



PROGRAM: Destination Dinner	
TIME: 11:00 – 14:00 DAY: Friday FACILITATOR: Holly-Lea Keding	
AIM: Gaining confidence in food preparation. Take home a meal to feed the family or house mates. Enjoying the benefits of a home cooked meal, whilst feeling the pride of knowing they've made it themselves. Learning about healthy eating, different cooking tips and tricks, trying different vegetables and foods. Knowledge in food safety. Gaining knowledge in cleaning and maintaining kitchen and equipment. Being confident enough to change recipe slightly if they choose to do so. Having the opportunity to create their dish how they feel suits them and encourage independence with choice by allowing them to cut how they want it and add or remove ingredients.	
GOALS: (Relates to NDIA goals of clients)	
<ul style="list-style-type: none"> ○ Independent living skills, cooking, cleaning and maintaining cooking equipment ○ Gaining skills to be safe and confident in the kitchen cooking and cleaning to assist with independent living skills & maintaining a clean home ○ Working in a group with other clients, assisting to develop and maintain social skills sand friendships. ○ All of the above are instrumental activities of daily living 	
OUTCOMES:	
<ul style="list-style-type: none"> ○ Gaining knowledge regarding hygiene and food preparation, including cleaning ○ Having the confidence to try new foods and how to add more vegetables to the meal ○ Learning about different foods, gaining confidence to try different foods ○ Knowledge regarding the nutrition of different food, leaving skin on adds fibre, carrots contain vitamin A, etc, increasing knowledge in Healthy Eating ○ Gaining skills in various types of food skills, different types of chopping, e.g. slicing, dicing. Knowledge regarding different cooking types, e.g. sauté, bake, boil, fry etc ○ Labelling food and reading food labels ○ Gaining skills in weighing and measuring ○ Knowing how to prepare and cook different vegetables and meats, (cooking times and temperatures) ○ Being able to cook a meal at home as independently- as possible 	
RESOURCES:	
Pots, pans, knives, chopping boards, stove, graters, mixers etc	Aprons
Cleaning equipment for cleaning and sanitising the kitchen	Hair nets
Mop & bucket	Gloves
Vacuum	



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 1 DATE: 09/01/26	Healthy Fish (or chicken) & Chips https://www.taste.com.au/recipes/oven-baked-fish-n-chips/5cc0092e-7787-47a5-ab0a-8d69e3189153?r=healthy/65lly7p0	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 2 DATE: 16/01/26	Healthy chicken and vegetable sausage rolls https://www.taste.com.au/recipes/healthy-chicken-vegetable-sausage-rolls/7b8b23d3-e945-47ea-a1e5-e363ccd628d0?r=healthy/65lly7p0	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 3 DATE: 23/01/26	Aussie Day Burger https://www.oneharvest.com.au/recipes/australia-day-burger/	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 4 DATE: 30/01/26	Healthy Beef & Vegetable Pie https://www.taste.com.au/recipes/beef-vegetable-pie/7ced49a4-cb20-4ad3-88ff-c77367dd06cb	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 5 DATE: 06/02/26	Pizzas	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 6 DATE: 13/02/26	Stove Top Lasagne https://www.woolworths.com.au/shop/recipes/stovetop-lasagne	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 7 DATE: 20/02/26	Easy Healthy Spaghetti Bolognese https://laurenfitfoodie.com/easy-healthy-spaghetti-bolognese-with-hidden-veggies/#wprm-recipe-container-31353	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 8 DATE: 27/02/26	One Pot Italian Chicken & Orzo/Risoni Pasta https://www.recipetineats.com/one-pot-italian-chicken-orzo-risoni-pasta/#recipe	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 9 DATE: 06/03/26	Lamb Tray Bake https://www.bbcgoodfood.com/recipes/lemon-rosemary-traybake-lamb	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 10 DATE: 13/03/26	Greek Chicken Gyros https://realgreekrecipes.com/greek-chicken-gyros-recipe/#recipe	Large casserole dish with a lid or large container with a lid to take meal home	\$10
WEEK 11 DATE: 20/03/26	Sausage & Potato Casserole with Veg https://realgreekrecipes.com/sausage-and-potato-casserole/#recipe	Large casserole dish with a lid or large container with a lid to take meal home	\$10

WEEK 12 DATE: 27/03/26	Easy Pork Meatball Pasta with Sauce https://realgreekrecipes.com/pork-meatball-pasta/#recipe	Large casserole dish with a lid or large container with a lid to take meal home	\$10
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