

nonna's  cucina

*Made with love, shared with joy.*

**ISSUE#17**  
**MARCH 2023**

**NEWSLETTER**



**San Pellegrino Festa**

See more of the San Pellegrino Festa on Page 8.

(08) 8240 3491

[nonnascucina.com.au](http://nonnascucina.com.au)

[reception@nonnascucina.com.au](mailto:reception@nonnascucina.com.au)



### Word Search Solutions



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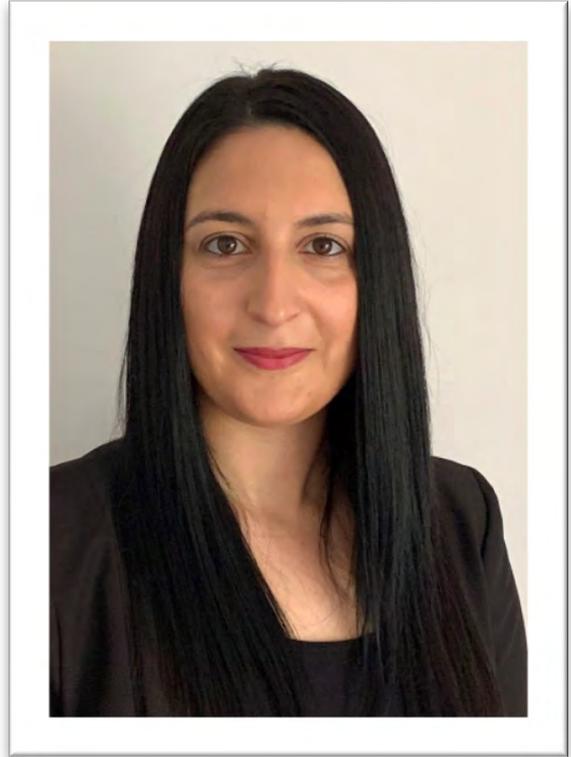
## A message from President - Rebecca Staltari

Welcome to our first newsletter for 2023!

We look forward to another year of growth for Nonna's Cucina and staying connected with the community. This year we want to bring people closer to celebrate Italian culture with our daily meals, catering events and fundraisers: you can join us anytime by participating in events that we will be hosting, or you can become part of our family by joining us as a member or volunteer.

As always, we appreciate the help and support of our volunteers throughout 2022 and hope to see them during this exciting new year as well. A huge thank you also goes to our sponsors, who make generous donations and believe in what we do and are proud of helping the community. If you're not our sponsor yet, there are several corporate sponsorship packages available for corporate partners that would like to join the Nonna's family.

Last year Nonna's Cucina was lucky enough to attend the TAFE SA Honour Awards for 2022 at the Adelaide Town Hall. Well done to our Executive Chef Stefan on being nominated as one of four finalists for the Community Contribution Award. This award recognises those who demonstrate a significant effort for improvement of the greater community and a commitment to positive change.



We are looking forward to a few events we have planned this year, including our Masterclass with Tasting Australia on the 30th of April, St Anthony's Festa in June, and the exciting Briscola World Cup on the 5th of August.

Please find our newsletter specials at page 17 with some authentic products available for you to purchase. The staff have been busy keeping Italian traditions alive so enjoy the authentic classic food on offer!

*Rebecca*  
President

*Proud Silver Sponsor of Nonna's Cucina*

REN  TURF

PROFESSIONAL TURF RENOVATORS  
SPORTS TURF AND PARKS MAINTENANCE



Australian Government  
Department of Health



Australian Government  
Aged Care Quality and Safety Commission

## Charter of Aged Care Rights

**All people receiving Australian Government funded residential care, home care or other aged care services in the community have rights.**

### I have the right to:

1. safe and high-quality care and services;
2. be treated with dignity and respect;
3. have my identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about my care and services in a way I understand;
6. access all information about myself, including information about my rights, care and services;
7. have control over and make choices about my care, and personal and social life, including where choices involve personal risk;
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
9. my independence;
10. be listened to and understood;
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly;
13. personal privacy and to have my personal information protected;
14. exercise my rights without it adversely affecting the way I am treated.

### If you have concerns about the aged care you are receiving, you can:

- talk to your aged care provider, in the first instance,
- speak with an aged care advocate on **1800 700 600** or visit **opan.com.au**, for support to raise your concerns, or
- contact the **Aged Care Quality and Safety Commission** on **1800 951 822** or visit its website, **agedcarequality.gov.au**. The Commission can help you resolve a complaint about your aged care provider.

