



# Menu

**Order by**

3pm Friday 18th September

**Delivery date**

Tuesday 22nd September

## Lunch | Dinner | Dessert

### LUNCH

Roasted fennel and carrot soup  
Sun dried tomato, kale, mushroom frittata with italian sausage mince  
Spinach ricotta ravioli with bolognese

### DINNER

Roast beef and vegetables with mushroom sauce  
Slow cooked lamb shank on creamy polenta  
Chicken thigh with chorizo and beans

### DESSERT

Carrot and walnut cake  
Humming Bird cake  
Rice pudding

**Order by**

3pm Tuesday 22nd September

**Delivery date**

Friday 25th September

## Lunch | Dinner | Dessert

### LUNCH

Tomato broth soup  
Hashed potato, spinach, capsicum and chorizo  
Chicken, mushroom and cherry tomato penne past

### DINNER

Chicken breast and creamy potato gratin  
Beef bourguignon Pie  
Lamb with pilaf rice

### DESSERT

French toast  
Blueberry tea cake  
Peanut butter chia pudding

Call 8202 5803 or email  
[mealorders@unitingcommunities.org](mailto:mealorders@unitingcommunities.org)  
Dietary menu available on request.

