



LOW COST MEALS FOR SENIORS PROGRAMTM RECIPES



beehive industries
business with purposeTM

LOW COST MEALS FOR SENIORS PROGRAM

With the valued support of Beehive Ambassador Kumar Pereira the Low Cost Meals for Seniors program was devised as a way of providing additional support for the Seniors and persons with a disability that we engage with each day, as well as to help other seniors around the country with preparing simple, cost effective and nutritious meals.

Kumar has developed a range of easy to cook nutritious one pot meals that can be prepared on a limited budget. Kumar shares his skills with us by conducting cooking demonstrations as well as providing recipes and cooking tips online and via this eCookbook.

The Low Cost Meals for Seniors program commenced in February 2016 and has involved a series of monthly cooking demos for Beehive Industries service users and guests. All recipes and videos of the demonstrations are available here on our website:

lowcostmealsforseniors.com.au



LOW COST MEALS FOR SENIORS

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CAULIFLOWER FRIED RICE

This recipe serves 1.
You need a frypan, a grater and two mixing bowls.

CAULIFLOWER FRIED RICE

- 1/2 cup** cauliflower per person
- 1 sprig** spring onion
- 1/2** red capsicum
- 4** green beans
- 1** fresh corn cob
or 1 cup frozen corn
- 1** carrot
- 1** egg
- 1 tbsp** soy sauce
- 2** rashers of bacon
(leave out for vegetarians)
- 1** chopped chilli (optional)
- Salt and pepper
- Cooking oil / olive oil



1 Grate the cauliflower on the coarse grater so that it resembles rice grains.

2 Chop the bacon (if using) into small pieces and fry until crisp.



3 Chop up capsicum and all other vegetables, add to the bacon and fry for a few minutes until cooked. Keep aside in a bowl.

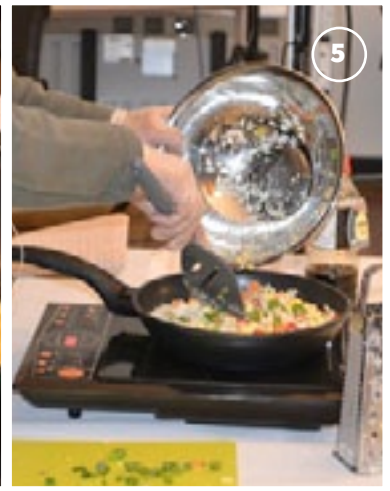
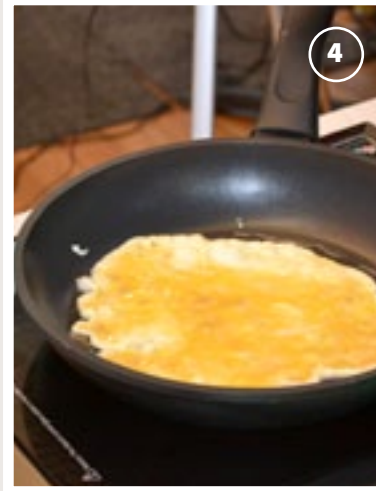
4 Beat the egg in a small bowl and transfer to the pan. Cook until done, then remove and slice into strands. Keep aside.



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CAULIFLOWER FRIED RICE



5 Add the grated cauliflower to the pan with a little oil and cook for a few minutes, add all the vegetables and stir through.



6 Add bacon (if using) and the sliced cooked egg and season with soy sauce, salt and pepper. Keep warm.

*** You can add whatever vegetables you have on hand, such as peas, cabbage, celery, zucchini, etc. Chop into small pieces and cook along with other ingredients.**



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For a video demonstration, see:
https://youtu.be/6_zAf1k12DA



VEGETABLE RATATOUILLE WITH BEANS

This recipe serves 2.
You need a stainless steel saucepan.

