

**Tuesday****13 Sept, 11 Oct, 8 Nov, 6 Dec**

Soup: Soup of the Day  
**Main: Beef Savoury Mince**  
Dessert: Prune Tea Cake  
Diabetic: As above

**Wednesday****14 Sept, 12 Oct, 9 Nov, 7 Dec**

Soup: Soup of the Day  
**Main: Silverside with Mustard Sauce**  
Dessert: Banana Bread Pudding  
Diabetic: As above

**Thursday****15 Sept, 13 Oct, 10 Nov, 8 Dec**

Soup: Soup of the Day  
**Main: Pork Tikka with Brown Rice**  
Dessert: Latte Pudding  
Diabetic: As above

**Friday****16 Sept, 14 Oct, 11 Nov, 9 Dec**

Soup: Soup of the Day  
**Main: Creamy Tuna Bake**  
Dessert: Gingerbread Cake  
Diabetic: As above

**Tuesday****20 Sept, 18 Oct, 15 Nov, 13 Dec**

Soup: Soup of the Day  
**Main: Sweet & Sour Pork with Steamed Rice**  
Dessert: Chocolate Pudding  
Diabetic: As above

**Wednesday****21 Sept, 19 Oct, 16 Nov, 14 Dec**

Soup: Soup of the Day  
**Main: Roasted Sage Chicken with Gravy**  
Dessert: Date & Apple Crumble  
Diabetic: As above

**Thursday****22 Sept, 20 Oct, 17 Nov, 15 Dec**

Soup: Soup of the Day  
**Main: Lamb Meatloaf with BBQ Glaze**  
Dessert: Passionfruit Custard Sponge  
Diabetic: Baked Passionfruit Custard

**Friday****23 Sept, 21 Oct, 18 Nov, 16 Dec**

Soup: Soup of the Day  
**Main: Chicken Chasseur**  
Dessert: Honey Cake  
Diabetic: As Above

**Tuesday****27 Sept, 25 Oct, 22 Nov, 20 Dec**

Soup: Soup of the Day  
**Main: Italian Chicken & Bean Stew**  
Dessert: Coffee Crumble Cake  
Diabetic: As above

**Wednesday****28 Sept, 26 Oct, 23 Nov, 21 Dec**

Soup: Soup of the Day  
**Main: Roast Beef with Gravy & Yorkshire Pudding**  
Dessert: Impossible Pie  
Diabetic: As above

**Thursday****29 Sept, 27 Oct, 24 Nov, 22 Dec**

Soup: Soup of the Day  
**Main: Lamb Meatballs with Penne Pasta**  
Dessert: Apple Galette  
Diabetic: As above

**Friday****30 Sept, 28 Oct, 25 Nov, 23 Dec**

Soup: Soup of the Day  
**Main: Coconut & Coriander Fish**  
Dessert: Orange Marmalade Cake  
Diabetic: As above

**Tuesday****4 Oct, 1 Nov, 29 Nov, \*27 Dec**

Soup: Soup of the Day  
**Main: Slow Cooked Lamb Ragù**  
Dessert: Paradise Slice  
Diabetic: Coconut Slice

**Wednesday****5 Oct, 2 Nov, 30 Nov, 28 Dec**

Soup: Soup of the Day  
**Main: Roast Pork with Apple Sauce & Gravy**  
Dessert: Iced Chocolate Cake  
Diabetic: Chocolate Cake

**Thursday****6 Oct, 3 Nov, 1 Dec, 29 Dec**

Soup: Soup of the Day  
**Main: Beef Lasagne**  
Dessert: Cherry Cheesecake  
Diabetic: Lemon Cheesecake

**Friday****7 Oct, 4 Nov, 2 Dec, 30 Dec**

Soup: Soup of the Day  
**Main: Teriyaki Chicken with Fried Rice**  
Dessert: Pumpkin Cranberry Cake  
Diabetic: As above

**\*No delivery on Tuesday 27<sup>th</sup> December.****Your meal for this day will be delivered on Friday 23<sup>rd</sup> December.**

