



Assist Ability Australia

Menu

FOR 2026 DAY PROGRAMS

Our menu may change from time to time and can be tailored to suit any dietary requirements.

CONTENTS



27 - 29 JANUARY, 2026	01
3 - 5 FEBRUARY, 2026	02
10 - 12 FEBRUARY, 2026	03
17 - 19 FEBRUARY, 2026	04
24 - 26 FEBRUARY, 2026	05
3 - 5 MARCH, 2026	06
10 - 12 MARCH, 2026	07
17 - 19 MARCH, 2026	08
24 - 26 MARCH, 2026	09
31 MARCH - 2 APRIL, 2026	10



Tuesday 27, January

Lunch

Make your own Sandwiches/Wraps



Desserts

Sweet and Savoury platter



Wednesday 28, January

Lunch

Heavy-on-the-Veggies Beef and Vegetable Stir Fry and rice



Desserts

Mini cinnamon muffins



Thursday 29, January

Lunch

Picnic Lunch & Basketball



Desserts

Sweet and Savoury platter



Tuesday 3, February

Lunch

Spud Bar



Desserts

Sweet and Savoury platter



Wednesday 4, February

Lunch

Mini Italian Muffin Meatloaves & Mash



Desserts

Chocolate Muffins



Thursday 5, February

Lunch

Meatloaf & Salad Sandwiches



Desserts

Sweet and Savoury platter



Tuesday 10, February

Lunch

Homemade sausage rolls



Desserts

Sweet and Savoury platter



Wednesday 11, February

Lunch

Quick shepherd's pie



Desserts

Carrot Cake Cupcakes



Thursday 12, February

Lunch

Chicken/Beef sausages in a roll & salad



Desserts

Sweet and Savoury platter



Tuesday 17, February

Lunch

Italian Meatballs and garlic bread



Desserts

Sweet and Savoury platter



Wednesday 18, February

Lunch

Lemon herb chicken thighs with
roast Vegetables



Desserts

Chocolate Chip Cookie Pizza



Thursday 19, February

Lunch

Chicken and salad rolls



Desserts

Sweet and Savoury platter



Tuesday 24, February

Lunch

Chicken Quesadillas & Corn chips



Desserts

Sweet and Savoury platter



Wednesday 25, February

Lunch

Chicken fajitas



Desserts

Sticky toffee puddings



Thursday 26, February

Lunch

Mexican Rice Bowls & Corn Chips



Desserts

Sweet and Savoury platter



Tuesday 3, March

Lunch

Toasties & Soup - choose your toppings



Desserts

Sweet and Savoury platter



Wednesday 4, March

Lunch

Spaghetti Frittata with Spinach & Salad



Desserts

melting moments



Thursday 5, March

Lunch

Creamy spinach Pasta Bake



Desserts

Sweet and Savoury platter



Tuesday 10, March

Lunch

Vegetable Pasta Bake



Desserts

Sweet and Savoury platter



Wednesday 11, March

Lunch

Home made Pizzas



Desserts

chocolate crackles



Thursday 12, March

Lunch

Pizza Subs



Desserts

Sweet and Savoury platter



Tuesday 17, March

Lunch

Roast chicken & salad rolls



Desserts

Sweet and Savoury platter



Wednesday 18, March

Lunch

Chicken Caesar salad with crispy potato croutons



Desserts

Vanilla Cupcakes



Thursday 19, March

Lunch

Chicken caesar salad wraps



Desserts

Sweet and Savoury platter



Tuesday 24, March

Lunch

sweet and savoury muffins



Desserts

Sweet and Savoury platter



Wednesday 25, March

Lunch

Spaghetti Bolognese



Desserts

Easy Chocolate Truffles



Thursday 26, March

Lunch

Baked Potato with toppings,
Bolognese sauce & cheese



Desserts

Sweet and Savoury platter



Tuesday 31, March

Lunch

Beef/Chicken Burgers & Oven Fries



Desserts

Sweet and Savoury platter



Wednesday 1, April

Lunch

Chicken in a Creamy Mushroom Sauce with roast vegetables



Desserts

Honey jumbles



Thursday 2, April

Lunch

Creamy chicken and Pasta tray bake



Desserts

Sweet and Savoury platter