VEGETABLE RATATOUILLE WITH BEANS

- 1** medium eggplant,
chopped into 2cm
cubes
- 1** red pepper,
chopped into
2cm squares
- 1** green pepper,
chopped into
2cm squares
- 1** zucchini,
cut into 1cm cubes
- 1** onion,
roughly chopped
- 1** clove garlic, chopped
- 1 punnet** cherry tomatoes
or 1 can whole
tomatoes
- 1 can** cannelloni or
borlotti beans,
rinsed and drained
- 1 sprig** oregano leaves,
chopped roughly
or 1 teaspoon of
dried oregano
- Olive oil
- Salt and pepper



1 Chop all ingredients to prepare.

2 Heat 1 tablespoon of olive oil in a pan,
then add the chopped eggplant.



3 Simmer for 5 minutes, then add the
onion and give it a stir, as it sizzles.

4 Add the garlic and stir.

5 Add the peppers, stir through.

6 Add the zucchini, with a little salt and
pepper. Stir, simmer for 5 minutes.

7 Use a spoon to break up the tomatoes
in a pan.



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VEGETABLE RATATOUILLE WITH BEANS



8 Once the peppers are cooked through, but not completely soft, add the can of beans. Stir through with a little more salt and pepper and simmer for 5 minutes.

9 Top with oregano, stir, serve warm.



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For a video demonstration, see:
<https://youtu.be/oWrEicLm1bQ>



SOBA NOODLES WITH CHICKEN

This recipe serves 2.
You need a stainless steel saucepan.

SOBA NOODLES WITH CHICKEN

- 1** chicken breast, skinless
- 1 packet** miso & wakame soup
- 1 packet** soba noodles
- 1 bunch** pak choy (bok choy) leaves separated
- 2** mushrooms (optional)
- 1** spring onion
- 1 packet** firm silken tofu
- 5 cups** water (3 +2)
- Sesame oil
- Soy sauce

- 1** Bring two cups of water to the boil.
- 2** Meanwhile, chop the tofu, slice the spring onion and chop the mushrooms (if using).
- 3** Dissolve the miso & wakame paste in the boiled water, add the sliced onions, mushroom and then add the chicken.



- 4** Bring back to the boil and transfer to a bowl, cover and leave for 10 minutes.
- 5** Meanwhile bring three cups of water to the boil, add the soda noodles and when boiling again add the pak choy.
- 6** Cook for one minute. Drain, rinse and transfer to a bowl.

SOBA NOODLES WITH CHICKEN



7 Remove the chicken and slice thickly, rub with a little sesame oil and place on top of the noodles. Add the chopped tofu, reheat the soup and pour over noodles.

8 Season with extra soy sauce.





TUNA FISHCAKES WITH SALAD

This recipe serves 2.
You need a stainless steel saucepan.

TUNA FISHCAKES WITH SALAD

- 2 potatoes
- 1 spring onion
- 1 egg
- 1 can tuna
(or salmon)
- ½ punnet cherry tomatoes
- 1 red chilli (optional)
- 2 lettuce leaves
- Olive oil
- Salt and pepper



- 1 Chop potatoes into cubes and put in saucepan of water to boil.
- 2 While potatoes are boiling prepare the remaining ingredients.
- 3 Chop the spring onion and handful of cherry tomatoes, then assemble with the lettuce on a plate.
- 4 In a separate bowl beat the egg with a fork.
- 5 When potatoes are cooked, drain and mash with a fork.
- 6 Add the mashed potatoes and drained can of tuna to the beaten egg.
- 7 Add seasonings to taste and a small amount of finely chopped chilli if desired.
- 8 Form into cakes and fry in olive oil for approximately five minutes each side, or until browned.



TUNA FISHCAKES WITH SALAD



9 Enjoy a gourmet meal of fish cakes and salad!



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For a video demonstration, see:
<https://youtu.be/wPJ612iSXHU>



HEALTHY VEGETABLE FRITTERS

**This recipe serves 2.
You need a frying pan.**

HEALTHY VEGETABLE FRITTERS

- 1** fresh corn cob
- 1** small sweet potato
- 1** small carrot
- 1** small onion
- 1** spring onion
- 1** red chilli (optional)
- ½ cup** besan (chickpea flour)
- Salt and pepper
- Sweet chilli sauce (optional)



