

**Monday****3 January\*, 31 January, 28 February**

Soup: Soup of the Day  
**Main: Beef Meatloaf**  
Dessert: Coconut Cake with Lime Icing  
Diabetic: Coconut Cake

**Tuesday****4 January, 1 February, 1 March**

Soup: Soup of the Day  
**Main: Lime & Coriander Chicken with Mexican Bean Green Leaf Salad**  
Dessert: Chai Pudding with Cream  
Diabetic: As above

**Wednesday****5 January, 2 February, 2 March**

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

**Thursday****6 January, 3 February, 3 March**

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

**Friday****7 January, 4 February, 4 March**

Soup: Soup of the Day  
**Main: Poached Fish with Parsley Sauce**  
Dessert: Tiramisu  
Diabetic: As Above

**Monday****10 January, 7 February, 7 March\***

Soup: Soup of the Day  
**Main: Beef and Red Wine Casserole**  
Dessert: Dutch Spice Cake  
Diabetic: As above

**Tuesday****11 January, 8 February, 8 March**

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

**Wednesday****12 January, 9 February, 9 March**

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

**Thursday****13 January, 10 February, 10 March**

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

**Friday****14 January, 11 February, 11 March**

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

**Monday****17 January, 14 February, 14 March**

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

**Tuesday****18 January, 15 February, 15 March**

Soup: Soup of the Day  
**Main: Thai Beef and Noodle Salad**  
Dessert: Blackberry & Chocolate Parfait  
Diabetic: As above

**Wednesday****19 January, 16 February, 16 March**

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

**Thursday****20 January, 17 February, 17 March**

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

**Friday****21 January, 18 February, 18 March**

Soup: Soup of the Day  
**Main: Spanish Fish with Couscous**  
Dessert: Banana Cake with Passionfruit Icing  
Diabetic: Banana Cake with Custard

**Monday****24 January, 21 February, 21 March**

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

**Tuesday****25 January, 22 February, 22 March**

Soup: Soup of the Day  
**Main: Lemon & Herb Chicken with Mediterranean Salad**  
Dessert: Red Velvet Cake & Custard  
Diabetic: As Above

**Wednesday****26 January\*, 23 February, 23 March**

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

**Thursday****27 January, 24 February, 24 March**

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

**Friday****28 January, 25 February, 25 March**

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

**No delivery on Monday 3 January, Wednesday 26 January & Monday 7 March  
Your meal for these days will be delivered on the working day prior.**

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

**Monday****3 January\***, 31 January, 28 February

Soup: Soup of the Day

**Main: Glazed Vegetarian Lentil Loaf**

Dessert: Coconut Cake with Lime Icing

Diabetic: Coconut Cake

**Tuesday****4 January, 1 February, 1 March**

Soup: Soup of the Day

**Main: Spinach & Mushroom Frittata  
with Green Leaf & Bean Salad**

Dessert: Chai Pudding with Cream

Diabetic: As above

**Wednesday****5 January, 2 February, 2 March**

Soup: Soup of the Day

**Main: Roast Vegetable Medley with  
Rossini Pasta**

Dessert: Apricot &amp; Apple Crumble

Diabetic: As above

**Thursday****6 January, 3 February, 3 March**

Soup: Soup of the Day

**Main: Coconut Red Lentil Dahl  
with Biryani Rice**

Dessert: Italian Ricotta Cake

Diabetic: As above

**Friday****7 January, 4 February, 4 March**

Soup: Soup of the Day

**Main: Roasted Vegetable Rosti**

Dessert: Tiramisu

Diabetic: As above

**Monday****10 January, 7 February, 7 March\***

Soup: Soup of the Day

**Main: Vegetable Casserole & Dumplings**

Dessert: Dutch Spice Cake

Diabetic: As above

**Tuesday****11 January, 8 February, 8 March**

Soup: Soup of the Day

**Main: Spinach Ricotta Filo Pie with  
Garden & Pesto Potato Salad**

Dessert: Salted Caramel Cheesecake

Diabetic: Citrus Cheesecake

**Wednesday****12 January, 9 February, 9 March**

Soup: Soup of the Day

**Main: Roasted Pumpkin and  
Caramelised Onion Tart**

Dessert: Blueberry &amp; Lemon Bread Pudding

Diabetic: As above

**Thursday****13 January, 10 February, 10 March**

Soup: Soup of the Day

**Main: Baked Haloumi with Balsamic  
Roasted Tomato & Capsicum**

Dessert: Mango Tart

Diabetic: Mango Whip

**Friday****14 January, 11 February, 11 March**

Soup: Soup of the Day

**Main: Roasted Vegetable & Potato Bake**

Dessert: Raspberry &amp; Peach Trifle

Diabetic: As above

**Monday****17 January, 14 February, 14 March**

Soup: Soup of the Day

**Main: Creamy Mushroom Risotto**

Dessert: Mocha Cake with Vanilla Mousse

Diabetic: Mocha Cake with Vanilla Cream

**Tuesday****18 January, 15 February, 15 March**

Soup: Soup of the Day

**Main: Tahini Rice Patty & Thai Noodle Salad**

Dessert: Blackberry &amp; Chocolate Parfait

Diabetic: As above

**Wednesday****19 January, 16 February, 16 March**

Soup: Soup of the Day

**Main: Gorgonzola, Mushroom &  
Leek Crepe Bake**

Dessert: Sticky Date Pudding with Caramel Sauce

Diabetic: Sticky Date Pudding

**Thursday****20 January, 17 February, 17 March**

Soup: Soup of the Day

**Main: Black Bean Patty with  
Tomato Salsa**

Dessert: Key Lime Pie

Diabetic: Lime Flummery

**Friday****21 January, 18 February, 18 March**

Soup: Soup of the Day

**Main: Roasted Cherry Tomato & Basil Pasta**

Dessert: Banana Cake with Passionfruit Icing

Diabetic: Banana Cake with Custard

**Monday****24 January, 21 February, 21 March**

Soup: Soup of the Day

**Main: Black Bean and Lentil Bolognese**

Dessert: Black Forrest Cake

Diabetic: As above

**Tuesday****25 January, 22 February, 22 March**

Soup: Soup of the Day

**Main: Tomato & Mushroom Pasta  
with Mediterranean Salad**

Dessert: Red Velvet Cake &amp; Custard

Diabetic: As Above

**Wednesday****26 January\*, 23 February, 23 March**

Soup: Soup of the Day

**Main: Spinach & Feta  
Frittata**

Dessert: Semolina Pudding

Diabetic: As above

**Thursday****27 January, 24 February, 24 March**

Soup: Soup of the Day

**Main: Greek Stuffed  
Zucchini**

Dessert: Pear &amp; Ginger Cake

Diabetic: Spiced Fruit Roll

**Friday****28 January, 25 February, 25 March**

Soup: Soup of the Day

**Main: Cheesy Broccoli Pasta Bake**

Dessert: Apple Crumble Cake

Diabetic: As above

**No delivery on Monday 3 January, Wednesday 26 January & Monday 7 March**  
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