

## Winter Menu (Hot/Chilled)

Welcome to our Winter Menu.

Meals are delivered as soon as the service is requested. Our Volunteers deliver meals to your home Monday to Sunday between 11:00am and 1:00pm.

Meals will NOT be left if no one is at home. Please cancel the meal at least one day before or arrange for a neighbour to take the delivery. You can contact us on **9858 3222** during Monday to Friday between 9:00am and 5:00pm. As our office is closed on the weekend, call our kitchen directly on **0448 878 489** between 10am and 1pm. Alternatively leave a voicemail message.

### There is a choice of meal delivery: Hot/Chilled

- Hot main meals: it is recommended that hot meals be eaten immediately as they are received and what is not eaten is to be thrown away.
- Chilled main meals are to be eaten on the day of delivery.
- Please always check the expiry date of the meal which is shown on the lid of the container. Do not eat any meal which may have passed the expiry date.
- **Don't feel like a main meal?** We are excited to introduce sandwiches and wraps to our menu.
- Puree, Minced and Asian meals are available if required.
- Frozen meals are on a different menu.

Menu Item	Price
Main Meal	\$8.80
Salad	\$9.80
Sandwiches and Wraps	\$6.00
Soup + Bread roll	\$3.50
Dessert	\$3.50

Our Winter Menu rotates on a 4-week cycle from Week 1 to Week 4 (cycling back to Week 1 after Week 4 is complete). Please refer to the Menu Schedule on the next page to find out which week's menu to order from. To complete this menu, please select the meals you would like delivered for all 4 weeks. We hope you enjoy your meals, your contact with our volunteers and the support of CCA.

Please do not hesitate to contact CCA if you have any concerns or wish to make new arrangements.

Return your completed Menu by :

Post : CCA, 12 Lakeside Road, Eastwood NSW 2122

Email : [meals@ccas.org.au](mailto:meals@ccas.org.au)

Volunteers : You can give your menu to our volunteers at the time of meal delivery.

\*Effective as of 6<sup>th</sup> May 2024.

The table below shows the dates for each week on the Hot/Chilled Meals Menu. For example, you would like to place an order for the week commencing on 06/05/2024, refer to the meals available on Week 1 of the menu.

### Winter Hot/Chilled Meals Menu Schedule

<b>Week 1</b>	06/05/2024 - 12/05/2024
<b>Week 2</b>	13/05/2024 - 19/05/2024
<b>Week 3</b>	20/05/2024 - 26/05/2024
<b>Week 4</b>	27/05/2024 - 02/06/2024
<b>Week 1</b>	03/06/2024 - 09/06/2024
<b>Week 2</b>	10/06/2024 - 16/06/2024
<b>Week 3</b>	17/06/2024 - 23/06/2024
<b>Week 4</b>	24/06/2024 - 30/06/2024
<b>Week 1</b>	01/07/2024 - 07/07/2024
<b>Week 2</b>	08/07/2024 - 14/07/2024
<b>Week 3</b>	15/07/2024 - 21/07/2024
<b>Week 4</b>	22/07/2024 - 28/07/2024
<b>Week 1</b>	29/07/2024 - 04/08/2024
<b>Week 2</b>	05/08/2024 - 11/08/2024
<b>Week 3</b>	12/08/2024 - 18/08/2024
<b>Week 4</b>	19/08/2024 - 25/08/2024
<b>Week 1</b>	26/08/2024 - 01/09/2024
<b>Week 2</b>	02/09/2024 - 08/09/2024
<b>Week 3</b>	09/09/2024 - 15/09/2024
<b>Week 4</b>	16/09/2024 - 22/09/2024
<b>Week 1</b>	23/09/2024 - 29/09/2024
<b>Week 2</b>	30/09/2024 - 06/10/2024
<b>Week 3</b>	07/10/2024 - 13/10/2024
<b>Week 4</b>	14/10/2024 - 20/10/2024
<b>Summer Menu</b>	Summer menu 2024/25 commences on 21/10/2024