1 Finely peel the vegetables. Use the knife to remove the corn from the cob.

2 Stack the peeled vegetables and then cut into matchstick size slices.



3 Place all the vegetables into a bowl.

4 Season with salt and pepper (add chopped chilli if desired)

5 In another bowl, put besan (chickpea flour) and gradually add cold water. Whisk using a fork to make a thick batter.



HEALTHY VEGETABLE FRITTERS

6 Add the batter to the sliced vegetables and stir well

7 Form into flat patties (if necessary put back in the bowl and add more chickpea flour)



8 Heat a little oil in a small frying pan and when hot, shallow fry the vegetable fritters until crisp.

9 Serve warm with a green salad, and put sweet chilli sauce on the fritters according to taste



For a video demonstration, see:

<https://youtu.be/weGK3oeMmJ4>



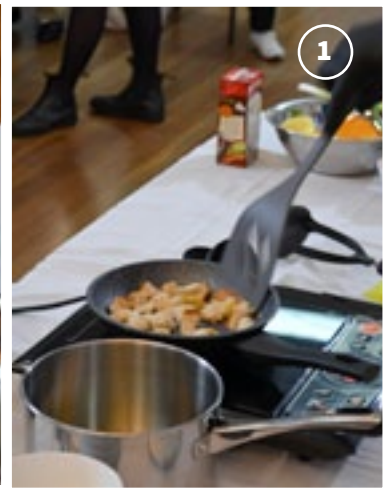
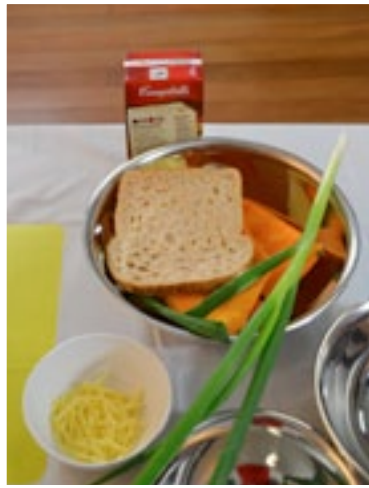
SPICED PUMPKIN & POTATO SOUP

This recipe serves 2.

You need a stainless steel saucepan and frying pan.

SPICED PUMPKIN & POTATO SOUP

- ½ small** butternut pumpkin
(300-400gms) peeled
- 1** medium onion, peeled
- 1** medium potato, peeled
- 1** spring onion
- 1** carrot
- 500ml** chicken stock
(or vegetable stock
for vegetarians)
- 1 slice** wholegrain bread
- ¼ cup** grated tasty cheese
(using a box grater)
- Salt and pepper
- Olive oil



1 Place a little olive oil into a small frying pan, cut the bread into small squares and fry in the oil until crisp, then put aside.

2 Chop the onion, pumpkin, carrot, potato and bulb of spring onion finely, and cook with a little oil in a small saucepan for 5-7 minutes until softened.

3 Add some of the stock and boil for another five minutes until vegetables are soft.

4 With a fork or potato masher, mash up the cooked vegetables, add the remaining stock (add a little water if too thick), bring to boil and season to taste.

5 Pour the soup into a bowl, sprinkle on some chilli flakes and a drizzle of olive oil.

6 Top with bread croutons and cheese.



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SPICED PUMPKIN & POTATO SOUP



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For a video demonstration, see:
<https://youtu.be/SM-qijJnMnE>



SPICED VEGETABLE WRAPS

This recipe serves 6.

You need a Mixing Bowl, Saucepan, Spatula, Frying Pan

SPICED VEGETABLE WRAPS

WRAPS

- 500 gms** besan (chick pea flour)
250 gms semolina
1 tsp bicarbonate of soda
salt
water

FILLING (INDIVIDUAL SERVES)

- $\frac{1}{2}$ sweet potato
1 small potato
 $\frac{1}{2}$ cup frozen peas
 $\frac{1}{2}$ onion [peeled]
1 green or red chilli
or chilli flakes
 $\frac{1}{2}$ can chickpeas [drained]
1 tsp curry powder
1 tsp turmeric powder
 $\frac{1}{4}$ cup plain [natural yoghurt]
salt
vegetable oil
Coriander leaves
for garnish



1 Chop sweet potato and potato into small cubes. Cover with enough water to cover and bring to the boil and cook until tender. Drain all the water from the saucepan.



