

# WEEK 1

## MONDAY

24 August  
21 September  
19 October

## TUESDAY

25 August  
22 September  
20 October

## WEDNESDAY

26 August  
23 September  
21 October

## THURSDAY

27 August  
24 September  
22 October

## FRIDAY

28 August  
25 September  
23 October

### SOUP

#### Pumpkin, Sour Cream & Chives

A comforting blend of pumpkin and onion, gently simmered and blended until smooth, then finished with sour cream and fresh chives.

#### Chicken & Sweetcorn

Tender chicken, spring onions and sweetcorn come together in a rich, flavourful broth for a delicious homestyle soup.

#### Sweet Potato & Carrot

A smooth and creamy soup made with sweet potato, carrots and onion, blended to perfection and finished with a touch of cream.

#### Lentil & Bacon

This hearty favourite combines wholesome lentils, smoky bacon and nourishing vegetables for a rich, satisfying soup.

Contains tomato

#### Cauliflower & Parmesan

Fresh cauliflower, fennel and onion are blended into a creamy soup, with parmesan adding a delicious depth of flavour.

### MAIN COURSE (YOUR CHOICE)

#### Corned Silverside with Mustard Sauce

Tender corned silverside is gently poached and topped with a creamy mustard sauce, served with steamed chat potatoes, carrots and peas.

#### Lamb & Rosemary Casserole

Tender lamb and root vegetables are slow-cooked with fragrant rosemary to create a hearty casserole, served with creamy mashed potato, pumpkin and green beans.

#### Baked Chicken with Lemon, Honey & Thyme

Chicken leg fillet is marinated with lemon, honey, garlic, ginger and thyme, then oven baked until tender. Served with roast potato, sweetcorn and broccoli.

#### Crumbed Fish with Tartare Sauce

A golden crumbed fish fillet is paired with tangy tartare sauce, rustic potato wedges and a medley of cauliflower, broccoli and carrots.

#### Honey & Mustard Pork Steak

Juicy pork steak is marinated in honey and mustard, oven baked until tender and finished with flavourful pan juices. Served with creamy mashed potato, pumpkin and broccoli.

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#### Chicken in Plum Sauce Casserole

Tender chicken is simmered in a rich Asian-inspired plum sauce and served with fragrant rice and a colourful asian-style vegetable mix.

Contains capsicum

#### Baked Fish with Lemon Caper Butter

Delicate baked fish is topped with a lemon and caper sauce, served with golden potato wedges, broccoli and carrots.

#### Chickpea & Spinach Curry

A mild vegetarian curry featuring chickpeas and spinach in a creamy sauce, served with steamed rice and a medley of vegetables.

Contains tomato and capsicum

#### Creamy Dijon Beef Casserole

Braised beef steak cooked in a rich, creamy peppercorn sauce. Served with creamy mashed potato, steamed red cabbage and baby beans.

#### Chicken Teriyaki

Tender chicken is tossed in a classic teriyaki sauce with a colourful vegetable blend and served over noodles for a satisfying meal.

Contains capsicum

### DESSERT

#### Lemon Curd Tart

A crisp biscuit base filled with smooth, tangy lemon curd and topped with whipped dairy topping for a timeless favourite.

#### Apple Custard Streusel Cake

Layers of soft vanilla sponge, juicy apples and creamy custard are topped with a golden cinnamon crumb for a comforting dessert.

#### Peaches Slices & Custard

Sweet peach slices are served with smooth vanilla custard for a simple and satisfying classic.

#### Chocolate Tiramisu

Layers of sponge fingers soaked in rich coffee syrup are topped with smooth chocolate mousse for a delicious twist on a classic dessert.

#### Carrot Cake with Frosting

A beautifully moist carrot cake with warm spices, finished with a smooth cream cheese frosting.

# WEEK 2

## MONDAY

31 August  
28 September  
26 October

## TUESDAY

1 September  
29 September  
27 October

## WEDNESDAY

2 September  
30 September  
28 October

## THURSDAY

3 September  
1 October  
29 October

## FRIDAY

4 September  
2 October  
30 October

### SOUP

#### Pea & Ham

A timeless favourite featuring split peas, smoky ham and hearty vegetables, slowly simmered to create a rich and comforting soup.

#### Cream of Sweet Potato & Pumpkin

Sweet potato, pumpkin and onion are gently cooked with cream and blended into a silky smooth soup.

#### Beef & Vegetable Broth

Tender beef and root vegetables are slowly simmered in a savoury herb-infused broth for a hearty, warming soup.

#### Chicken Noodle

A comforting classic filled with tender chicken, noodles and vegetables, simmered in a rich, flavourful broth.

#### Bacon & Chickpea

Smoky bacon and hearty chickpeas combine in this nourishing soup, creating a delicious balance of rich, savoury flavours.