Chilled

Hot

	WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M A I N	Regular Main	Chunky Beef Pie (beef burgundy) with Breadcrumb Top (Diab F)	Pork, Cheese & Bacon Rissoles with Gravy (Diab F) (GF)	Roast Beef with Gravy (LSF) (LS) (Diab F) (GF)	Sweet Potato Shepherds Pie (LSF) (LS) (Diab F) (GF)	Crumbed Fish (LSF) (LS) (Diab F)	Corned Beef with Parsley Sauce (LSF) (GF) (Diab F)	Roast Pork, Apple Sauce & Gravy (LSF) (LS) (GF) (Diab F)
	Easy to Chew Main	Creamy Mustard Chicken (Diab F) (GF)	Lamb & Rosemary Hot Pot (LSF) (LS) (GF) (Diab F)	Thai Green Chicken Curry (LS) (Diab F) (GF)	Pea & Ham Frittata (GF) (Diab F)	Chilli Con Carne (LSF) (LS) (Diab F) (GF)	Homemade Fish Cakes with Creamy Tomato Sauce (LSF) (GF) (Diab F)	Chicken Bolognaise (LSF) (LS) (Diab F)
	Vegetarian (7 business days notice is required)	Pumpkin Ravioli with Pesto Cream Sauce (LS) (Diab F)	Vegetable Frittata (LS) (Diab F) (GF)	Moroccan Spiced Sweet Potato with Chickpeas (LS) (LSF) (Diab F) (GF)	Spinach Rice Balls with Creamy Tomato Sauce (LSF) (Diab F)	Pumpkin & Caramelised Onion Strudel (LS) (Diab F)	Mac Cheese Bake (Diab F)	Zucchini & Fetta Slice (GF) (Diab F)
	Main Meal (Flagstaff)	Mongolian Lamb and Rice (Diab F) (LSF)	Steak & Kidney Pie (Diab F)	Pork, Apple & Cranberry Casserole (LS) (GF) (Diab F) (LSF)	Chicken Strips with Lemon Sauce (Diab F) (LS) (LSF)	Rissole with Onion Gravy (Diab F)	Chicken Asparagus Mornay (Diab F) (GF) (LS)	Crumbed Lamb Patties with Gravy (Diab F)
D E S S E R T	Sweet	Winter Fruit Crumble with Custard (LS)	Coconut Creamy Rice with Dark Cherry Puree (LS) (LSF) (GF)	Apple Dutch Cake with Custard	Spiced Baked Custard (Diab F) (LS) (GF)	Jelly with Two Fruits & Custard (LSF) (LS) (Diab F) (GF)	Lemon Sultana Semolina Pudding (Diab F) (LS)	Chocolate Mud Cake with Custard (LS)
	Fruit + Dairy (7 business days notice is required)	Peaches with Custard (LSF) (LS) (Diab F) (GF)	Pears with Yoghurt (LSF) (LS) (Diab F) (GF)	Fruit Salad with Custard (LSF) (LS) (Diab F) (GF)	Apple & Rhubarb Compote with Custard (LSF) (LS) (Diab F) (GF)	Pineapple with Yoghurt (LSF) (LS) (Diab F) (GF)	Spiced Stewed Apples with Custard (LSF) (LS) (Diab F) (GF)	Two Fruits with Yoghurt (LSF) (LS) (Diab F) (GF)

(LSF) LOW SATURATED FAT < 1.5g per 100g  
 (Diab F) DIABETIC FRIENDLY < 15g sugar per 100g  
 (LS) LOWER SODIUM < 150mg per 100g  
 (GF) GLUTEN FREE  
 (DF) DAIRY FREE

Note: If any of the selctions are not available, are you OK if we choose one of your choices from other weeks? Yes No

