Hunter Multicultural Communities

MULTICULTURAL COMMUNITY MEALS

Menu 14

19 October 2026 to 8 January 2027



Ordering your meals

To order meals from Menu 14, call **(02) 4960 8248**

Orders must be received at least two weeks before the delivery date

Please contact our office to confirm your meal price

HOW TO PAY

Bank transfer (Beyond Bank): our BSB and account number are on your invoice

Phone payment: call our office to make a secure payment over the phone

Allergens and dietary information

(V) means the dish is **vegetarian**

While every care is taken in preparing our meals, our food may contain or come into contact with common allergens, including:

milk, eggs, fish, shellfish, molluscs, sesame, lupin, peanuts, almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts, soy, wheat, gluten, barley, oats and rye.

Please call us to discuss adapting a dish to your dietary needs

Menu items may change. Please confirm any dietary requirements with our office when ordering.

Week 1

19 to 23 October

Monday 19 October

ENTRÉE	Quiche Lorraine (bacon and egg quiche)
MAIN	Grilled chicken, salad, flatbread and hummus
DESSERT	Sticky date pudding with custard

Tuesday 20 October

ENTRÉE	Ricotta and spinach cannelloni (V)
MAIN	Roast lamb, potato, green vegetables and gravy
DESSERT	Chocolate mousse with fresh orange

Wednesday 21 October

ENTRÉE	Pumpkin arancini (V)
MAIN	Grilled fish, crushed potato and sorrel sauce
DESSERT	Orange and almond cake with yoghurt

Week 1

19 to 23 October

Thursday 22 October

ENTRÉE	Pan-fried gnocchi, greens and baked ricotta (V)
MAIN	Fish with ginger, vegetables and noodles
DESSERT	Vanilla custard bun

Friday 23 October

ENTRÉE	Pea and mint on toasted bread (bruschetta) (V)
MAIN	Penne with beef bolognese and a rocket and parmesan salad
DESSERT	Apple and rhubarb crumble with custard

Week 2

26 to 30 October

Monday 26 October

ENTRÉE	Marinated zucchini with cashews and mint (V)
MAIN	Crumbed fish, Greek lemon potatoes and vegetables
DESSERT	Apple strudel with fresh cream

Tuesday 27 October

ENTRÉE	Vegetable pakora (V)
MAIN	Tandoori roast chicken, green beans and potato
DESSERT	Banana bread with cream cheese icing

Wednesday 28 October

ENTRÉE	Chicken Caesar salad
MAIN	Chickpea and lentil tagine with rice and greens (V)
DESSERT	Chocolate brownie with cream

Week 2

26 to 30 October

Thursday 29 October

ENTRÉE	Ricotta and spinach pastries with tzatziki (V)
MAIN	Lamb skewers, Greek salad and flatbread
DESSERT	Bread and butter pudding with custard

Friday 30 October

ENTRÉE	Caprese salad (V)
MAIN	Grilled fish, cannellini beans and tomato
DESSERT	Tiramisu

Week 3

2 to 6 November

Monday 2 November

ENTRÉE	Sweet potato, spinach and lentil soup (V)
MAIN	Lamb kofta, flatbread and salad
DESSERT	Apple tarte tatin with fresh cream

Tuesday 3 November

ENTRÉE	Chicken noodle soup
MAIN	Porchetta (roast pork), potato, seasonal vegetables and salsa verde
DESSERT	Apple crumble and custard

Wednesday 4 November

ENTRÉE	Focaccia with tomato topping (V)
MAIN	Hainanese poached chicken, rice and vegetables
DESSERT	Passionfruit vanilla slice

Week 3

2 to 6 November

Thursday 5 November

ENTRÉE	Pea, mint and ricotta pasta salad (V)
MAIN	Grilled fish, potato and herb salad
DESSERT	Orange and almond cake with yoghurt

Friday 6 November

ENTRÉE	Tomato, olive and mozzarella focaccia (V)
MAIN	Beef lasagne with green salad
DESSERT	Vanilla panna cotta and berries

Week 4

9 to 13 November

Monday 9 November

ENTRÉE	Chickpea and parsley soup (V)
MAIN	Chicken schnitzel, mash, vegetables and gravy
DESSERT	Pavlova with yoghurt and fruit