2 Chop onion and fry in a little oil until translucent. Add the chopped chilli or chilli flakes, the cooked potato and sweet potato, peas, chick peas, and curry powder. Add 2-3 tbsp of yoghurt and the turmeric and salt to taste – mix well and leave aside.

3 For wraps, make a batter using 1 cup besan flour and $\frac{1}{4}$ cup semolina mixed in a bowl with a little salt.



SPICED VEGETABLE WRAPS



Add enough cold water [$\frac{3}{4}$ – 1 cup] to make a thin batter that has the consistency of a pancake batter. Add a small amount of bicarbonate of soda.



4 To cook wraps – wipe a frying pan with a little oil, heat to medium and when the pan is hot, pour in a ladle of batter and swirl the pan to coat it evenly. Cook until lightly browned, about 2 minutes, and flip over with a spatula and cook the other side until lightly browned. Use remaining batter to make 2 more wraps.



SPICED VEGETABLE WRAPS

5 Divide the filling into 3, and spread over the wrap, roll them up and cut into 2 or 3.

6 Garnish with chopped coriander.

NOTE: If you wish, you can stir chopped coriander leaves through some natural [unsweetened] yoghurt with a pinch of salt and use as a sauce.



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For a video demonstration, see:

<https://www.youtube.com/watch?v=fNX8WI8AUKk>



SEARED SALMON WITH NOODLE SALAD

This recipe serves 1.
You need a fry pan and a bowl.

SEARED SALMON WITH NOODLE SALAD

- 1** fresh salmon fillet,
skin on [225-250 gms]
salt
pepper
- 2 tbsp** soy sauce
Mixed lettuce leaves
- 1 cup** beansprouts
- 1/2 pack** bean thread noodles
[glass noodles]
- 6** cherry tomatoes or
1 medium tomato
- 1** red chilli
- 1/2** lemon
or 1 lime
olive oil
or sesame oil
water



1 Bring water to boil in a small pan. Add noodles to boiling water, take off the heat and leave covered.



2 In a separate bowl add lettuce leaves and beansprouts, slice tomatoes, sliced chilli and season with salt and pepper and a few drops of olive oil or sesame oil.

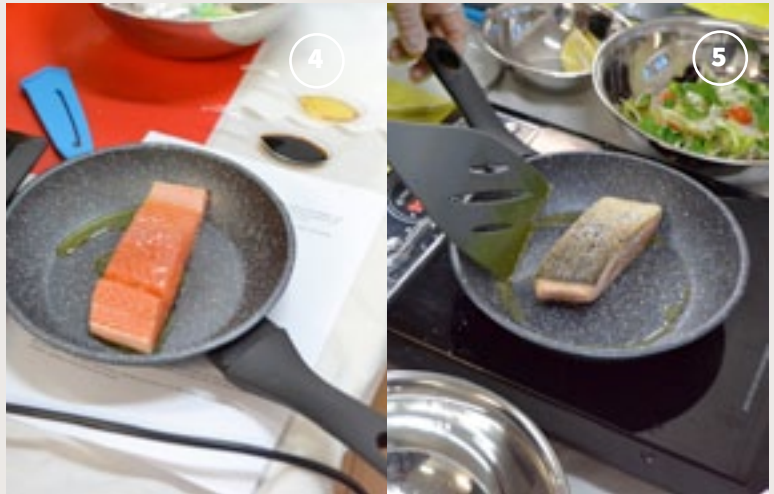
3 Drain noodles, sprinkle over with oil and leave to cool.



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SEARED SALMON WITH NOODLE SALAD



4 Heat a small frying pan – lightly rub the skin of the salmon with some oil, and place skin side down on hot pan and sear for a few minutes. Turn over and sear other side until flesh turns opaque.



5 Mix noodles with the other ingredients, sprinkle soy sauce over the salmon and place on top of salad – garnish with sliced lime/lemon.





DUMPLINGS WITH NOODLE SOUP

This recipe serves 1.

You need a stainless steel saucepan and a bowl.

