

## Tuesday

21 June, 19 July, 16 August

Soup: Soup of the Day  
**Main: Lamb Shepherd's Pie**  
Dessert: Date & Apple Cake  
Diabetic: As Above

## Wednesday

22 June, 20 July, 17 August

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

## Thursday

23 June, 21 July, 18 August

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

## Friday

24 June, 22 July, 19 August

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

## Tuesday

28 June, 26 July, 23 August

Soup: Soup of the Day  
**Main: Thai Chicken & Egg Noodles**  
Dessert: Banana Cake  
Diabetic: Vanilla Mousse

## Wednesday

29 June, 27 July, 24 August

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

## Thursday

30 June, 28 July, 25 August

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

## Friday

1 July, 29 July, 26 August

Soup: Soup of the Day  
**Main: Creamy Salmon & Dill Pasta**  
Dessert: Baked Rice Pudding  
Diabetic: As Above

## Tuesday

5 July, 2 August, 30 August

Soup: Soup of the Day  
**Main: Creamy Lemon Chicken Primavera**  
Dessert: Choc Mud Cake  
Diabetic: As Above

## Wednesday

6 July, 3 August, 31 August

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

## Thursday

7 July, 4 August, 1 September

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

## Friday

8 July, 5 August, 2 September

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

## Tuesday

12 July, 9 August, 6 September

Soup: Soup of the Day  
**Main: Beef Meatballs with Mushroom Sauce**  
Dessert: Blackberry Crumble  
Diabetic: Peaches and Baked Custard

## Wednesday

13 July, 10 August, 7 September

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

## Thursday

14 July, 11 August, 8 September

Soup: Soup of the Day  
**Main: Bacon Pasta Carbonara**  
Dessert: Lemon Coconut Macaroon Pie  
Diabetic: As Above

## Friday

15 July, 12 August, 9 September

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

**Tuesday****21 June, 19 July, 16 August**

Soup: Soup of the Day  
**Main: Black Bean & Sweet Potato Pie**  
Dessert: Date & Apple Cake  
Diabetic: As Above

**Wednesday****22 June, 20 July, 17 August**

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

**Thursday****23 June, 21 July, 18 August**

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

**Friday****24 June, 22 July, 19 August**

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

**Tuesday****28 June, 26 July, 23 August**

Soup: Soup of the Day  
**Main: Thai Tofu & Egg Noodles**  
Dessert: Banana Cake  
Diabetic: Vanilla Mousse

**Wednesday****29 June, 27 July, 24 August**

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

**Thursday****30 June, 28 July, 25 August**

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

**Friday****1 July, 29 July, 26 August**

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

**Tuesday****5 July, 2 August, 30 August**

Soup: Soup of the Day  
**Main: Squash Primavera Pasta**  
Dessert: Choc Mud Cake  
Diabetic: As Above

**Wednesday****6 July, 3 August, 31 August**

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

**Thursday****7 July, 4 August, 1 September**

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

**Friday****8 July, 5 August, 2 September**

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

**Tuesday****12 July, 9 August, 6 September**

Soup: Soup of the Day  
**Main: Vegetable Rissoles and Mushroom Sauce**  
Dessert: Blackberry Crumble  
Diabetic: Peaches and Baked Custard

**Wednesday****13 July, 10 August, 7 September**

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

**Thursday****14 July, 11 August, 8 September**

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

**Friday****15 July, 12 August, 9 September**

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