

Summer Menu (Hot/Chilled)

Welcome to our Summer 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 Summer 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

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

*Effective as of 21st October 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 21/10/2024, refer to the meals available on Week 1 of the menu.

Summer Hot/Chilled Meals Menu Schedule

Week 1	21/10/2024 - 27/10/2024
Week 2	28/10/2024 - 03/11/2024
Week 3	04/11/2024 - 10/11/2024
Week 4	11/11/2024 - 17/11/2024
Week 1	18/11/2024 - 24/11/2024
Week 2	25/11/2024 - 01/12/2024
Week 3	02/12/2024 - 08/12/2024
Week 4	09/12/2024 - 15/12/2024
Week 1	16/12/2024 - 22/12/2024
Week 2	23/12/2024 - 29/12/2024
Week 3	30/12/2024 - 05/01/2025
Week 4	06/01/2025 - 12/01/2025
Week 1	13/01/2025 - 19/01/2025
Week 2	20/01/2025 - 26/01/2025
Week 3	27/01/2025 - 02/02/2025
Week 4	03/02/2025 - 09/02/2025
Week 1	10/02/2025 - 16/02/2025
Week 2	17/02/2025 - 23/02/2025
Week 3	24/02/2025 - 02/03/2025
Week 4	03/03/2025 - 09/03/2025
Week 1	10/03/2025 - 16/03/2025
Week 2	17/03/2025 - 23/03/2025
Week 3	24/03/2025 - 30/03/2025
Week 4	31/03/2025 - 06/04/2025
Week 1	07/04/2025 - 13/04/2025
Week 2	14/04/2025 - 20/04/2025
Week 3	21/04/2025 - 27/04/2025
Week 4	28/04/2025 - 04/05/2025
Winter Menu	Winter menu 2025 commences on 05/05/2025