**Tuesday****13 Sept, 11 Oct, 8 Nov, 6 Dec**

Soup: Soup of the Day

**Main: Spinach & Ricotta Cannelloni**

Dessert: Prune Tea Cake

Diabetic: As above

**Wednesday****14 Sept, 12 Oct, 9 Nov, 7 Dec**

Soup: Soup of the Day

**Main: Tomato & Basil  
Stuffed Capsicum**

Dessert: Banana Bread Pudding

Diabetic: As above

**Thursday****15 Sept, 13 Oct, 10 Nov, 8 Dec**

Soup: Soup of the Day

**Main: Sweet Potato Tikka with Rice**

Dessert: Latte Pudding

Diabetic: As above

**Friday****16 Sept, 14 Oct, 11 Nov, 9 Dec**

Soup: Soup of the Day

**Main: Vegetable Pasta Bake**

Dessert: Gingerbread Pudding

Diabetic: As above

**Tuesday****20 Sept, 18 Oct, 15 Nov, 13 Dec**

Soup: Soup of the Day

**Main: Sweet Potato & Bean Patty**

Dessert: Chocolate Pudding

Diabetic: As above

**Wednesday****21 Sept, 19 Oct, 16 Nov, 14 Dec**

Soup: Soup of the Day

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

Dessert: Date &amp; Apple Crumble

Diabetic: As above

**Thursday****22 Sept, 20 Oct, 17 Nov, 15 Dec**

Soup: Soup of the Day

**Main: Lentil Loaf with Mushroom Sauce**

Dessert: Passionfruit Custard Sponge

Diabetic: Baked Passionfruit Custard

**Friday****23 Sept, 21 Oct, 18 Nov, 16 Dec**

Soup: Soup of the Day

**Main: Creamy Tomato Risotto**

Dessert: Honey Cake

Diabetic: As above

**Tuesday****27 Sept, 25 Oct, 22 Nov, 20 Dec**

Soup: Soup of the Day

**Main: Butter Bean & Vegetable Stew**

Dessert: Coffee Crumble Cake

Diabetic: As above

**Wednesday****28 Sept, 26 Oct, 23 Nov, 21 Dec**

Soup: Soup of the Day

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

Dessert: Impossible Pie

Diabetic: As above

**Thursday****29 Sept, 27 Oct, 24 Nov, 22 Dec**

Soup: Soup of the Day

**Main: Baked Potato & Vegetable Balls in  
Tomato Sauce**

Dessert: Apple Galette

Diabetic: As above

**Friday****30 Sept, 28 Oct, 25 Nov, 23 Dec**

Soup: Soup of the Day

**Main: Coconut Vegetable Curry with Rice**

Dessert: Orange Marmalade Cake

Diabetic: As above

**Tuesday****4 Oct, 1 Nov, 29 Nov, \*27 Dec**

Soup: Soup of the Day

**Main: Pumpkin & Quinoa Patty**

Dessert: Paradise Slice

Diabetic: Coconut Slice

**Wednesday****5 Oct, 2 Nov, 30 Nov, 28 Dec**

Soup: Soup of the Day

**Main: Pumpkin & Cumin Filo  
Parcel**

Dessert: Iced Chocolate Cake

Diabetic: Chocolate Cake

**Thursday****6 Oct, 3 Nov, 1 Dec, 29 Dec**

Soup: Soup of the Day

**Main: Eggplant Lasagne**

Dessert: Cherry Cheesecake

Diabetic: Lemon Cheesecake

**Friday****7 Oct, 4 Nov, 2 Dec, 30 Dec**

Soup: Soup of the Day

**Main: Teriyaki Tofu with Fried Rice**

Dessert: Pumpkin Cranberry Cake

Diabetic: As above

**\*No delivery on Tuesday 27<sup>th</sup> December.****Your meal for these days will be delivered on Friday 23<sup>rd</sup> December.***Menu is subject to change without notice  
depending on availability of produce*