



Winter meals - menu and order form

Exciting new winter specials

Chicken Leek Pie

Chicken Casserole

Please call to order these specials or make a comment when ordering.

See reverse side for full menu

Place order as following:

Phone 8375 6649 by 12 noon
Tuesday to place your order.

Soups \$4 each

Main meals \$7 each

Desserts \$4 each

Deliveries occur on Thursdays

between 9:00 am and
3:00 pm by our friendly
community volunteers.

Meals will not be delivered if you
are not at home and will be sent
to Cooina Café after
2:30 pm Thursday for you or
your family members to pick up.

Dietary requirements

Please advise staff of your dietary requirements (preferences, cultural or dietary) when placing your order. We can provide you with a list of meals and ingredients for you to check. Frozen meals have ingredients listed on packaging. If our menu doesn't meet your preferences, cultural or dietary needs we will provide you with a list of organisations who may be able to cater for your specific needs.

Frozen meals are subsidised for eligible City of Marion residents who are 65 and over through the Commonwealth Home Support Programme (CHSP).

Order details

Please record the number of meals in each box above e.g.

Name	Phone	
Delivery day	Delivery date	
I would like home delivery <input type="checkbox"/> I will collect from Cooina next week <input type="checkbox"/>		
Address	Suburb	Post code

Winter warmer menu

Dietary chart GF: Gluten free | DF: Dairy free | NF: Nut free | EF: Egg Free | V: Vegetarian | SF: Soy Free

Soups | \$4 each

- ☐ **Pumpkin Soup:** A velvety smooth puree of pumpkin **GF|DF|NF|EF|SF**
- ☐ **Chicken Noodle:** A selection of finely diced vegetables in a rich chicken broth with noodles **DF|NF|EF|SF**
- ☐ **Minestrone Soup:** An Italian classic, a nourishing and hearty combination of fresh vegetables and beans **GF|DF|NF|EF|SF**
- ☐ **Cauliflower and Leek:** Pureed cauliflower and leek with a smooth texture of fresh vegetables **NF|EF|SF**
- ☐ **Potato, Leek and Bacon:** Pureed potato, leek and bacon soup with a smooth velvety texture **GF|DF|NF|EF|SF**
- ☐ **Beef and Vegetable:** A selection of finely chopped vegetables in our own beef broth **GF|DF|NF|EF|SF**
- ☐ **Chicken and Sweetcorn:** A mouth-watering soup, made with corn, finely chopped chicken, finished with spring onion **GF|DF|NF|SF**

Main meals | \$7 each

- ☐ **Roast Lamb:** A traditional roast lamb served with baked potato, pumpkin and gravy **GF|DF|NF**
- ☐ **Cottage Pie:** Sautéed mince beef and vegetables topped with gratinated mash potato, served with pumpkin and beans **GF|NF**
- ☐ **Beef Lasagna:** Veal and pork mince in Nonna's traditional Napolitana sugo sauce, cooked between layers of pasta sheets **NF|SF**
- ☐ **Chunky Beef meat pie:** Chunky beef in rich gravy topped with golden pastry, served with carrots and peas **DF|NF|EF**
- ☐ **Corn Beef:** Silverside poached with onions, celery and carrots, topped with white sauce, served on mash potato and carrot **NF|SF**
- ☐ **Chicken and Bacon Potato Pie:** Free range chicken and smoked bacon cooked and topped with mash potato and tasty cheese, served with broccoli and carrot **GF|NF|EF**
- ☐ **Chicken Leek Casserole:** Succulent chicken diced and cooked with fresh leek in a rich sauce, served on steamed potatoes and carrots **GF|DF|NF|EF|DF**
- ☐ **Ravioli Quattro Fromaggi:** Specially made raviolo filled with four cheese mix, in a creamy white pumpkin sauce **NF|V**
- ☐ **Vegetable Patties:** Hand cut into patty, oven baked and topped with cheese, served with herbed potato carrots and peas **NF|SF|V**
- ☐ **Vegetable Pastie:** A combination of onion, celery, carrot, pumpkin and potato on short crust pastry, served with tomato sauce **NF|SF|V**
- ☐ **Crumbed Fish:** Lightly crumbed oven baked fillet and tartare sauce, served with mashed potato, carrots, and beans **NF|EF**
- ☐ **Tuna and Corn Mornay:** A traditional tuna mornay with creamy corn and potato in bechamel sauce, served with broccoli, cauliflower and carrot mix **NF|SF**
- ☐ **Lamb and Rosemary Casserole:** Rosemary is the perfect companion for this lamb dish, served with sauteed potato peas and carrots **GF|DF|NF|EF|DF**
- ☐ **Osso Bucco:** Lightly seared veal, cooked until tender tomato and white wine sauce, served on bed of saffron rice and peas **NF|SF**

Desserts | \$4 each

- ☐ **Blueberry Custard Crumble Tart:** Tart filled blueberry compote and cream custard, topped golden crumble **NF|SF|V**
- ☐ **Black Forest Cake:** Chocolate sponge cake with a rich cherry and cream filling **NF|SF|V**
- ☐ **Custard Tart:** Oven-baked tart shell with delicious creme brulee custard **V**
- ☐ **Sticky Date:** A moist sponge, served with butterscotch sauce **NF|SF|V**
- ☐ **Carrot Cake:** A moist cake made carrots and walnuts topped with cream cheese frosting **SF|V**