## A message from CEO - Marco Staltari

Hello everyone and welcome to our first Newsletter for 2023! I hope everyone had a nice Christmas and is enjoying a good start to the new year.

2023 has started with many new changes. In January we launched our new menu for 2023 which was an absolute success! We have received so much positive feedback from our clients telling us how much they enjoyed the new dishes and the different variety of food. Hearing positive feedback is very rewarding for the team and we are glad we can make our customers happy – this will always be Nonna's Cucina's top priority.

Last year we ended with a Christmas barbecue at our Firlie site for our volunteers and staff. It was a festive scene, as everybody looked back at the great year that just passed. It was great to celebrate those volunteers who help us every day and spend their time delivering the delicious meals we prepare.

Nonna's Cucina also helped our patron Rosa Matto with organising Catherine House Christmas lunch for all those women experiencing homelessness. Catherine House was very happy with the food and said it was one of the highlights of the day. It was a pleasure to work closely with Catherine House to serve the community once again and help put a smile on people's faces with our food.

More recently, we participated at the San Pellegrino Festa: we offered a delicious selection of pork sausage, scotch fillet and chicken panini. It was a great day, and it was exciting to meet people from the Italian community all around South Australia. Participating at this festival has been a great way to remind us of the enormous impact made by the Italian community in South Australia. Make sure to keep an eye out for our upcoming events. On Sunday, 30th of April we are hosting our Pig Day Masterclass as part of Tasting Australia at Royal Park! We will show how to break down a pig and produce fresh sausages by using only



traditional Italian methods and techniques. It will be a great way to celebrate heritage and tradition led by our Executive Chef Stefan Dimasi and Rosa Matto! Call the office or book your tickets online today. The Pig Day Masterclass is proudly supported by Charles Sturt Council. Thank you to our partners Tony & Marks, Radio Italiana 531, Patritti for their support, and Pirate Life for their donation.

I am also very pleased to announce that Nonna's Briscola World Cup will be back in 2023! We have settled on a date, August 5th, and are excited to bring the fundraiser back for the third year running. More information and tickets will become available closer to the date.

We will also be at Patritti Winery on the 13th of March with our food van! We are looking forward to hosting these events and we hope you can come and say hello to the Nonna's family.

It has also been great to see our volunteers again in 2023. If you know anyone who is interested in volunteering with Nonna's Cucina, or has a spare day to give some time to their local community, please mention Nonna's to them as we are always looking for new people to join our family. Without our volunteers Nonna's Cucina would not be possible!

*Marco*

Chief Executive Officer

## Message from Rosa Matto Nonna's Cucina Patron

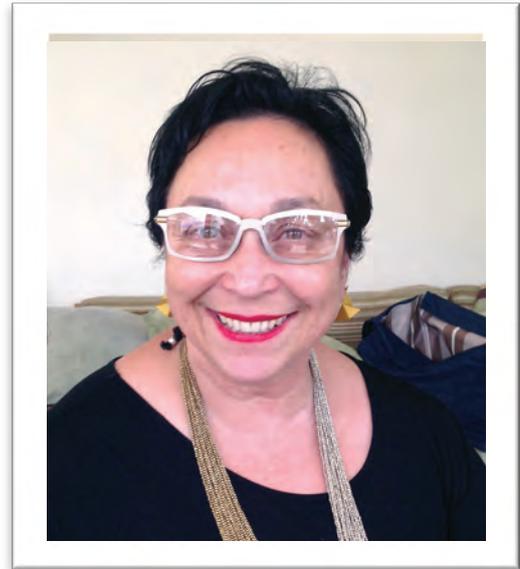
The seasons are changing and so is the rhythm of work in the kitchens at Nonna's Cucina.

The other day, the kitchens smelt like heaven and the benches were a sea of red capsicum, roasted and waiting for the nonne and volunteers to peel them for our legendary antipasto boxes and for the jars we sell at the front office.

Last year, we turned beautiful Roma tomatoes into passata for our clients' meals and for our catering menu. Nonna Maria personally inspected every one of those tomatoes to make sure it was perfect.

Times like these make us aware of the family we have become here at Nonna's Cucina. Together, we get through the bad times as well as the good times and we make precious memories and special bonds of friendship.