Tuesday 10 November

ENTRÉE	Beetroot, ricotta and walnut salad (V)
MAIN	Grilled fish, smashed peas and roast potato
DESSERT	Fresh fruit and yoghurt

Wednesday 11 November

ENTRÉE	Chicken noodle soup
MAIN	Beef goulash with pickled cabbage and mash
DESSERT	Berry and custard danish with cream

Week 4

9 to 13 November

Thursday 12 November

ENTRÉE	Potato, spinach and cheese gnocchi (V)
MAIN	Zucchini, egg and cheese slice with spinach and herb salad (V)
DESSERT	Apple sponge pudding with custard

Friday 13 November

ENTRÉE	Mushroom arancini (V)
MAIN	Chicken scaloppine (thinly sliced chicken), carrot and potato
DESSERT	Chocolate mud cake with yoghurt and fresh orange

Week 5

16 to 20 November

Monday 16 November

ENTRÉE	Potato, dill and sour cream salad (V)
MAIN	Grilled chicken, salad, flatbread and hummus
DESSERT	Chocolate mousse with fresh orange

Tuesday 17 November

ENTRÉE	Ricotta and spinach cannelloni (V)
MAIN	Roast lamb, green vegetables, sweet potato mash and gravy
DESSERT	Profiteroles (custard-filled pastry)

Wednesday 18 November

ENTRÉE	Roast pumpkin, feta and rocket salad (V)
MAIN	Grilled fish, seasonal greens and crushed potato
DESSERT	Orange and almond cake with yoghurt

Week 5

16 to 20 November

Thursday 19 November

ENTRÉE	Grilled haloumi salad (V)
MAIN	Mild fish curry, roti and cucumber salad
DESSERT	Lemon tart with cream

Friday 20 November

ENTRÉE	Fried prawn cutlets, tartare sauce and lemon
MAIN	Penne with beef bolognese and a rocket and parmesan salad
DESSERT	Apple and rhubarb crumble with custard

Week 6

23 to 27 November

Monday 23 November

ENTRÉE	Sweet potato, spinach and lentil soup (V)
MAIN	Grilled fish, potato and herb salad
DESSERT	Apple and berry strudel with custard

Tuesday 24 November

ENTRÉE	Pumpkin quiche (V)
MAIN	Roast chicken, green beans and soft polenta
DESSERT	Banana bread with cream cheese icing

Wednesday 25 November

ENTRÉE	Chicken Caesar salad
MAIN	Lamb skewers, Greek salad and flatbread
DESSERT	Chocolate brownie with fresh cream

Week 6

23 to 27 November

Thursday 26 November

ENTRÉE	Ricotta and spinach pastries with tzatziki (Greek yogurt with cucumber) (V)
MAIN	Steamed fish, Greek lemon potatoes and salad
DESSERT	Bread and butter pudding with custard

Friday 27 November

ENTRÉE	Quiche lorraine (bacon, onion and leek)
MAIN	Almond chicken, green beans and mash
DESSERT	Vanilla panna cotta and berries

Week 7

30 November to 4 December

Monday 30 November

ENTRÉE Pesto and pea pasta salad (V)

MAIN Lamb kofta, tabouli and flatbread

DESSERT Profiteroles (custard-filled pastry)

Tuesday 1 December

ENTRÉE Chicken and lentil noodle soup

MAIN Porchetta (roast pork), potato, seasonal vegetables and salsa verde

DESSERT Apple crumble and custard

Wednesday 2 December

ENTRÉE Prawn cocktail, iceberg lettuce and avocado

MAIN Hainanese poached chicken, rice and vegetables

DESSERT Passionfruit vanilla slice

Week 7

30 November to 4 December

Thursday 3 December

ENTRÉE	Pea, mint and ricotta pasta salad (V)
MAIN	Chicken pie, carrots and greens
DESSERT	Orange and almond cake with yoghurt

Friday 4 December

ENTRÉE	Tomato, basil and olive focaccia (V)
MAIN	Grilled fish, cannellini beans and tomato
DESSERT	Dulce de leche doughnuts

Week 8

7 to 11 December

Monday 7 December

ENTRÉE	Chickpea and parsley soup (V)
MAIN	Chicken schnitzel, mash, vegetables and gravy
DESSERT	Pavlova with yoghurt and fruit

