

PEEL COMMUNITY CARE WEEK 1

(08) 9531 2076

BANK DETAILS BENDIGO BANK: BSB: 633108 ACCOUNT NO: 145297974

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Soup	<i>Cream of Chicken</i>	<i>Chunky Vegetable</i>	<i>Cream of Pumpkin</i>	<i>Cream of Tomato</i>	<i>Carrot and Dill</i>	<i>Lentil & Vegetable</i>	<i>Minestrone</i>
1st Choice	<i>Chicken Kiev</i> <i>With Chips, Gravy</i>	<i>Honey Soy Chicken</i> <i>With Steamed Rice</i>	<i>Beef & Mushroom Meat Pie</i> <i>With Chunky Chips, Gravy</i>	<i>Crumbed Chicken</i> <i>With Jacket Potato, Seasonal Salad</i>	<i>Fish</i> <i>With Chips, Coleslaw, Tartare Sauce</i>	<i>Roast Chicken</i> <i>With Potato Bake, Mushroom Sauce</i>	<i>Roast Beef</i> <i>With Roast Potato, Gravy</i>
2nd Choice	<i>Fishcakes</i> <i>With Parsley Buttered Potatoes</i>	<i>Rich Beef and Vegetable Stew</i> <i>With Sweet Potato Mash</i>	<i>Slow Cooked Pork</i> <i>With Mashed Potatoes</i>	<i>Shepherd's Pie</i> <i>With Vegetables</i>	<i>Meatballs in Vegetable and Tomato Sauce</i> <i>With Potato Gratin</i>	<i>Pork Sausages</i> <i>With Mashed Potato, Onion Gravy</i>	<i>Chilli Con Carne</i> <i>With Mashed Potatoes</i>
Vegetarian	<i>Vegetable Lasagne</i> <i>with Peas</i>	<i>Vegetable Rissole</i> <i>With Potato Gratin, Tomato Pickle</i>	<i>Lentil & Vegetable Casserole</i> <i>With Mashed Potato</i>	<i>Three Cheese Pasta</i> <i>With Broccoli Bake, Tomato Sauce</i>	<i>Potato Gnocchi</i> <i>With Tomato Lentil and Vegetable Ragu, Crumbled Fetta</i>	<i>Creamy Coconut and Vegetable Curry</i> <i>With Steamed Rice</i>	<i>Vegetable Burger</i> <i>With Chips, Side Salad</i>
Dessert	<i>Lemon Cheese Cake with Cream</i>	<i>Butterscotch Pudding with Custard</i>	<i>White Chocolate Rice Pudding with Spiced Apricot</i>	<i>Golden Syrup Pudding with Vanilla Custard</i>	<i>Blueberry & Apple Crumble with Custard</i>	<i>Fruit Trifle with Cream</i>	<i>Pear & Ginger sponge with custard</i>
ALL DESSERTS ARE DIABETICALLY FRIENDLY							