Chilled

Hot

	WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M A I N	Regular Main	Roast Lamb with Burgundy Gravy (LSF) (GF) (Diab F) (LS)	Beef Burger Pattie with Dianne Sauce (LSF) (Diab F)	Chicken Parmigiana (Diab F)	Pork Steak with Creamy Mushroom Sauce (LSF) (LS) (GF) (Diab F)	Crumbed Fish (LSF) (LS) (Diab F)	Roast Beef with Garlic & Thyme Gravy (LSF) (LS) (GF) (Diab F)	Roast Chicken Maryland with Onion Gravy (GF) (Diab F)
	Easy to Chew Main	Herb Crusted Baked Fish with Mornay Sauce (Diab F)	Smoky Pork & Bean Casserole (LSF) (GF) (LS) (Diab F)	Lamb & Fruit Curry (LSF) (GF) (Diab F) (LS)	Beef in Red Wine (LSF) (GF) (Diab F)	Chicken & Bacon Casserole (LSF) (LS) (GF) (Diab F)	Bacon Mac Cheese Bake (Diab F)	Cottage Pie (LSF) (Diab F) (GF) (LS)
	Vegetarian (7 business days notice is required)	Chilli Bean Casserole (LSF) (LS) (GF) (Diab F)	Potato & Spinach Pie (Diab F)	Pumpkin & Mushroom Arancini with Pesto Cream Sauce (LS) (LSF) (Diab F)	Quiche Florentine (Diab F)	Spinach & Almond Risotto (LSF) (LS) (GF) (Diab F)	Beetroot Lentil Burger with Pepporonata Sauce (LSF) (Diab F)	Spanish Potato & Egg Slice (GF) (Diab F)
	Main Meal (Farm Door)	Savory Beef Mince with Mash Potato (GF) (Diab F) (LSF)	Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice Pilaf (Diab F) (GF) (LS)	Roast Beef with Homemade Gravy & Baked Potato (DF) (GF) (Diab F) (LS) (LSF)	Indian Butter Chicken with Steamed Rice (GF) (Diab F) (LS)	Lamb Fry & Bacon with Onion Gravy & Mashed Potato (Diab F)	French Chicken Casserole (GF) (Diab F) (LS)	Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice Pilaf (Diab F) (GF) (LS)
D E S S E R T	Sweet	Bread & Butter Pudding (Diab F)	Raspberry Polenta Cake with Custard (LS) (Diab F)	Golden Rough Slice with Custard (LS)	Creamy Rice with Spiced Apple Puree (LSF) (LS) (GF) (Diab F)	Pear in Port Wine Jelly with Custard (GF) (LS) (LSF)	Baked Custard with Cinnamon (LS) (Diab F) (GF)	Pear & Gingerbread Pudding with Custard (LS)
	Fruit + Dairy (7 business days notice is required)	Mixed Fruit Compote with Custard (LSF) (LS) (GF)	Apple & Rhubarb Compote with Yoghurt (LSF) (LS) (GF) (Diab F)	Fruit Medley with Custard (LSF) (LS) (GF) (Diab F)	Peaches with Yoghurt (LSF) (LS) (Diab F) (GF)	Pineapple with Custard (LSF) (LS) (GF) (Diab F)	Fruit Salad with Custard (LSF) (LS) (GF) (Diab F)	Pears with Custard (LSF) (LS) (GF) (Diab F)

(LSF) LOW SATURATED FAT < 1.5g per 100g  
 (Diab F) DIABETIC FRIENDLY < 15g sugar per 100g  
 (LS) LOWER SODIUM < 150mg per 100g  
 (GF) GLUTEN FREE  
 (DF) DAIRY FREE

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Chilled

Hot

	WEEK 3	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
M A I N	Regular Main	Italian Pork Meatballs with Passata (LSF) (LS) (Diab F)		Corned Beef with Parsley Sauce (LSF) (GF) (Diab F)		Lamb & Mint Rissoles with Gravy (LSF) (LS) (Diab F) (GF)		Beef Sausage with Gravy (LSF) (Diab F) (GF)		Crumbed Fish (LSF) (LS) (Diab F)		Chicken Potato Pie (LSF) (GF) (LS) (Diab F)		Roast Pork, Apple Sauce & Gravy (LSF) (LS) (GF) (Diab F)
	Easy to Chew Main	Creamy Mustard Chicken Pie (Diab F)		Pea & Ham Frittata (Diab F) (GF)		Coq au Vin (LSF) (Diab F) (GF)		French Lamb Casserole (LSF) (Diab F) (GF)		Steak & Mushroom Casserole (LSF) (LS) (GF) (Diab F)		Curried Prawns (LSF) (LS) (GF) (Diab F)		Beef Bolognese (LSF) (LS) (Diab F)
	Vegetarian (7 business days notice is required)	Mac Cheese Bake (Diab F)		Pumpkin & Caramelised Onion Strudel (Diab F)		Moroccan Spiced Sweet Potato with Chickpeas (Diab F) (GF) (LS) (LSF)		Pumpkin Ravioli with Creamy Tomato Sauce (LS) (LSF) (Diab F)		Vegetable Frittata (Diab F) (LS) (GF)		Spinach Rice Balls with Pesto Cream Sauce (Diab F)		Zucchini & Fetta Slice (Diab F) (GF)
	Main Meal (Flagstaff)	Rissole with Onion Gravy (Diab F)		Chicken Strips with Lemon Sauce (Diab F) (LS) (LSF)		Beef Pie with Gravy (GF)		Roast Pork (GF) (LS) (LSF)		Mongolian Lamb and Rice (Diab F) (LSF)		Vienna Schnitzel with Gravy (Diab F)		Chicken Asparagus Mornay (Diab F) (GF) (LS)
D E S S E R T S	Sweet	Orange Syrup Cake with Custard (LS)		Coconut Creamy Rice (Diab F) (GF) (LS)		Pumpkin Pie with Custard (Diab F) (LS)		Apple & Rhubarb Crumble with Custard (Diab F) (LS)		Sour Cherry Baked Custard (Diab F) (LS)		Jelly with Peaches & Custard (LSF) (LS) (GF) (Diab F)		Coconut & Jam Slice with Custard
	Fruit + Dairy (7 business days notice is required)	Stewed Spiced Apples with Yoghurt (LS) (GF) (LSF) (Diab F)		Two Fruits with Custard (LS) (GF) (LSF) (Diab F)		Mixed Fruit Compote with Yoghurt (LSF) (LS) (GF)		Peaches with Custard (LSF) (GF) (Diab F) (LS)		Fruit Medley with Yoghurt (LSF) (LS) (GF) (Diab F)		Pineapple with Custard (LSF) (LS) (GF) (Diab F)		Fruit Salad with Yoghurt (LSF) (LS) (GF) (Diab F)