WONTON DUMPLINGS WITH NOODLE SOUP

- 500 mL** vegetable or chicken stock
- 1** bok choy
- 1** spring onion
- 1 bundle** dried egg noodles
- 6** wonton wrappers
- 3** fresh mushrooms
- 2/3 stalks** fresh coriander
- 100g** minced chicken (meat option)
- 2** wombok leaves [chinese cabbage]
- white pepper
- small knob of ginger
- soy sauce
- sesame oil



1 Grate as much ginger as you want.

Finely slice spring onion and coriander stalks [save leaves for garnish], save one leaf of spring onion for garnish. Finely slice wombok leaves. Chop mushroom into small dice.



2 Mix chicken mince (meat option) and chopped vegetables with ginger, add white pepper, small spoon of sesame oil and soy sauce, mix well.

3 Spread wonton wrappers on work surface and place a small spoonful of mixture in the centre. Wet your finger with water and wet edges of the wonton wrapper. Fold over and press edges together to seal.

WONTON DUMPLINGS WITH NOODLE SOUP



4 Meanwhile bring stock and a little water to boil. Add the noodles and bok choy to the boiling stock. When the noodles are soft, add the wontons and drop into liquid simmer for 2 – 3 minutes.



5 Serve with a splash of sesame oil and soy sauce or chilli sauce. Garnish with coriander leaves and sliced spring onion.



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For a video demonstration, see:
<https://youtu.be/G-mYCsBmtxc>



FESTIVE RICE

**This recipe serves 1.
You need a stainless steel saucepan.**

FESTIVE RICE

- 1 cup** long grain or basmati rice [preferably brown]
- 2 cups** low salt chicken stock
- 1 cup** frozen peas
 - 1** chorizo sausage [sliced] **or** 100 gm spiced salami [chopped]
 - 1** onion peeled and chopped
- 1 stick** celery, chopped
 - 1** carrot chopped
- 1 cup** frozen corn or fresh corn kernels
 - 1** clove garlic [chopped]
 - Salt and pepper
 - Cooking oil / olive oil

1 Heat 2 table spoons of oil in a pan. Add the chopped, onion and garlic and stir until onion is translucent.

2 Add the chopped salami or sausage and then add the rice, stir through.



3 Add chicken stock and $\frac{1}{2}$ cup water and the chopped celery and carrot. Bring to the boil, turn heat down and cover and simmer for 10- 15mins.



4 Add the peas and the corn, stir through and leave covered for 5 minutes.



FESTIVE RICE

5 Adjust seasoning to taste and add a splash of olive oil and stir through. Serve warm.



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For a video demonstration, see:
<https://youtu.be/0AjwQxhPVUU>



SUMMER SALAD WITH PRAWNS

This recipe serves 1.

SUMMER SALAD WITH PRAWNS

- 1/4** iceberg lettuce
- 250 gms** watermelon (thick slice)
- 6** cooked prawns (optional)
- 150 gms** feta cheese
- 3** radishes
- 1/2** red onion
- 1/4 cup** toasted almonds
- Extra virgin olive oil
- Salt, pepper, vinegar



1 Shred the lettuce into a bowl, finely slice the onion and radish and put onions into a small bowl and sprinkle over with some vinegar.

2 Cube the watermelon and feta, add to the lettuce along with sliced radish.



3 Roughly chop the almonds and add to the lettuce, watermelon and feta. Add prawns if using.



SUMMER SALAD WITH PRAWNS



4 Squeeze out onions and add to the rest of the ingredients.

5 Add a splash of olive oil. Season to taste.



NOTE: Instead of shredding all the lettuce you can save a couple of leaves, trim to a bowl shape and serve the salad in the leaves.





FRENCH TOAST WITH STRAWBERRIES & YOGHURT

FRENCH TOAST WITH STRAWBERRIES & YOGHURT

2 slices wholegrain bread
25 gms unsalted butter
1/4 cup sugar or honey
1 egg
1/4 cup milk
100 gms strawberries
small carton natural
yoghurt

1 Butter the bread with softened butter. Pour the milk into the bowl and add the egg and beat/whisk. Add the buttered slices of bread to the mix and soak.



