

# PEEL COMMUNITY CARE WEEK 3

(08) 9531 2076

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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Soup</b>	<b>Cauliflower Soup</b>	<b>Vegetable Soup</b>	<b>Broccoli &amp; Leek Soup</b>	<b>Tomato &amp; Basil Soup</b>	<b>Pumpkin &amp; Chive Soup</b>	<b>Cream of Chicken Soup</b>	<b>Curried Lentil Soup</b>
<b>1<sup>st</sup> Choice</b>	<b>Southern Fried Chicken</b> Honey Carrots Zucchini Gravy Creamed Potato	<b>Silverside</b> Red Cabbage Broccoli Mustard Sauce Creamed Potato	<b>Lamb &amp; Red Wine Pot Roast</b> Carrot & Green Beans Gravy Boiled Potato	<b>Spanish Braised Beef</b> Broccoli Cauliflower Creamed Potato	<b>Traditional Fish &amp; Chips</b> Peas Pumpkin Tartare Sauce	<b>Chicken Kiev</b> Cabbage Medley of Vegetables Potato Herb Bake	<b>Roast Pork &amp; Gravy</b> Roast Pumpkin Cauliflower Cheese Roast Potato
<b>2<sup>nd</sup> Choice</b>	<b>Mediterranean Beef</b> Honey Carrots Zucchini Creamed Potato	<b>Chicken &amp; Leek Pie</b> Red Cabbage Broccoli Creamed Potato	<b>Mushroom Spinach Pumpkin Fetta Bake</b> Broccoli Creamed Potato	<b>Thai Red Curry</b> Broccoli Cauliflower Rice	<b>Chicken Tomato Borlotti Bean Hot Pot</b> Pumpkin Peas Puree Creamed Potato	<b>Cottage Pie</b> Pumpkin Diced Sliced Green Beans Creamed Potato	<b>Chicken &amp; Vegetable Patties</b> Carrot Tomato Sauce Creamed Potato
<b>Vegetarian</b>	<b>Spinach &amp; Ricotta Roll</b> Honey Carrots Zucchini Creamed Potato	<b>Vegetable Samosa</b> Red Cabbage Broccoli Creamed Potato	<b>Spinach Ricotta Cannelloni</b> Tomato & Basil Sauce Carrot & Green Bean Boiled Potato	<b>Roast Vegetable Patties</b> Carrot Batons Creamed Potato	<b>Spinach Ricotta Ravioli</b> Peas Pumpkin Creamed Potato	<b>Vegetable Lentil Pie</b> Pumpkin Diced Sliced Green Beans Creamed Potato	<b>Vegetable Patties</b> Roast Pumpkin Cauliflower Cheese Creamed Potato
<b>Dessert</b>	<b>Banana Bread Caramel Sauce</b>	<b>Lemon Pudding &amp; Custard</b>	<b>Pear &amp; Apricot Crumble</b>	<b>Passionfruit Panna Cotta</b>	<b>Sticky Date Pudding &amp; Cream</b>	<b>Strawberry Cheesecake</b>	<b>Apple &amp; Cinnamon Crum</b>

ALL DESSERTS ARE SUITABLE FOR DIABETICS