We are reminded too that many of our dear clients once had magnificent gardens that they tended lovingly. How hard must it be to have to give up the joy working in a productive garden and bringing natural, home grown produce into their kitchens.



We hope that our food, carefully prepared by our Executive Chef Stefan and his team, reminds them of the taste and pleasures of a simple and nutritious meal.

I volunteer here at Nonna's Cucina as often as I can. It is a small commitment, but it rewards me with so much satisfaction. I love coming to 'work' here at Nonna's.

Friendship lives here at Nonna's Cucina.

*Rosa*  
Patron

## UPCOMING PUBLIC HOLIDAY CLOSURES

MONDAY 13TH OF MARCH – ADELAIDE CUP

FRIDAY 7TH OF APRIL – GOOD FRIDAY

MONDAY 10TH OF APRIL – EASTER MONDAY

TUESDAY 25TH OF APRIL – ANZAC DAY

Feel free to contact the office at 8240 3491 should you need any frozen meals to cover these closure dates.

## New 2023 Menu and Catering Update

After some feedback we decided to make some changes to our daily menu and catering menu for 2023. For us, it is important to stay ahead of the curve when it comes to client satisfaction and happiness. Some of the delicious meals added to our clients Nonna Menu include Pumpkin Risotto, Spinach and Cheese Cannelloni, and Pasta alle Melanzane.

Our Grandma Menu now has a delicious Chicken with Mushroom Sauce, Mac & Cheese, and Beef Chow Mein. For dessert, we now also offer a Limoncello Cream Slice, Apple Pie, and Pavlova. These are just a few of the changes we made to our daily delivery menu for our clients. To see the full menu, visit our website or contact the office on 8240 3491 today.