2 Chop the strawberries and sprinkle over some sugar, put into a pan and cook on medium heat to soften.

3 Mash up the berries with a fork and bring to a boil and keep aside.



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FRENCH TOAST WITH STRAWBERRIES & YOGHURT

4 Melt some butter in a frying pan and add the slices of bread – sprinkle a little sugar on the bread.

5 Fry the bread and allow sugar to caramelize. Flip over and cook the other side.



6 Serve with the warm strawberry jam and a spoonful of yoghurt.



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For a video demonstration, see:
<https://www.youtube.com/watch?v=yUf-gNNDE5E>



PIZZA IN A PAN

PIZZA IN A PAN

1 cup wholemeal self raising flour
1/4 cup natural yoghurt
1 tsp bicarbonate of soda
olive oil
water
salt

toppings

1 small zucchini (sliced)
1/2 punnet cherry tomatoes (halved)
1/2 red onion (sliced)
1/4 cup 75 gms fetta cheese (crumbled)
1/4 cup grated parmesan cheese
extra black olives, slices of spiced salami

1 Put most of the flour into medium sized bowl (saving a couple of spoonfuls for rolling/shaping the dough.



2 Add the yoghurt, bicarb soda and a splash of olive oil (2 tbsp) and salt and mix together.



3 Add just enough water to bring the mixture into a soft non sticky dough.

4 Shape into a ball and cover with a dishcloth and leave to rest.



PIZZA IN A PAN

5 While the dough is resting, heat the tbsp of olive oil in a sauce pan.

6 Add the sliced zucchini, onions and tomatoes and cook on medium heat for about 5 minutes.



7 Using a can or bottle or using your hands, flatten out the dough to a round shape using some of the leftover flour on the board to prevent it sticking.



8 Add a spoonful of oil to the frying pan and the cooked vegetables and spread them around.

9 Add the cheese (parmesan and fetta) and then cover with the flatten out shaped dough.



PIZZA IN A PAN

10 Sprinkle over with oil and cook for about 5 minutes until dough is crisp and lightly browned.



11 Remove from heat, cover with a plate and carefully flip pan.



12 You can if you prefer, cook the shaped dough in the pan on its own and when crisp and lightly brown, add the cooked toppings on top. Cook for a few minutes and carefully transfer to a plate. Slice and serve warm.



For a video demonstration, see:

https://www.youtube.com/watch?v=QP_y07e9_D8



SWEET CORN & SALMON CAKES

SWEET CORN & SALMON CAKES

1 ear fresh corn (tinned/
frozen if fresh isn't in
season, about 1 cup of
kernels)

1 can red or pink salmon
(about 200g flaked
salmon in water)

1 spring onion

1 egg

1/2 cup wholemeal flour
salt & pepper
oil

salad:

a few rocket leaves or
baby spinach

3 cherry tomatoes

1/2 avocado

1 Cut the corn in half and using a knife cut the kernels off the cob and put into a large bowl. Finely slice the spring onion and add to the corn.



2 Add the can of salmon to the bowl and season to taste.

3 Beat the egg in a small bowl and stir in.



4 Add the flour bit by bit and mix in.

5 Heat a little oil in a frying pan.

6 Form the mixture into flat patties.



SWEET CORN & SALMON CAKES

7 Fry until just golden, turn over and fry the other side. Serve with a salad of greens, diced avocado and tomato with some sweet chilli or tomato sauce.



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For a video demonstration, see:
https://www.youtube.com/watch?v=D_wscByu720



STUFFED GRILLED EGGPLANT ROLLS

STUFFED GRILLED EGGPLANT ROLLS

- 1** large eggplant
- 1/2** onion
- 1** clove garlic
- 6** cherry tomatoes
- 100g** feta cheese
- 3-4** stalks fresh parsley
- 1/2** red chilli deseeded
- olive oil
- salt & pepper
- toothpicks
- baby spinach leaves
or mixed salad leaves
to serve

1 Halve the eggplant and cut lengthways to get 4 slices about 1.5cm thick.



2 Roughly chop up the remaining eggplant into small dice.

3 Chop the onion and garlic and fry in a little olive oil in a small frying pan along with the chopped eggplant.



4 Quarter the tomatoes and chop up the parsley including the stalks, add to eggplant and onion mix, finely chop the chilli and add to mixture.