Tuesday 8 December

ENTRÉE	Beetroot, ricotta and walnut salad (V)
MAIN	Grilled fish, smashed peas and roast potato
DESSERT	Fresh fruit and yoghurt

Wednesday 9 December

ENTRÉE	Potato, spinach and cheese gnocchi (V)
MAIN	Slow-cooked beef with pickled cabbage and roast sweet potato
DESSERT	Rhubarb danish with custard

Week 8

7 to 11 December

Thursday 10 December

ENTRÉE	Lentil and vegetable soup (V)
MAIN	Spanakopita (spinach and cheese pie), green salad with tzatziki (V)
DESSERT	Apple sponge pudding with custard

Friday 11 December

ENTRÉE	Mushroom arancini (V)
MAIN	Chicken scaloppine (thinly sliced chicken), carrot and potato
DESSERT	Passionfruit vanilla slice

Week 9

14 to 18 December

Monday 14 December

ENTRÉE	Marinated zucchini, cashew and mint (V)
MAIN	Grilled chicken, fattoush and hummus
DESSERT	Passionfruit vanilla slice

Tuesday 15 December

ENTRÉE	Ricotta and spinach cannelloni (V)
MAIN	Roast lamb, roast sweet potato, green vegetables and gravy
DESSERT	Sticky date pudding with yoghurt

Wednesday 16 December

ENTRÉE	Roast pumpkin, feta and rocket salad (V)
MAIN	Satay chicken skewers with rice, smashed cucumber and carrots
DESSERT	Lemon tart with cream

Week 9

14 to 18 December

Thursday 17 December

ENTRÉE	Chicken noodle soup
MAIN	Grilled fish, seasonal greens and crushed potato
DESSERT	Profiteroles (custard-filled pastry)

Friday 18 December

ENTRÉE	Potato, dill and sour cream salad (V)
MAIN	Penne with beef bolognese and a rocket and parmesan salad
DESSERT	Apple and rhubarb crumble with custard

Week 10

21 to 25 December

Monday 21 December

ENTRÉE	Pea, mint and ricotta pasta salad (V)
MAIN	Mild beef massaman curry, rice and iceberg lettuce
DESSERT	Chocolate ripple cake

Tuesday 22 December

ENTRÉE	Pumpkin arancini (V)
MAIN	Tandoori roast chicken, green beans and potato
DESSERT	Kourabiedes (shortbread biscuits)

Wednesday 23 December

ENTRÉE	Prawn cocktail, iceberg lettuce and avocado
MAIN	Roast turkey breast, roast potatoes, carrots, green beans and cranberry sauce
DESSERT	Panettone trifle

Week 10

21 to 25 December

Thursday 24 December

Closed. No meals today.

Friday 25 December

Closed. No meals today.

We are closed from Thursday 24 December to Friday 1 January. Meals start again on Monday 4 January.

If you need meals for the closure period, please contact our office by December 9 to discuss arrangements

Week 12

4 to 8 January

Monday 4 January

ENTRÉE	Chilled tomato and white bean soup (gazpacho) with croutons (V)
MAIN	Chicken schnitzel, mash, vegetables and gravy
DESSERT	Pavlova, whipped cream and mango

Tuesday 5 January

ENTRÉE	Beetroot, ricotta and walnut salad (V)
MAIN	Steamed fish, kachumbari and rice
DESSERT	Fresh fruit and yoghurt

Wednesday 6 January

ENTRÉE	Focaccia with tomato (bruschetta) (V)
MAIN	Braised beef with cabbage, carrots and mash
DESSERT	Berry and custard danish

Week 12

4 to 8 January

Thursday 7 January

ENTRÉE	Grilled haloumi salad (V)
MAIN	Spanakopita, green salad with tzatziki (V)
DESSERT	Apple turnover with cream

Friday 8 January

ENTRÉE	Mushroom arancini (V)
MAIN	Hainanese poached chicken, rice and vegetables
DESSERT	Chocolate mud cake with fresh cream and orange

Jan, Bobbie, and Josh hope you
have enjoyed your meal



Please prvoide any feedback you would like to share

We will also have a formal feedback survey

Week	Comments
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Questions or orders?

Call our office

(02) 4960 8248

Please order at least two weeks before your delivery date.

Scan to visit our website

huntermc.org.au

hmc
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