### MAIN COURSE (YOUR CHOICE)

#### Chicken Schnitzel with Diane Sauce

A golden crumbed piece of chicken is topped with rich Diane sauce and served with creamy potato bake, peas and carrot batons.

#### Fish with Creamy Chive Sauce

A fillet of fish is topped with a creamy chive sauce and served with sautéed potatoes, broccoli, carrots and cauliflower.

#### Pork Sausages with Gravy

Delicious pork sausages are served with rich gravy, creamy mashed potato, glazed red cabbage and green and yellow beans.

#### Roast Lamb with Gravy

A traditional roast leg of lamb served with rich gravy, roast potatoes, carrots and peas for a timeless homestyle favourite.

#### Beef & Red Wine Casserole

Tender beef and vegetables are slow-cooked in a rich red wine gravy and served with creamy mashed potato, roast pumpkin and green beans.

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#### Beef Goulash

This hearty beef goulash combines tender beef with a rich tomato, paprika and capsicum sauce, served over spiral pasta with a colourful medley of vegetables.

Contains tomato and capsicum

#### Shepherd's Pie

A comforting favourite made with seasoned minced lamb and topped with creamy mashed potato, served with pumpkin and green beans.

Contains tomato

#### Chicken & Vegetable Stir Fry

Tender chicken is stir-fried with a harmony of vegetables in a flavourful Asian-inspired sauce and served on a bed of Hokkien noodles.

Contains capsicum

#### Gnocchi with Ricotta, Spinach & Pumpkin Bake

Soft potato gnocchi is baked with roasted pumpkin, ricotta, spinach and cheese in a creamy white wine sauce until golden and bubbling.

#### Chicken Fillet with Mushroom Sauce

Tender chicken is finished with a rich, creamy mushroom sauce and served with rosemary chat potatoes, sweetcorn and broccoli.

Contains mushrooms

### DESSERT

#### Cherry Black Forest Tart

A rich chocolate tart filled with sweet cherries and topped with whipped dairy topping and chocolate hail for a delightful take on the classic Black Forest cake.

#### Baked Peaches with Yoghurt

Fragrant baked peaches are served with creamy vanilla yoghurt for a light and satisfying dessert.

#### Ginger Pudding with Golden Syrup

A soft ginger pudding topped with a warm golden syrup sauce, perfect for those who love comforting, homestyle desserts.

#### Deconstructed Apple Crumble

Tender stewed apples are topped with a sweet crumble and served with smooth vanilla custard.

#### Cheesecake with Mango Coulis

A rich, creamy no-bake cheesecake topped with a vibrant mango coulis for a refreshing finish.

# WEEK 3

## MONDAY

7 September  
5 October  
2 November

## TUESDAY

8 September  
6 October  
3 November

## WEDNESDAY

9 September  
7 October  
4 November

## THURSDAY

10 September  
8 October  
5 November

## FRIDAY

11 September  
9 October  
6 November

### SOUP

#### Cream of Vegetable

Seasonal vegetables are gently cooked with cream, then blended until smooth for a wholesome, comforting soup.

#### Tomato & Bean

A hearty blend of ripe tomatoes, mixed beans and vegetables creates a delicious soup with a hint of natural sweetness.

Contains tomato

#### Chickpea & Vegetable

Tender chickpeas and seasonal vegetables are gently simmered in a savoury broth and finished with cream for a hearty, nourishing soup.

#### Carrot, Ginger & Coconut

Sweet carrots are blended with creamy coconut and fragrant ginger to create a beautifully smooth soup full of flavour.

#### Potato Cheese & Chive

Creamy potato, tasty cheese and fresh chives come together in this rich and comforting homestyle favourite.

### MAIN COURSE (YOUR CHOICE)

#### Lamb Casserole

Tender chunks of lamb are slow-cooked with vegetables to create a rich, comforting casserole, served with creamy mashed potato, pumpkin and green beans.

#### Roast Pork with Gravy & Apple Sauce

Traditional roast pork is served with rich gravy, apple sauce, roast potatoes, roast carrots and Brussels sprouts for a classic homestyle meal.

#### Braised Steak & Onion

Tender braised beef is cooked in a rich tomato and onion gravy and served with sweet potato mash, sweetcorn and sliced beans.

Contains tomato

#### Garlic & Chive Crusted Chicken

Juicy baked chicken is coated in a flavourful garlic and chive crust, served with baked chat potatoes, pumpkin and peas.

#### Steamed Fish with Hollandaise Sauce

Delicately steamed fish is topped with a creamy hollandaise sauce and served with potato wedges, cauliflower, broccoli and carrots

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#### Sautéed Leek & Cheddar Quiche

This crustless quiche combines sautéed leeks and tasty cheddar cheese, served with sautéed sweet potato, honey-roasted carrots and broccoli.

#### Lentil Cottage Pie

A hearty meat-free favourite featuring a rich lentil and vegetable filling, topped with creamy mashed sweet potato and baked until golden. Served with cauliflower and peas.

