

PEEL COMMUNITY CARE WEEK 4

(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>
<i>Soup</i>	<i>Potato & Leek Soup</i>	<i>Sweet Potato & Carrot Soup</i>	<i>Roast Capsicum & Tomato Soup</i>	<i>Pumpkin & Fennel Soup</i>	<i>Cream of Tomato Soup</i>	<i>Pea & Ham Soup</i>	<i>Mushroom & Sage Soup</i>
<i>1st Choice</i>	<i>Beef Steak with Onion Gravy</i> <i>Carrot Batons</i> <i>Zucchini</i> <i>Creamed Potato</i>	<i>Beef & Veg Slice</i> <i>Sweet Potato</i> <i>Carrots</i> <i>Green Beans</i> <i>Creamed Potato</i>	<i>Greek Style Lamb</i> <i>Broccoli</i> <i>Red Cabbage</i> <i>Creamed Potato</i>	<i>Grain Mustard & Thyme Slow Roasted Beef</i> <i>Medley of Vegetables</i> <i>Gravy</i> <i>Potato Gratin</i>	<i>Traditional Fish & Chips</i> <i>Carrot</i> <i>Peas</i> <i>Tartare Sauce</i>	<i>Pork Steak with Chasseur Sauce</i> <i>Broccoli, Cauliflower, Carrots & Peas</i> <i>Creamed Potato</i>	<i>Roast Lamb with Mint Sauce</i> <i>Pumpkin</i> <i>Cauliflower Cheese</i> <i>Roasted Potato</i>
<i>2nd Choice</i>	<i>BBQ Chicken</i> <i>Diced Pumpkin</i> <i>Creamed Potato</i>	<i>Pork Sausage Casserole</i> <i>Broccoli</i> <i>Cream Potato</i>	<i>Spanish Omelette</i> <i>Peas Puree</i> <i>Cheese Sauce</i> <i>Creamed Potato</i>	<i>Lamb Rissoles</i> <i>Carrots</i> <i>Creamed Potato</i>	<i>Pork Sausage in Gravy</i> <i>Carrot</i> <i>Peas</i> <i>Creamed Potato</i>	<i>Beef Croquettes</i> <i>Roast Root Veg</i> <i>Creamed Potato</i>	<i>Chicken Macaroni Carbonara</i> <i>Peas</i> <i>Creamed Potato</i>
<i>Vegetarian</i>	<i>Potato & Lentil Burger</i> <i>Diced Pumpkin</i> <i>Creamed Potato</i>	<i>Spinach & Fetta Parcel</i> <i>Sweet Potato</i> <i>Carrots</i> <i>Green Beans</i> <i>Roasted Potato</i>	<i>Vegetable Risotto</i> <i>Broccoli</i> <i>Red Cabbage</i> <i>Creamed Potato</i>	<i>Mixed Bean & Lentil Cassarole</i> <i>Carrots</i> <i>Creamed Potato</i>	<i>Vegetable Pastie</i> <i>Zucchini</i> <i>Creamed Potato</i>	<i>Vegetable Tikka Marsala Curry</i> <i>Broccoli, Cauliflower, Carrots & Peas</i> <i>Rice</i>	<i>Penne Pasta with Mushroom Sauce</i> <i>Peas</i> <i>Creamed Potato</i>
<i>Dessert</i>	<i>Ginger & Pear Slice W/Custard</i>	<i>Trifle</i>	<i>Lemon Cheesecake</i>	<i>Golden Syrup Pudding W/Vanilla Custard</i>	<i>Blueberry & Apple Crumble</i>	<i>Choc Brownie Slice W/Cream</i>	<i>Rice Pudding with Apricots</i>
ALL DESSERTS ARE SUITABLE FOR DIABETICS							