

# Augustinian Kitchen Guidelines

Thank you for considering assisting in the Augustinian Kitchen – yet another example of how we showcase our commitment to *Humility*, the Mission Focus for 2020.

The Augustinian Kitchen is co-ordinated in conjunction with Peter Nolan, Deputy Principal - Mission and Wellbeing and Leah De-Fina, Leadership Assistant - Mission and Wellbeing.

## Commitment

There is no ongoing commitment; you assist when you can, as you can

## Meal Size

The meal(s) should preferably feed a family of 4-5

## Fresh / Frozen

Preferably delivered fresh to enable meal(s) to be frozen

## What to Prepare

Maybe your favourite dish, your best comfort meal or Sunday best. Perhaps prepare something different to the standard lasagne or “spag bol,” but of course these are always appreciated.

Thinking of tacos? Maybe chicken or pulled pork, as a variation to mince.

## Labelling

Name of meal / Date prepared / Ingredients / Number of serves

Details can be written on the container directly or on labels provided on delivery.

## Allergies/preferences

Specific requirements will be notified for individual requests

## Containers

You can collect empty containers and labels from Student Services/Reception.

Please note we are not able to return any containers to you.

## Deliveries

Please deliver the meals to Student Services, located at 18-22 Alfred Road in the chalets near the pedestrian crossing. Staff will manage the meals being delivered to the families.

## Inspirations

<https://ifoodreal.com/freezer-meals/>

<https://therecipecritic.com/40-must-make-potluck-dishes/>

## A family in need

Is there a family that could benefit from this service?

If so, to retain privacy please contact your son's House/Student Formation Leader, Primary Class Teacher or Leah De-Fina directly, to discuss needs and requirements.

Thank you so much for your assistance and generosity, it means more to the families than you will ever know.

If you have any questions and or suggestions, please contact:  
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