#### Barramundi with Lime & Sweet Chilli Glaze

Baked barramundi is finished with a vibrant lime and sweet chilli glaze, served with steamed chat potatoes and a medley of seasonal vegetables.

Contains capsicum

#### Lamb Rogan Josh

Tender lamb is slow-cooked in a mild, aromatic Rogan Josh curry sauce and served with fragrant rice and a colourful vegetable blend.

Contains tomato and capsicum

#### Beef Lasagne

Layers of pasta, rich beef Bolognese, creamy béchamel sauce and melted cheese are baked until golden for a timeless family favourite.

Contains tomato

### DESSERT

#### Hummingbird Cake with Frosting

A deliciously moist cake made with banana and pineapple, finished with a smooth, creamy frosting.

#### Chocolate Panna Cotta

A silky smooth Italian-style dessert made with sweetened cream and rich chocolate for a luxurious treat.

#### Sliced Peaches with Yoghurt

Juicy peach slices are paired with creamy vanilla yoghurt for a light and refreshing dessert.

#### Trifle

A traditional favourite with layers of fruit, sponge, raspberry jelly, custard and whipped dairy topping, finished with a sprinkle of chocolate.

#### Spiced Plum Cake

A moist plum cake gently spiced for warmth and flavour, perfect enjoyed with a cup of tea or coffee.

# WEEK 4

## MONDAY

14 September  
12 October  
9 November

## TUESDAY

15 September  
13 October  
10 November

## WEDNESDAY

16 September  
14 October  
11 November

## THURSDAY

17 September  
15 October  
12 November

## FRIDAY

18 September  
16 October  
13 November

### SOUP

#### Cream of Mushroom

Sautéed mushrooms and onion are blended into a rich, creamy soup that's full of comforting mushroom flavour.

#### Cauliflower & Leek

Fresh cauliflower and sautéed leeks are blended into a smooth, creamy soup for a delicious, warming soup.

#### Broccoli & Cheddar

A creamy blend of broccoli and onion, finished with tasty cheddar cheese for a rich and satisfying soup.

#### Chicken & Vegetable

Tender chicken and hearty vegetables are slowly simmered in a rich chicken broth for a wholesome, comforting classic.

#### Lentil

A nourishing combination of lentils, vegetables, tomatoes and garlic creates a hearty soup packed with homestyle flavour.

Contains tomato

### MAIN COURSE (YOUR CHOICE)

#### Chicken & Leek Casserole

Tender chicken and leeks are gently cooked in a creamy, flavourful sauce and served with mashed sweet potato, broccoli and sweetcorn.

#### Lemon & Oregano Pork Steak

Pork steak is marinated with lemon, oregano, maple syrup and garlic, then oven baked until tender. Served with steamed chat potatoes, pumpkin and baby beans.

#### Roast Beef & Gravy

Slow-roasted Australian beef is served with rich gravy, roast potatoes, roast carrots and sautéed cabbage for a classic roast dinner.

#### Fish with Lemon Crust

Tender baked fish is topped with a golden lemon-infused crumb and served with rustic potato wedges, carrots and peas.

#### BBQ Chicken

Oven-baked chicken is coated in a savoury BBQ seasoning and served with creamy potato bake, pumpkin, green beans and chicken gravy.

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#### Mixed Grill with Onion Gravy

A hearty mixed grill featuring a BBQ chipolata, chicken patty and lamb loin chop, served with onion gravy, sautéed potatoes, peas and grilled tomato

Contains tomato

#### Zucchini Slice

This crustless favourite combines zucchini, onion, carrot and tasty cheese, served with cauliflower, broccoli and carrots.

#### Tuna Patties

Golden patties, made with tuna, potato, parsley and a hint of lemon, are served with potato wedges, a medley of vegetables and creamy mayonnaise.

Contains capsicum

#### Beef Stroganoff

A classic, with tender strips of beef and mushrooms in a creamy Dijon sauce, served with mashed potato, pumpkin and Brussels sprouts.

Contains tomato and mushroom

#### Sweet & Sour Pork

Tender pork is coated in a rich sweet and sour sauce and served with steamed rice and a colourful asian-style vegetable mix.

Contains tomato and capsicum

### DESSERT

#### Deconstructed Peach Crumble

Sweet cinnamon-spiced peaches are topped with a sweet crumble and served with creamy vanilla custard.

#### Lemon Semolina Cake with Lemon Syrup

A light and fluffy semolina cake soaked in zesty lemon syrup for a beautifully moist citrus dessert.

#### Chocolate & Prune Brownie

Rich chocolate and naturally sweet prunes come together in this wonderfully moist brownie.

#### Cheesecake with Raspberry Coulis

A smooth and creamy no-bake cheesecake finished with a vibrant raspberry coulis.

#### Banana & Golden Syrup Pudding

A soft banana sponge topped with warm golden syrup for a comforting homestyle dessert.