



Assist Ability Australia

Menu

FOR 2025 DAY PROGRAMS

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January 28, 2025

Lunch

Chicken and safed wraps



Desserts

Fresh Fruits & Cheese Platter



January 29, 2025

Lunch

Tomato, Beef / Chicken and Hidden Vegetable Pasta sauce with spaghetti



Desserts

Banana Split



January 30, 2025

Lunch

Penne Tomato, Beef / Chicken and Hidden Vegetable tray bake



Desserts

Fresh fruit and cheese platter



February 4, 2025

Lunch

Roasted Tomato Soup and Grilled Cheese toasties



Desserts

Fresh Fruits & Cheese Platter



February 5, 2025

Lunch

Lamb Souvlaki wraps With Tzatziki



Desserts

Scones with Jam and Cream



February 6, 2025

Lunch

Lamb Souvlaki wraps With Tzatziki



Desserts

Scones with Jam and Cream / fresh fruit and cheese platter



February 11, 2025

Lunch

Fried rice and Spring rolls



Desserts

Fresh Fruits & Cheese Platter



February 12, 2025

Lunch

Cottage Pie



Desserts

Jam and cinnamon doughnut traybake



February 13, 2025

Lunch

Cottage Pie



Desserts

Jam and cinnamon doughnut traybake
/ fresh fruit and cheese platter



February 18, 2025

Lunch

Sausage rolls Chicken and Beef



Desserts

Fresh Fruits & Cheese Platter



February 19, 2025

Lunch

Curried sausages & rice tray bake



Desserts

Marshmallow jam biscuit slice



February 20, 2025

Lunch

Curried sausages & rice tray bake



Desserts

Marshmallow jam biscuit slice
/ fresh fruit and cheese platter



February 25, 2025

Lunch

Greek Zucchini Pie (Kolokithopita)



Desserts

Fresh Fruits & Cheese Platter



February 26, 2025

Lunch

Backed chicken and rice



Desserts

Chocolate Slab Cake



February 27, 2025

Lunch

Backed chicken and rice



Desserts

Chocolate Slab Cake
/ fresh fruit and cheese platter



March 4, 2025

Lunch

Make your own Spud Bar



Desserts

Fresh Fruits & Cheese Platter



March 5, 2025

Lunch

Easy Greek Pastitsio



Desserts

Easy Baklava



March 6, 2025

Lunch

Easy Greek Pastitsio



Desserts

Easy Baklava / fresh fruit and cheese platter



March 11, 2025

Lunch

Garlic and herb pulled chicken rolls



Desserts

Fresh Fruits & Cheese Platter



March 12, 2025

Lunch

Lo Mein Noodles



Desserts

Banana Cake with cream cheese icing



March 13, 2025

Lunch

Lo Mein Noodles



Desserts

Banana Cake with cream cheese icing
/ fresh fruit and cheese platter



March 18, 2025

Lunch

Build your own Beef / Chicken and bean nacho bowls



Desserts

Fresh Fruits & Cheese Platter



March 19, 2025

Lunch

Sticky barbecue drumsticks with mac and cheese



Desserts

Mixed Home baked cookies



March 20, 2025

Lunch

Sticky barbecue drumsticks with mac and cheese



Desserts

Mixed Home baked cookies / fresh fruit and cheese platter



March 25, 2025

Lunch

Lasagne



Desserts

Fresh Fruits & Cheese Platter



March 26, 2025

Lunch

Quick one-pot chicken cacciatore and pasta



Desserts

Malteser Tiramisu



March 27, 2025

Lunch

Quick one-pot chicken cacciatore and pasta



Desserts

Malteser Tiramisu / fresh fruit and cheese platter



April 1, 2025

Lunch

Healthy Beef / Chicken Burgers



Desserts

Fresh Fruits & Cheese Platter



April 2, 2025

Lunch

Penne with Chicken, Mushroom and Broccoli Cream Sauce



Desserts

Basic baked cheesecake



April 3, 2025

Lunch

Penne with Chicken, Mushroom and Broccoli Cream Sauce



Desserts

Basic baked cheesecake / fresh fruit and cheese platter