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Chilled

Hot

	WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M A I N	Regular Main	Traditional Meatloaf with Onion Gravy (LSF) (GF) (Diab F)	Pork Steak with Smoky BBQ Sauce (Diab F) (LSF)	Roast Chicken Thigh with Creamy Mushroom Sauce (LSF) (LS) (GF) (Diab F)	Lamb & Rosemary Sausage with Gravy (Diab F) (GF)	Crumbed Fish (LSF) (LS) (Diab F)	Roast Beef with Dianne Sauce (LSF) (LS) (GF) (Diab F)	Oven Roasted Chicken Maryland with Gravy (GF) (LS) (Diab F)
	Easy to Chew Main	Chicken & Leek Casserole (LSF) (LS) (GF) (Diab F)	Chilli Con Carne (LSF) (LS) (GF) (Diab F)	Sweet & Sour Pork (LSF) (GF) (Diab F)	Salmon Patties with Parsley Sauce (LSF) (Diab F)	Chicken & Cheese Patties with Gravy (LSF) (LS) (GF) (Diab F)	Smoky Pork & Bean Casserole (LSF) (LS) (GF) (Diab F)	Lamb & Fruit Curry (LSF) (LS) (GF) (Diab F)
	Vegetarian (7 business days notice is required)	Pumpkin & Mushroom Arancini with Pepperonata Sauce (LSF) (Diab F)	Potato & Spinach Pie (Diab F)	Chilli Bean Casserole (LSF) (LS) (GF) (Diab F)	Spinach & Almond Risotto (LS) (Diab F) (GF) (LSF)	Spanish Potato & Egg Slice (Diab F) (GF)	Quiche Florentine (LS) (Diab F)	Beetroot Lentil Burger with Pepperonata Sauce (LSF) (Diab F)
	Main Meal (Farm Door)	Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice Pilaf (Diab F) (GF) (LS)	Lamb Fry & Bacon with Onion Gravy & Mashed Potato (Diab F)	Roast Beef with Homemade Gravy & Baked Potato (DF) (GF) (Diab F) (LS) (LSF)	Indian Butter Chicken with Steamed Rice (GF) (Diab F) (LS)	Savory Beef Mince with Mash Potato (GF) (Diab F) (LSF)	Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice Pilaf (Diab F) (GF) (LS)	French Chicken Casserole (GF) (Diab F) (LS)
D E S S E R T S	Sweet	Creamy Rice with Dark Cherry Puree (LSF) (LS) (GF)	Caramel Mud Cake with Custard	Marmalade Bread & Butter Pudding (Diab F)	Jelly with Fruit Salad & Custard	Butterscotch Pudding with Custard	Peach Upside Down Cake with Custard	Mildura Baked Custard (LS)
	Fruit + Dairy (7 business days notice is required)	Apple & Rhubarb Compote with Custard (LSF) (LS) (Diab F) (GF)	Peaches with Yoghurt (LSF) (LS) (GF) (Diab F)	Pears with Custard (LSF) (LS) (GF) (Diab F)	Two Fruits with Yoghurt (LSF) (LS) (GF) (Diab F)	Mixed Fruit Compote with Custard (LSF) (LS) (GF)	Stewed Spiced Apples with Yoghurt (LSF) (LS) (GF) (Diab F)	Pineapple with Custard (GF) (LSF) (LS) (Diab F)

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Note: If any of the selctions are not available, are you OK if we choose one of your choices from other weeks? Yes No

## SANDWICHES AND WRAPS

*Don't feel like a main meal?*

We are excited to bring sandwiches and wraps to our menu. You can choose from the below variety of choices.

**Sandwiches and Wraps: \$6.00 each**

### Sandwiches

- Ham Cheese and Pickle Sandwich
- Roast Chicken and Bacon Rye Sandwich
- Roast Beef Cheese & Relish Sandwich
- Egg Chive on Rye Sandwich



### Wraps

- Sweet Chilli Chicken Wrap
- Chicken Caesar Wrap

