, 17 December

Soup: Soup of the Day

**Main: Creamy Tomato Risotto**

Dessert: Mango and Passionfruit Trifle

Diabetic: As above

## Monday

25 October, 22 November, 20 December

Soup: Soup of the Day

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

Dessert: Coffee Crumble Cake

Diabetic: As above

## Tuesday

26 October, 23 November, 21 December

Soup: Soup of the Day

**Main: Caesar Salad & Mixed Bean Salad**

Dessert: Berry Pannacotta

Diabetic: As above

## Wednesday

27 October, 24 November, 22 December

Soup: Soup of the Day

**Main: Sweet Potato & Lentil Patty in Spiced Tomato Sauce**

Dessert: Impossible Pie

Diabetic: As above

## Thursday

28 October, 25 November, 23 December

Soup: Soup of the Day

**Main: Vegetable Balls in Tomato Sauce**

Dessert: Apple Galette

Diabetic: As above

## Friday

29 October, 26 November, 24 December

Soup: Soup of the Day

**Main: Coconut Vegetable Curry with Rice**

Dessert: Orange Marmalade Cake

Diabetic: As above

## Monday

1 November, 29 November, 27 December\*

Soup: Soup of the Day

**Main: Vegetable & Bean Casserole**

Dessert: Classic Chocolate Cake

Diabetic: As above

## Tuesday

2 November, 30 November, 28 December\*

Soup: Soup of the Day

**Main: Pumpkin & Quinoa Patty with Garden & Pasta Salads**

Dessert: Lemon Jelly Cake

Diabetic: As Above

## Wednesday

3 November, 1 December, 29 December

Soup: Soup of the Day

**Main: Pumpkin & Cumin Filo Parcel**

Dessert: Paradise Slice

Diabetic: Fruit and Custard

## Thursday

4 November, 2 December, 30 December

Soup: Soup of the Day

**Main: Eggplant Lasagne**

Dessert: Cherry Cheesecake

Diabetic: As above

## Friday

5 November, 3 December, 31 December

Soup: Soup of the Day

**Main: Teriyaki Tofu with Fried Rice**

Dessert: Caramel Cake

Diabetic: Vanilla Pudding

**No delivery on Monday 27 December & Tuesday 28 December  
Your meal for these days will be delivered on Friday 24<sup>th</sup> December.**

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