Chilled

Hot

	WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M A I N	Regular Main	Tex-Mex Beef Burger with Smoky Pepperonata Sauce (LSF) (Diab F)	Pork Scallopini (LSF) (LS) (Diab F) (GF)	Roast Beef with Seeded Mustard Gravy (LSF) (LS) (Diab F) (GF)	Lamb & Rosemary Sausage with Gravy (Diab F) (GF)	Crumbed Fish (LSF) (LS) (Diab F)	Hearty Steak Pie with Breadcrumb Top (Diab F)	Roast Pork, Apple Sauce & Gravy (LSF) (LS) (Diab F)
	Easy to Chew Main	Creamy Chicken & Tarragon Casserole (LSF) (LS) (Diab F) (GF)	Spring Lamb Casserole (LSF) (Diab F) (GF)	Chicken Korma (LS) (Diab F) (GF)	Ham, Egg & Tomato Slice (Diab F) (GF)	Tuscan Beef (LSF) (LS) (Diab F) (GF)	Fish Cakes with Lemon & Caper Sauce (LSF) (Diab F)	Sweet & Sour Chicken (LSF) (LS) (Diab F) (GF)
	Vegetarian (7 business days notice is required)	Pumpkin Ravioli with Tuscan Vegetable Sauce (LSF) (LS) (Diab F)	Spinach & Cheese Roll (Diab F)	Tofu Schnitzel with Sticky Plum Sauce (LSF) (LS) (Diab F)	Mac Cheese Bake (Diab F)	Beetroot Lentil Burger with Chunky Tomato Sauce (LSF) (LS) (Diab F)	Pumpkin, Lentil & Mushroom Curry (LSF) (LS) (Diab F) (GF)	Potato & Spinach Pie (Diab F)
	Salad Pack (7 business days notice is required)	Cheese with Pesto Pasta Salad (Diab F)	Egg with Potato Salad (LSF) (Diab F) (GF)	Roast Beef with Pasta Salad (LSF) (LS) (Diab F)	Ham with Pesto Pasta Salad (LSF) (Diab F)	Roast Chicken with Potato Salad (LSF) (LS) (Diab F) (GF)	Cheese with Pasta Salad (Diab F)	Tuna with Potato Salad (LSF) (Diab F) (GF)
D E S S E R T S	Sweet	Mixed Berry Jelly Pudding with Custard (LSF) (LS)	Coconut Creamy Rice with Mango Puree (LS) (GF)	Choc Mint Brownie with Custard (LS)	Baked Custard with Sweet Jam Sponge (Diab F) (LS)	Jelly with Peaches & Custard (LSF) (LS) (Diab F) (GF)	White Chocolate & Raspberry Pudding with Custard	Lemon Sultana Semolina Pudding (LS) (Diab F)
	Fruit + Dairy (7 business days notice is required)	Pears with Yoghurt (LSF) (LS) (Diab F) (GF)	Apple & Berry Compote with Custard (LSF) (LS) (Diab F) (GF)	Peaches with Yoghurt (LSF) (LS) (Diab F) (GF)	Fruit Salad with Custard (LSF) (LS) (Diab F) (GF)	Mixed Fruit Compote with Yoghurt (LSF) (LS) (GF)	Two Fruits with Custard (LSF) (LS) (Diab F) (GF)	Pineapple 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	Herb Crusted Fish with Thermidore Sauce (LS) (Diab F)	Beef Sausage with Mushroom Gravy (LSF) (Diab F)	Chicken Schnitzel with Gravy (LSF) (Diab F)	Smoky BBQ Shaved Pork (Diab F)	Crumbed Fish (LS) (LSF) (Diab F)	Roast Beef with Burgundy Gravy (LS) (LSF) (Diab F)	Roast Chicken Thigh with Sage & Onion Gravy (LS) (LSF) (Diab F) (GF)
	Easy to Chew Main	Sweet Potato Shepherd's Pie (LS) (LSF) (Diab F) (GF)	Italian Pork Casserole (LS) (LSF) (Diab F) (GF)	Lamb & Vegetable Savoury Mince (LS) (LSF) (Diab F) (GF)	English Beef Curry (LS) (LSF) (Diab F) (GF)	Moroccan Apricot Chicken (LS) (LSF) (Diab F) (GF)	Bacon Mac Cheese Bake (Diab F)	Beef Bolognese (LS) (LSF) (Diab F)
	Vegetarian (7 business days notice is required)	Tomato & Basil Quiche (LS) (Diab F)	Vegetable Pasta Mornay (Diab F)	Lentil & Vegetable Pilaf (LSF) (Diab F) (GF)	Spinach & Almond Risotto (LS) (LSF) (Diab F)	Potato, Caramelised Onion & Rosemary Frittata (Diab F) (GF)	Chilli Bean Casserole (LS) (LSF) (Diab F) (GF)	Spinach Rice Balls with Passata (LS) (LSF) (Diab F)
	Salad Pack (7 business days notice is required)	Egg with Pesto Pasta Salad (LSF) (Diab F)	Corned Beef with Pasta Salad (Diab F)	Shaved BBQ Pork with Potato Salad (LSF) (Diab F)	Potato & Spinach Bake with Pasta Salad (Diab F)	Cheese with Pesto Pasta Salad (Diab F)	Roast Beef with Potato Salad (LS) (LSF) (Diab F)	Roast Chicken with Pesto Pasta Salad (LSF) (Diab F)
D E S S E R T	Sweet	Black Forest Slice with Custard	Bread & Butter Pudding (Diab F)	Creamy Rice with Raspberry Puree (LSF) (LS) (GF)	Choc Chip Cake with Custard	Orange Sponge Pudding with Custard	Jelly with Custard (LS) (LSF) (Diab F) (GF)	Baked Custard with Cinnamon (LS) (Diab F)
	Fruit + Dairy (7 business days notice is required)	Stewed Spiced Apples with Custard (LS) (LSF) (Diab F) (GF)	Plums with Yoghurt (LS) (LSF) (Diab F) (GF)	Pears with Custard (LS) (LSF) (Diab F) (GF)	Apple & Berry Compote with Yoghurt (LS) (LSF) (Diab F) (GF)	Peaches with Custard (LS) (LSF) (Diab F)	Fruit Salad with Yoghurt (LS) (LSF) (Diab F) (GF)	Mixed Fruit Compote with Custard (LS) (LSF) (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 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M A I N	Regular Main	Pork, Apple & Fennel Rissoles with Gravy (LS) (LSF) (Diab F) (GF)	Steak Dianne (LS) (LSF) (Diab F) (GF)	Roast Lamb with Mint Gravy (LS) (LSF) (Diab F) (GF)	Creamy Chicken Pie (LS) (Diab F)	Crumbed Fish (LSF) (LS) (Diab F)	Satay Chicken Rissoles (LSF) (LS) (Diab F)	Roast Pork, Apple Sauce & Gravy (LSF) (LS) (Diab F)
	Easy to Chew Main	Chicken Korma (LS) (Diab F) (GF)	Ham, Egg & Tomato Slice (Diab F) (GF)	Tuscan Beef (LSF) (LS) (Diab F) (GF)	Portuguese Lamb (LSF) (Diab F) (GF)	Hearty Steak Casserole (LSF) (Diab F) (GF)	Salmon Pasta Bake (LSF) (Diab F)	English Beef Curry (LS) (LSF) (Diab F) (GF)
	Vegetarian (7 business days notice is required)	Pumpkin Ravioli with Tuscan Vegetable Sauce (LSF) (LS) (Diab F)	Beetroot Lentil Burger with Smoky Pepporonata Sauce (LSF) (LS) (Diab F)	Vegetable Frittata (LS) (Diab F)	Pumpkin & Mushroom Arancini Balls with Passata (LSF) (LS) (Diab F)	Pumpkin, Lentil & Mushroom Curry (LS) (LSF) (Diab F) (GF)	Spinach & Cheese Roll (Diab F)	Zucchini & Fetta Slice (Diab F) (GF)
	Salad Pack (7 business days notice is required)	Egg with Potato Salad (LSF) (Diab F) (GF)	Tuna with Pasta Salad (LSF) (Diab F)	Cheese with Potato Salad (Diab F) (GF)	Ham with Pesto Pasta Salad (LSF) (Diab F)	Zucchini & Fetta Slice with Pasta Salad (Diab F)	Shaved BBQ Pork with Potato Salad (LSF) (Diab F)	Roast Beef with Pesto Pasta Salad (LSF) (Diab F)
D E S S E R T S	Sweet	Pineapple Streusel Cake with Custard	Apple & Berry Crumble with Custard (Diab F) (LS)	Coconut Creamy Rice with Mango Puree (LS) (GF)	Jelly with Fruit Salad & Custard (LS) (LSF) (Diab F) (GF)	Lemon Sultana Semolina Pudding (LS) (Diab F)	Golden Syrup Custard (LS) (Diab F) (GF)	Blueberry Sponge Cake with Custard
	Fruit + Dairy (7 business days notice is required)	Two Fruits with Yoghurt (LS) (LSF) (Diab F) (GF)	Pineapple with Custard (LS) (LSF) (Diab F) (GF)	Stewed Spiced Apples with Yoghurt (LS) (LSF) (Diab F) (GF)	Plums with Custard (LS) (LSF) (Diab F) (GF)	Pears with Yoghurt (LSF) (LS) (Diab F) (GF)	Apple & Berry Compote with Custard (LSF) (LS) (Diab F) (GF)	Peaches with Yoghurt (LSF) (LS) (Diab F) (GF)