* Meals also come with side vegetables

PEEL COMMUNITY CARE WEEK 2

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	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Soup	<i>Pea and Ham</i>	<i>Cream of Chicken</i>	<i>Chunky Vegetable</i>	<i>Cream of Pumpkin</i>	<i>Cream of Tomato</i>	<i>Carrot and Dill</i>	<i>Lentil and Vegetable</i>
1st Choice	<i>Roast Chicken Breast</i> <i>With Potato Bake, Gravy</i>	<i>Beef Silverside</i> <i>With Mashed Potato, Parsley Sauce</i>	<i>Mild Chicken Curry</i> <i>With Steamed Rice, Mild Curry Sauce</i>	<i>Roast Chicken Thigh</i> <i>With Mushroom Sauce, Mashed Potato</i>	<i>Fish</i> <i>With Chips, Seasonal Salad, Tartare Sauce</i>	<i>Chicken Parmigiana</i> <i>With Potato Wedges, Greek Salad, Dressing</i>	<i>Roast Pork</i> <i>With Roast Potatoes, Apple Sauce, Gravy</i>
2nd Choice	<i>Honey Mustard Chicken</i> <i>With Mashed Potato</i>	<i>Beef Bolognese</i> <i>With Macaroni, Cheese Sauce</i>	<i>Beef Rissoles in Tomato Sauce</i> <i>With Mashed Potato</i>	<i>Cottage Pie</i> <i>With Gravy</i>	<i>Sausages In Onion Gravy</i> <i>With Mashed Potato</i>	<i>Coconut Beef Curry</i> <i>With Steamed Rice</i>	<i>Aussie Meat Pie</i> <i>With Mashed Potato, Gravy</i>
Vegetarian	<i>Zucchini Slice</i> <i>with Roasted Sweet Potato</i>	<i>Curried Vegetable Pie</i> <i>With Mashed Potatoes</i>	<i>Cheese Omelette</i> <i>With Potato Wedges, Greek Salad</i>	<i>Vegetable Rissole</i> <i>With Potato Gratin, Tomato Pickle</i>	<i>Mushroom Stroganoff</i> <i>With Steamed Rice</i>	<i>Vegetable Sausages</i> <i>With Mashed Potato</i>	<i>Three Cheese Pasta and Broccoli Bake</i> <i>With Tomato Sauce</i>
Dessert	<i>Banana Bread with Caramel Sauce</i>	<i>Chocolate Brownie with Custard</i>	<i>Rice Pudding with Strawberry Jam</i>	<i>Orange Sponge with Custard</i>	<i>Sticky Date Pudding with Hot Fudge Sauce</i>	<i>Strawberry Cheesecake with Cream</i>	<i>Rhubarb and Apple Crumble with Custard</i>
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PEEL COMMUNITY CARE WEEK 3

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BANK DETAILS BENDIGO BANK: BSB: 633108 ACCOUNT NO: 145297974

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Soup</i>	<i>Minestrone</i>	<i>Pea and Ham</i>	<i>Cream of Chicken</i>	<i>Chunky Vegetable</i>	<i>Cream of Pumpkin</i>	<i>Cream of Tomato</i>	<i>Carrot and Dill</i>
<i>1st Choice</i>	<i>Beef Rissoles in Tomato Sauce</i> <i>With Mashed Potato</i>	<i>Steak and Kidney Pie</i> <i>With Mashed Potatoes</i>	<i>BBQ Lamb Chop</i> <i>With Pork Sausage, Jacket Potato, Gravy</i>	<i>Moroccan Lamb</i> <i>With Mashed Potato</i>	<i>Fish</i> <i>With Chips, Seasonal Salad, Tartare Sauce</i>	<i>Chicken Schnitzel</i> <i>With Roast Sweet Potato, Seasonal Salad</i>	<i>Roast Lamb</i> <i>With Mint Sauce, Roast Potatoes, Gravy</i>
<i>2nd Choice</i>	<i>Chicken in Mustard Cream Sauce</i> <i>With Mashed Potato</i>	<i>BBQ Pork</i> <i>With BBQ Sauce, Steamed Rice</i>	<i>Crumbed Chicken</i> <i>With Jacket Potato, Seasonal Salad</i>	<i>Chicken Cacciatore</i> <i>With Mashed Potato, Cheese Sauce</i>	<i>Beef Sausages</i> <i>With Mashed Potatoes, Onion Gravy</i>	<i>Beef Silverside</i> <i>With Mashed Potato, Mustard Sauce</i>	<i>Spanish Omelette,</i> <i>With Mashed Potatoes, Cheese Sauce</i>
<i>Vegetarian</i>	<i>Potato Gnocchi</i> <i>with Tomato Lentil and Vegetable Ragu, Crumbled Fetta</i>	<i>Creamy Coconut and Vegetable Curry</i> <i>With Steamed Rice</i>	<i>Macaroni Cheese</i> <i>With Steamed Broccoli</i>	<i>Vegetarian Parmigiana</i> <i>With Mashed Potato</i>	<i>Vegetable Pastie</i> <i>With Chips, Seasonal Salad</i>	<i>Spinach and Ricotta Cannelloni</i> <i>With Roast Pumpkin</i>	<i>Vegetable Rissole</i> <i>With Potato Gratin, Tomato Pickle</i>
<i>Dessert</i>	<i>Bread and Butter Pudding with Cream</i>	<i>Chocolate Brownie with Custard</i>	<i>Raspberry Cheesecake with Cream</i>	<i>Mandarin Orange Flan with Vanilla Custard</i>	<i>Rice Pudding with Rhubarb and Apple</i>	<i>Mango Panna Cotta with Cream</i>	<i>Marmalade Sponge with custard</i>
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