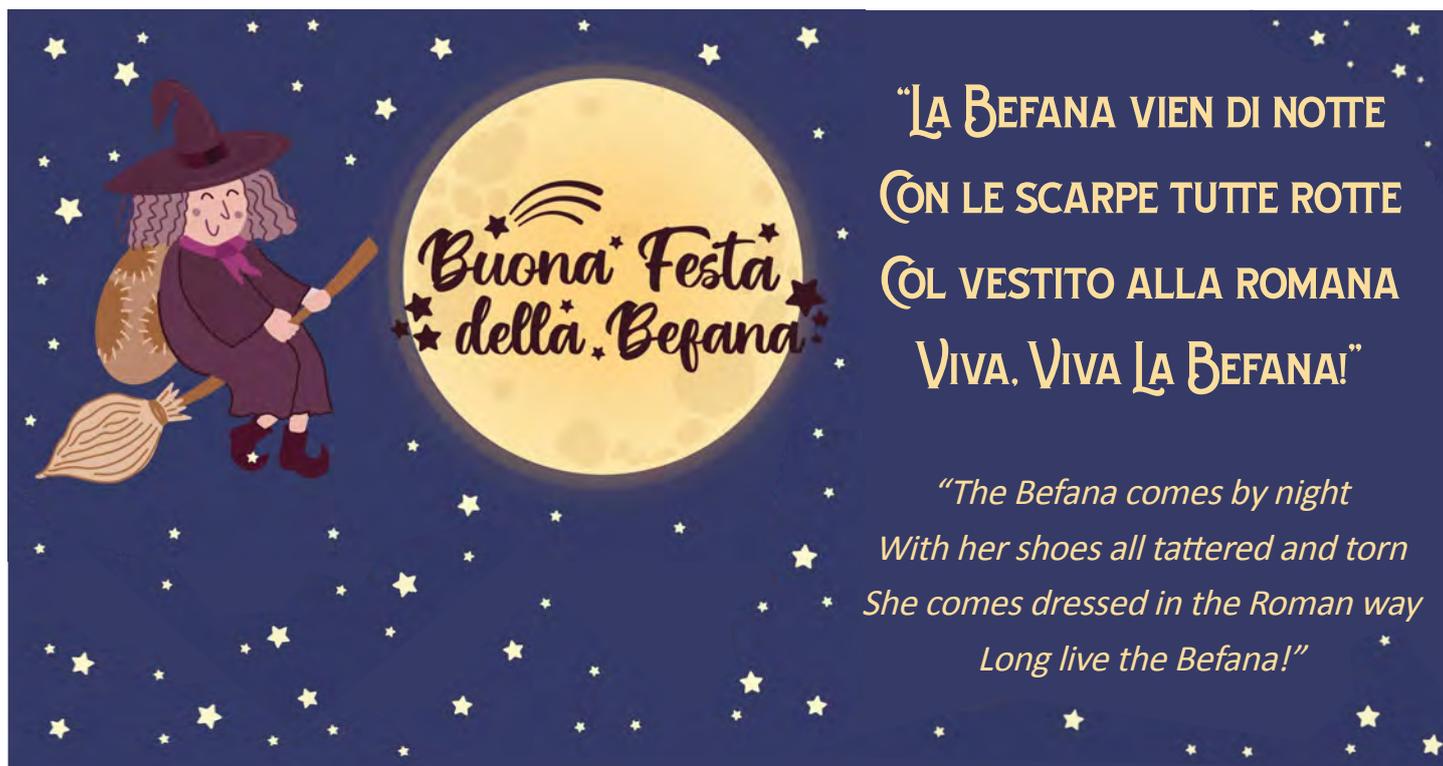
## La Befana

In Italian folklore, La Befana is an old woman who delivers gifts to children throughout Italy on Epiphany Eve, the night of January 5th, in a similar way to Santa Claus or the Three Magi Kings. In popular folklore, the Befana visits all the children of Italy on the eve of the Feast of the Epiphany to fill their socks with candy and presents if they are good, or a lump of coal or dark candy if they are bad.

La Befana is usually portrayed as a hag riding a broomstick through the air wearing a black

shawl and is covered in soot because she enters the children's houses through the chimney. She is often smiling and carries a bag or hamper filled with candy, gifts, or both.

In many parts of Italy, on January 6th in the evening, towns hold bonfires, upon which they have an effigy of La Befana who gets burned. For this event, most of Northern Italy turns out to see the show, which is usually washed down with plenty of mulled wine "Vin brulé", sausages, polenta, and prosecco.



## San Pellegrino Festa

The Altavilla Irpina Sports and Social Club hosted their annual San Pellegrino Festa on the 15th of January and Nonna's Cucina was invited to join in the festivities by cooking the barbeque on the day. We offered a delicious selection of either pork sausage, scotch fillet or marinated chicken panini, dressed with a special Salmoriglio dressing.

The event celebrated San Pellegrino, the Patron Saint of the city of Altavilla from which the Altavilla Irpina Club takes its name. There was plenty of Italian food, culture and entertainment throughout the day. Thousands of people attended the event during the day, enjoying the sunshine and atmosphere on show. It was a successful day for Nonna's Cucina as we sold out completely by the end of the night, helping raise funds for our core business.

Nonna's Cucina really enjoy helping out at the Italian Festas around Adelaide, it was great to see such a great turn out and so many people from the Italian community supporting the event.

We hope to be back next year and look forward to our upcoming events and fundraisers. San Pellegrino Festa event is just one example of the many ways in which Nonna's Cucina is making a difference in the community. We can't wait for the next event!



TASTING  
AUSTRALIA

# PIG DAY



## MASTERCCLASS



*Celebrate heritage and tradition across a masterclass led by executive chef Stefan Dimasi, Rosa Matto and resident nonne at kitchen headquarters in Royal Park.*

*See how to break down a whole piece of pork and use all the cuts, producing your own fresh sausages ready for cooking using traditional Italian methods and techniques. Every component is incorporated respectfully.*

*You'll sample salumi (smallgoods) including cacciatore, salami, capocollo, soppressata and pancetta, then enjoy lunch of fresh handmade pasta and pork-based tomato sugo. A selection of Patritti wines and juices will be served alongside the meal and during the day, with guests also set to take home salumi samples and a printed book featuring recipes and the cultural history of using pork for traditional Italian cooking.*

*Nonna's Cucina partners Radio Italiana 531 will be broadcasting during the event and providing live music to complete the festive atmosphere.*

*Learn and be inspired as Nonna's Cucina celebrates all things porcine.*

**Sunday 30 April 2023**

**10:30am-4:00pm | \$155<sub>pp</sub>**

**Phone 8240 3491**

**For more information and bookings**

[www.tastingaustralia.com.au/products/events/2023/the-pig-day-masterclass](http://www.tastingaustralia.com.au/products/events/2023/the-pig-day-masterclass)

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[www.nonnascucina.com.au](http://www.nonnascucina.com.au)

**PATRITTI**  
EST.1926

EST.1976  
**TONY & MARK'S**  
A FAMILY TRADITION

**RADIO ITALIANA**  
531AM

City of  
Charles  
Sturt

## Volunteer Barbecue

On the 15th of December, Nonna's Cucina volunteers and staff gathered together at our Firle site, Adey Reserve, for our Christmas Lunch. It was a festive and heartwarming scene as everyone reflected on the year that was 2022.

