

**Tuesday****3 January, 31 January, 28 February**

Soup: Soup of the Day

**Main: Creamy Chicken  
Pesto Pasta**

Dessert: Sticky Date Pudding

Diabetic: As above

**Wednesday****4 January, 1 February, 1 March**

Soup: Soup of the Day

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

Dessert: Orange Syrup Cake

Diabetic: As above

**Thursday****5 January, 2 February, 2 March**

Soup: Soup of the Day

**Main: Lamb Potato Curry  
with Biryani Rice**

Dessert: Italian Ricotta Cake

Diabetic: As above

**Friday****6 January, 3 February, 3 March**

Soup: Soup of the Day

**Main: Poached Fish with Parsley Sauce**

Dessert: Pear &amp; Custard Strudel

Diabetic: As Above

**Tuesday****10 January, 7 February, 7 March**

Soup: Soup of the Day

**Main: Spanish Pork Stew  
with Rice**

Dessert: Semolina Pudding

Diabetic: As Above

**Wednesday****11 January, 8 February, 8 March**

Soup: Soup of the Day

**Main: Roast Lamb with  
Mint Gravy**

Dessert: Mango Custard Sponge

Diabetic: As above

**Thursday****12 January, 9 February, 9 March**

Soup: Soup of the Day

**Main: Sage & Garlic Pork Sausages  
with Gravy**

Dessert: Key Lime Pie

Diabetic: Lemon Syrup Cake

**Friday****13 January, 10 February, 10 March**

Soup: Soup of the Day

**Main: Savoury Lamb Potato Bake**

Dessert: Banana Cake

Diabetic: As Above

**Tuesday****17 January, 14 February, 14 March**

Soup: Soup of the Day

**Main: Moroccan Lamb Mince with  
Spiced Couscous**

Dessert: Chocolate Cherry Tea Cake

Diabetic: As above

**Wednesday****18 January, 15 February, 15 March**

Soup: Soup of the Day

**Main: Roasted Garlic & Herb Chicken  
with Chicken Gravy**

Dessert: Apple Crumble

Diabetic: As Above

**Thursday****19 January, 16 February, 16 March**

Soup: Soup of the Day

**Main: Pork Chow Mein  
with Noodles**

Dessert: Blueberry Lemon Bread Pudding

Diabetic: As Above

**Friday****20 January, 17 February, 17 March**

Soup: Soup of the Day

**Main: Spanish Fish with Polenta**

Dessert: Dutch Spice Cake

Diabetic: As Above

**Tuesday****24 January, 21 February, 21 March**

Soup: Soup of the Day

**Main: Honey, Garlic & Ginger Chicken  
Stir Fry**

Dessert: Coconut Cake

Diabetic: As Above

**Wednesday****25 January, 22 February, 22 March**

Soup: Soup of the Day

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

Dessert: Apricot Crumble Cake

Diabetic: As above

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

Soup: Soup of the Day

**Main: Greek Lamb Rissolo  
with Tomato Gravy**

Dessert: Peach &amp; Raspberry Tea Cake

Diabetic: As Above

**Friday****27 January, 24 February, 24 March**

Soup: Soup of the Day

**Main: Chicken & Broccoli Casserole**

Dessert: Chocolate Rice Pudding

Diabetic: As above

**No delivery on Thursday 26 January****Your meal for this day will be delivered on the working day prior (Wednesday 25 January).**

**Tuesday****3 January, 31 January, 28 February**

Soup: Soup of the Day

**Main: Creamy Mushroom  
Pesto Pasta**

Dessert: Sticky Date Pudding

Diabetic: As above

**Wednesday****4 January, 1 February, 1 March**

Soup: Soup of the Day

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

Dessert: Orange Syrup Cake

Diabetic: As above

**Thursday****5 January, 2 February, 2 March**

Soup: Soup of the Day

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

Dessert: Italian Ricotta Cake

Diabetic: As above

**Friday****6 January, 3 February, 3 March**

Soup: Soup of the Day

**Main: Roasted Vegetable Rosti**

Dessert: Pear &amp; Custard Strudel

Diabetic: As Above

**Tuesday****10 January, 7 February, 7 March**

Soup: Soup of the Day

**Main: Crumbed Rice Balls  
with Tomato Sauce**

Dessert: Semolina Pudding

Diabetic: As Above

**Wednesday****11 January, 8 February, 8 March**

Soup: Soup of the Day

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

Dessert: Mango Custard Sponge

Diabetic: As above

**Thursday****12 January, 9 February, 9 March**

Soup: Soup of the Day

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

Dessert: Key Lime Pie

Diabetic: Lemon Syrup Cake

**Friday****13 January, 10 February, 10 March**

Soup: Soup of the Day

**Main: Roasted Vegetable & Potato Bake**

Dessert: Banana Cake

Diabetic: As Above

**Tuesday****17 January, 14 February, 14 March**

Soup: Soup of the Day

**Main: Baked Sweet Potato & Herbs with  
Spiced Couscous**

Dessert: Chocolate Cherry Tea Cake

Diabetic: As above

**Wednesday****18 January, 15 February, 15 March**

Soup: Soup of the Day

**Main: Roasted Pumpkin &  
Sage Risotto**

Dessert: Apple Crumble

Diabetic: As Above

**Thursday****19 January, 16 February, 16 March**

Soup: Soup of the Day

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

Dessert: Blueberry Lemon Bread Pudding

Diabetic: As Above

**Friday****20 January, 17 February, 17 March**

Soup: Soup of the Day

**Main: Roasted Tomato & Basil with Polenta**

Dessert: Dutch Spice Cake

Diabetic: As Above

**Tuesday****24 January, 21 February, 21 March**

Soup: Soup of the Day

**Main: Honey, Garlic & Tofu Vegetable  
Stir Fry**

Dessert: Coconut Cake

Diabetic: As Above

**Wednesday****25 January, 22 February, 22 March**

Soup: Soup of the Day

**Main: Lentil Bake with  
Tomato Salsa**

Dessert: Apricot Crumble Cake

Diabetic: As above

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

Soup: Soup of the Day

**Main: Greek Stuffed  
Zucchini**

Dessert: Peach &amp; Raspberry Tea Cake

Diabetic: As Above

**Friday****27 January, 24 February, 24 March**

Soup: Soup of the Day

**Main: Cheesy Broccoli Pasta Bake**

Dessert: Chocolate Rice Pudding

Diabetic: As above

**No delivery on Thursday 26 January****Your meal for this day will be delivered on the working day prior (Wednesday 25 January).***Menu is subject to change without notice  
depending on availability of produce*