5 When eggplant has cooked, add salt and pepper to taste and crumble in the feta, stir in and keep aside.

STUFFED GRILLED EGGPLANT ROLLS

6 Heat the griddle pan on high and whilst it is heating lightly rub some olive oil on both sides of the slices of eggplant.



7 When the griddle pan is really hot place the slices of eggplant and lightly char on both sides until eggplant is just softened and put on a plate.

8 Reduce heat to medium, use a spoon and place some of the cooked mixture on each slice of eggplant and carefully roll up and secure with a toothpick to hold it in place.



9 Place each roll back on the griddle and cook for a few minutes until eggplant is cooked and the feta is just melting.

10 Using tongs carefully remove the rolls to a plate, add the salad greens. Sprinkle over with olive oil and serve warm.



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For a video demonstration, see:
<https://www.youtube.com/watch?v=F6L91pH7M4E>



RICE CAKES

RICE CAKES

1 pkt 250gms microwaveable brown rice (1 packet will be enough for 2 people)

1 egg

100ml vegetable stock

1/2 carrot

1/2 onion

1 spring onion

3 mushrooms

50gms butter

150gms tasty cheese (grated or from a block)

1 cup bread crumbs

oil

salt & pepper

to serve:

a handful of assorted salad greens, 3 - 4 cherry tomatoes or 1 large tomato

1 Follow the directions on the packet of rice (squeeze pack and tear open a few cms at the top and microwave on high for 90 seconds.



2 Grate the half of cheese, carrot and onion. Chop up the mushrooms quite small and finely slice the spring onion.



3 Chop the remainder of the cheese and keep separate.

4 In a small bowl beat up the egg. Put the rice into a large bowl and add the stock and stir well to mix through.



5 Add all the grated ingredients, mushrooms and spring onion and salt and pepper to taste.

RICE CAKES



6 Add two spoonfuls of the beaten egg and mix to combine. Using your hands divide mixture into 4 balls or patties pressing well to combine, make a depression in the centre and add the chopped cheese.



7 Fold the mixture over the cheese to cover and roll and flatten into patties or cakes. A spoonful of bread crumbs will help bind the mixture.

8 Dip the patties into the beaten egg and then into the bread crumbs to coat.

RICE CAKES

9 Heat the butter and some oil to medium – high heat and place patties in the pan and cook until golden and crisp.



10 Carefully turn over and cook the other side. Serve with a salad of greens and chopped tomato.



LOW COST MEALS FOR SENIORS



EQUIPMENT

EQUIPMENT

frypan
grater
mixing bowls
stainless steel saucepan
spatula
kitchen knives
induction cooktop
vegetable peeler
chopping board
ladle
potato masher



Our cooking lessons are usually done on an induction cooktop.



The ones we use are made by EuroChef. Generally available on Ebay for \$70- 80 each.



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EQUIPMENT

These can easily be set up by plugging them into a power point and pressing the on button. Once on, the heat is controlled by the plus and minus buttons, as well as simple buttons for boiling water.

Kumar's recipes are cooked using an induction ready frypan or saucepan or both.

Other than that, we use a variety of utensils for cooking; the most important ones are the ladle, spatula and potato masher.



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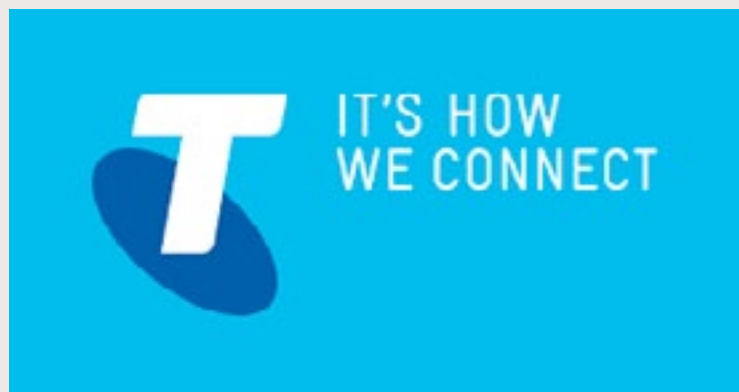
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