Our Volunteer Christmas lunch is more than just a barbeque, it is a celebration of the hard work and dedication of our amazing volunteers throughout that year. Without them, our service would not be possible, and we cannot thank them enough.

Our volunteers come from all different backgrounds, but they all share a common goal: to make a difference in the lives of those they help every day. They spend part of their days preparing and delivering meals, and they do it with a smile and a kind word. They truly are the backbone of our organisation and community!

We are so grateful to all our volunteers and the difference they make in the lives of the clients we serve.





## Volunteer's Corner - Franca Antonello

### The Story of Nonna's Cucina

It was in the late 1970's early 80's that the State and Commonwealth Governments recognised that the Multicultural communities were not utilising government services and acknowledged that services had to change to meet the needs of our diverse society.

The 1978 the Galbally report into Migrant Services and Programs was fundamental in reporting changes to meet the needs of our diverse society. The report recognised that services needed to be accessible to our culturally and linguistically diverse communities as to avail themselves government services.

In 1988 the late Margaretha Hanen OAM as Ethnic Consultant for the Office of the Commissioner for the Ageing prepared a discussion paper for a culturally appropriate meal services. As a result of the discussion paper Multicultural Aged Care was funded by the Home and Community Care program to auspice the Meals service for the Italian, Greek, Polish and Maltese.

In 1999 The Italian Meals Service formed a committee with myself as President, writing the organisation's first policies which guided its operations.

The first project officer Franco Parenti was employed, and the first meals were delivered on the 29th March 1999 from St Hilarion Nursing home and later The Italian Village now Bene. At first, we were very concerned as to our ability to recruit volunteers but within a couple of months 24 volunteers delivered meals to 13 clients.

The Italian Meals service changed from its original name to PISA. As needs increased a new kitchen operated from Firlie and then in Torrensville. Again, as needs arose a new



Franca (right) with her delivery partner Cristina (left).

kitchen was established in 2017 at Royal Park now known as Nonna's Cucina.

Since my retirement 7 years ago I became a volunteer assisting with the delivery of meals and now assisting with office duties'. The role inspires me knowing that our aged community who have contributed much to their new country are able to enjoy a traditional Italian meal and a visit from a volunteer, sometimes just to say hello and making sure that they are well, enabling them to remain in their own homes for as long as possible.

As a volunteer with my delivery partner Cristina, we feel productive and engaged with the community, including keeping us mentally and physically active. One always meets interesting new friends, these contacts keep me in tune with what is happening within our community and the world in general, thus doing something for ourselves and the community. While delivering the meals we enjoy sharing various recipes and laughs. As a driver delivering the meals keeps up my driving skills and aware of different locations. As a founding member of the Meals service, I am pleased that meals from Nonna's Cucina are also enjoyed by the general community who now have a choice of experiencing different cuisines.

*"LET FOOD BE THY MEDICINE AND MEDICINE THY FOOD" ~ Hippocrates*

## Stef's Recipe of the Month

### Nonna's Cucina Executive Chef Stefan Dimasi

WANT TO TRY THIS  
RECIPE BEFORE  
MAKING IT?  
GO TO PAGE 17  
TO ORDER!

### Pasta Fritta alla Piemontese

#### INGREDIENTS

Serves 4-6

- 2 tablespoons butter
- 2 tablespoons plain flour
- 2 cups hot milk
- ½ teaspoon fine sea salt
- 4 large eggs
- 2 tablespoons freshly grated Parmigiano Reggiano cheese
- 100g onion
- 200g mushroom,
- 200g diced bacon
- 500g spaghetti pasta
- 1½ to 2 cups toasted breadcrumbs
- ½ cup vegetable oil for frying