(LSF) LOW SATURATED FAT < 1.5g per 100g
 (Diab F) DIABETIC FRIENDLY < 15g sugar per 100g
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Chilled

Hot

	WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M A I N	Regular Main	Beef Burger Pattie with Burgundy Gravy (LSF) (Diab F)	Smoky BBQ Shaved Pork (Diab F)	Roast Chicken Thigh with Sage & Onion Gravy (LS) (LSF) (Diab F) (GF)	Lamb & Mint Rissoles with Gravy (LS) (LSF) (Diab F)	Crumbed Fish (LS) (LSF) (Diab F)	Cottage Pie (LSF) (LS) (Diab F) (GF)	Roast Chicken Maryland with Mushroom Gravy (LSF) (LS) (Diab F) (GF)
	Easy to Chew Main	Sweet & Sour Chicken (LSF) (LS) (Diab F) (GF)	Beef Bolognaise (LS) (LSF) (Diab F)	Bacon Mac Cheese Bake (Diab F)	Salmon & Dill Frittata (LS) (Diab F) (GF)	Moroccan Apricot Chicken (Diab F) (GF)	Italian Pork Casserole (LSF) (LS) (Diab F) (GF)	Portuguese Lamb (LSF) (LS) (Diab F) (GF)
	Vegetarian (7 business days notice is required)	Tofu Schnitzel with Sticky Plum Sauce (LSF) (LS) (Diab F)	Potato, Caramelised Onion & Rosemary Frittata (Diab F) (GF)	Lentil & Vegetable Pilaf (LSF) (Diab F) (GF)	Vegetable Pasta Mornay (Diab F)	Pumpkin & Caramelised Onion Strudel (LS) (Diab F)	Mac Cheese Bake (Diab F)	Tomato & Basil Quiche (LS) (Diab F)
	Salad Pack (7 business days notice is required)	Roast Chicken with Pasta Salad (LS) (LSF) (Diab F)	Cheese with Potato Salad (Diab F) (GF)	Egg with Pasta Salad (LSF) (Diab F)	Corned Beef with Potato Salad (Diab F) (GF)	Tuna with Pasta Salad (LSF) (Diab F)	Roast Beef with Potato Salad (LS) (LSF) (Diab F)	Roast Chicken with Pesto Pasta Salad (LSF) (Diab F)
D E S S E R T	Sweet	Peach Pie with Custard (LS) (Diab F)	Choc Fudge Cake with Custard (LS)	Passionfruit Swirl Pudding with Custard	Strawberry Cheesecake	Creamy Rice with Raspberry Puree (LSF) (LS) (GF)	Pear in Port Wine Jelly with Custard (LSF) (LS)	Baked Mildura Custard (LS)
	Fruit + Dairy (7 business days notice is required)	Fruit Salad with Custard (LSF) (LS) (Diab F) (GF)	Mixed Fruit Compote with Yoghurt (LSF, LS, GF)	Two Fruits with Custard (LSF) (LS) (Diab F) (GF)	Pineapple with Yoghurt (LSF) (LS) (Diab F) (GF)	Stewed Spiced Apples with Custard (LS) (LSF) (Diab F) (GF)	Plums with Yoghurt (LS) (LSF) (Diab F) (GF)	Peaches with Custard (LS) (LSF) (Diab F)

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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