#### METHOD

1. Melt the butter in a saucepan over medium heat. Gradually whisk in the flour and cook for 1 minute. Slowly whisk in the hot milk, then cook the mixture, stirring with a wooden spoon until the sauce thickens and coats the spoon, about 4 minutes.
  2. Stir in the salts, remove from the heat, and quickly whisk in two of the eggs, one at a time. Stir in the cheese. Pour the sauce into a large bowl.
  3. In a saucepan cook onion, mushroom and bacon and set aside
  4. Stir the onion, mushroom, bacon and mix into the white sauce.
  5. Cook the spaghetti according to the directions. Drain well and add to the sauce, mixing thoroughly to coat the pasta well.
  6. Turn the mixture out onto a lightly oiled cookie sheet or marble board. Shape the mixture into an even-looking round, about 10 inches in diameter and 1 inch high. Cover with plastic wrap and refrigerate for 1 hour. This will make it easier to cut into wedges before frying.
  7. Beat the remaining 2 eggs in a shallow, wide bowl. Mound the bread crumbs on a sheet of wax paper and season them with a little salt.
  8. With a sharp knife, cut the round into quarters; cut each quarter into two wedges. Dip each wedge into the egg, evenly coating it, then coat it in bread crumbs and set aside on a cookie sheet.
  9. Heat the vegetable oil in a heavy-duty skillet over medium-high heat. Fry the wedges on both sides until the coating is crisp and browned. Add additional oil if the pan seems too dry. Remove the wedges with a slotted spatula and let them drain on brown paper. Serve warm.
- NOTE: These are also good topped with a little tomato sauce.

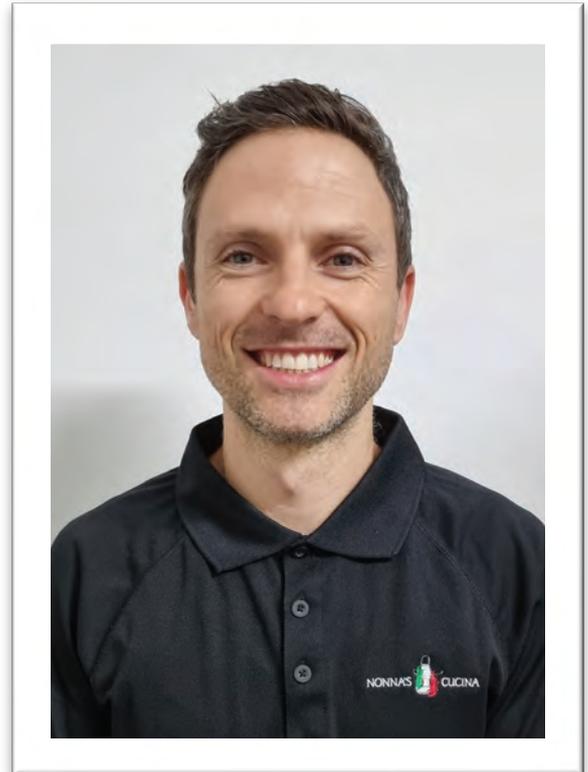
## Compliance

Hi Everyone,

I hope everyone is enjoying the warmer weather and the great outdoors as summer has passed and autumn has arrived. It is always a nice time to keep active and stay healthy while the days are mild before we begin to hibernate.

It has been a busy time of year at Nonna's Cucina, with the team back into the swing of things after Christmas. As March & April roll around so does Flu vaccinations. This has been an important measure for infection prevention for all staff & has been great along with the Covid vaccination as a key recommendation by SA Health for all.

Part of our HACCP program is to regularly train staff and volunteers in important safety programs and knowledge training sessions. Recently, all kitchen Staff and kitchen volunteers engaged in a Food Safety & Infection Control training session with Vickie from Multicultural Aged Care [MAC]. They also completed a Chemical Safety Awareness course which I conducted with the team, to maintain good knowledge and handling of chemicals in the workplace. Furthermore, each quarter we run our microbiology testing, where we test our meals, equipment, work benches, the staff and even the water we use in the kitchen. All this is to verify good hygiene practice & that we comply with our



Food Safety/HACCP program.

We received great feedback within all areas of compliance from our last HACCP audit where we were recognised by GCC for best practice for the implementation and maintenance of our verification system.

As the year continues, we will strive for excellence and to maintain the highest level of quality control in the workplace.

See you soon at Nonna's

*Saverio*

Compliance Officer



*Proud Bronze Sponsor of Nonna's Cucina*



**tilley lucon**

# nonna's cucina

*Made with love, shared with joy.*

At Nonna's Cucina, we will help make your events stand out with our catering; great for birthdays, social & sporting functions, corporate or office catering and family gatherings.

Phone  
**8240 3491**

Italian Home Delivered Meals & Services  
**[www.nonnascucina.com.au](http://www.nonnascucina.com.au)**

Follow us on   [@nonnascucina.com.au](https://www.instagram.com/nonnascucina.com.au)

## Catherine House - Support for Women Experiencing Homelessness

Catherine House offers crisis, longer term accommodation and support services for women experiencing homelessness. They are a wonderful organisation and support women in planning a future that helps sustain housing and builds a life that is meaningful and purposeful.

Nonna's Cucina Patron, Rosa Matto, has been involved in helping the Catherine House with their Christmas Lunches for several years. This year Rosa asked Stefan to get involved and together they assembled a beautiful Christmas lunch for the Catherine House. They were very satisfied with the food our kitchen prepared and rated the Christmas meals 10/10, saying the food was one of the highlights of the day!



It is always a pleasure to support other local organisations who help those in our community in need.

*Proud Bronze Sponsor of Nonna's Cucina*

**1800-GOT-JUNK?**<sup>®</sup>  
THE WORLD'S LARGEST JUNK REMOVAL SERVICE



**Would you like to meet new people and help your local community?**

If you can spare some time and would like to make new friends and work in a happy environment, Nonna's Cucina would love to hear from you. A couple of hours a week or fortnight is required to assist us, as either a kitchen hand, driver or driver's assistant.

We have 3 locations!

**Please phone Nonna's Cucina on 8240 3491 to find out more!**

**MARCH NEWSLETTER**  
**SPECIAL OFFER**  
**\$30 FAMILY \*  
PACK**  
**Pasta Fritta  
alla Piemontese**



**PLACE YOUR ORDER TODAY!**

Be sure to snap up this special price which is only available for the duration of this newsletter!

**PHONE (08) 8240 3491 or EMAIL [reception@nonnascucina.com.au](mailto:reception@nonnascucina.com.au)**

\*PRE-ORDER NECESSARY. FAMILY PACK SERVES 4 PEOPLE - COOKED & CHILLED. PICKUP ONLY.

# Sports Word Search

U	R	F	C	R	R	W	E	K	S	F	G	N	I	I	K	S	G	Z	A
X	F	K	O	Q	E	P	I	K	U	P	B	H	Y	J	R	Y	N	Q	Q
C	X	I	G	O	T	X	S	E	G	N	I	W	O	R	K	V	I	Q	R
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ATHLETICS  
BASKETBALL  
DIVING  
GYMNASTICS  
ROWING  
SOCCER  
WRESTLING

BADMINTON  
BOXING  
FOOTBALL  
HOCKEY  
RUGBY  
TENNIS

BASEBALL  
CYCLING  
GOLF  
NETBALL  
SKIING  
VOLLEYBALL

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BAGS  
**\$12**

HATS  
**\$20**

APRONS  
**\$20**

BOTTLE  
OPENERS  
**\$3**

**GIFT  
VOUCHERS  
AVAILABLE**

**PLACE YOUR ORDER TODAY!**

PHONE (08) 8240 3491 or  
EMAIL [reception@nonnascucina.com.au](mailto:reception@nonnascucina.com.au)





## Monetary Donations

As Nonna's Cucina is a not-for-profit organization, we have many different ways in which you can support us. You can make a direct cash contribution to the organization and can stay anonymous if you wish, or become a sponsor and have your brand advertised by us.

You can even become a Nonna's Cucina member for a small yearly fee.

We also have sponsorship packages for businesses/families to promote themselves within the communities. Call if you would like to receive a pack.

All donations to Nonna's Cucina are tax deductible.

Donate today and help your community.

## Bequest to Nonna's Cucina in your Will

Why not leave the gift of love by bequeathing funds or property to Nonna's Cucina?

By supporting us with this generous gift of love, you will provide ongoing services to our most vulnerable in our community.

If you are considering supporting a dedicated and reliable service in your will, consider Nonna's Cucina. We would be very grateful for your consideration.

*A donation to Nonna's Cucina would provide funding for equipment and supporting consumers who struggle to pay for their meals.*



Government of South Australia  
Department of Human Services



Australian Government  
Department of Health



Australian Government



myagedcare

nonna's  cucina

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12 Hardy Street, Royal Park SA 5014

Ph: 8240 3491

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