

# NEWSLETTER

MARCH 2026

EDITION #29



## NONNA'S RECEIVES \$200K LABOR ELECTION PROMISE

Head to page 6 for more information!



## STEF'S SPECIAL RECIPE

This newsletter's special recipe Braciolo Di Melanzane. Turn to page 21 to learn how to make it. Don't miss it!



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**CELEBRATING  
COLLABORATION IN AGED  
CARE**



**NEW CATERING MENU**



**EASTER WORD  
SEARCH SOLUTION**



@nonnascucinaa

# ABOUT NONNA'S

Nonna's Cucina pursues the vision:

*'To be a provider of meals and a point of contact to enhance lifestyle choices of people in the community who are frail, elderly, or have a disability.'*



Nonna's Cucina is a government funded charity organisation, providing home-style cooked meals to the elderly and people with disabilities. Our meals are made to HACCP standards and we are committed to providing our clients with nutritionally balanced and tasty meals.

Nonna's Cucina is predominantly volunteer based, engaging over 100 volunteers in a number of roles. Our volunteers are dedicated to service excellence and add a personal touch when delivering our meals.

We also have an on-site cafe and provide catering services and meals to the general public! If you have an upcoming event, or have a busy working life, you can purchase our meals any time. All money raised from events and catering supports our home meal delivery service for those in need.

Call our office on 08 8240 3491 and speak to one of our friendly staff today for more information.



NONNA'S SPECIAL

\$35

PICK UP ONLY

*pasta & meatballs*



ORDER NOW

PHONE: 08 8240 3491

EMAIL: [INFO@NONNASCUCINA.COM.AU](mailto:INFO@NONNASCUCINA.COM.AU)

TRAY OF PENNE  
PASTA & MEATBALLS  
FEEDS 4-6

# NONNA'S CUCINA PRESIDENT

## MICHAEL COSTANTINI

As we move into the early months of 2026, I am pleased to reflect on what has already been a period of strong momentum, collaboration, and exciting progress for Nonna's Cucina.

The new year has begun with renewed energy across our organisation. After a well-earned Christmas break, our staff and volunteers have returned refreshed and focused on continuing to deliver high-quality services to our community. Their dedication, professionalism, and care remain central to everything we do, and I extend my sincere thanks to each and every one of them.

One of the highlights for me personally over the festive season was attending our volunteers' Christmas drinks. It was a genuine pleasure to meet with so many of our volunteers, to thank them in person, and to hear their stories and experiences.

I am also delighted to see our operations in the western suburbs go from strength to strength following our move into the Seaton site. This new location provides a stable and welcoming base for our volunteers and strengthens our ability to support clients across the region. I would again like to acknowledge Christ the King Lockleys Parish for their generosity in hosting our volunteers while we searched for a permanent home.

Looking ahead, there is a great deal of excitement across the organisation as we prepare for the upcoming Dysphagia Menu launching in the Café. This initiative reflects our ongoing commitment to inclusivity, dignity, and innovation. The introduction of the Dysphagia Menu into our café will allow more people in our community to enjoy a shared dining experience in a safe and supportive environment, and it is encouraging to see the enthusiasm and care with which our team is approaching this launch.

As always, I am deeply grateful for the continued support of our community, partners, staff, and volunteers. Your commitment enables Nonna's Cucina to evolve, improve, and expand its impact.

I look forward to what the remainder of 2026 will bring and invite you to read on for further updates and highlights from across the organisation.

Warm regards,



**Michael Costantini**  
President



# LABOR PLEDGES \$200,000 TO EXPAND NONNA'S CAFÉ WITH NEW ALFRESCO AREA

Nonna's Cucina continues to be a welcoming hub where people from many different cultural backgrounds come together. An increasing number of community groups use the space for meetings, activities and social gatherings, and the café has frequently reached full capacity.

On the 3<sup>rd</sup> of March, Matthew Marozzi (Labor Candidate for Morialta), Jenn Roberts (Labor Candidate for Hartley), Olivia Savvas (Member for Newland), and Meagan Spencer (Labor Candidate for Torrens) visited Nonna's Cucina to announce that a re-elected Malinauskas Labor Government will commit \$200,000 towards an outdoor shelter at the Nonna's Cucina Community Café, creating a space that will strengthen and foster community connection.

This will be a place for volunteers, multicultural groups, older residents and everyone to come together and stay connected and engaged in our local community.

This success is a reflection of the strong leadership of the management team at Nonna's Cucina, who are committed to ensuring the café continues to thrive as a community focused space that generates revenue for our essential home meal delivery service.



# NONNA'S CUCINA CEO

## MARCO STALTARI

Welcome to 2026 everyone!

I hope you all enjoyed a wonderful Christmas break and were able to spend precious time with your loved ones. I want to begin by acknowledging our incredible volunteers who took a well-earned two week break over the holiday period, and sincerely thank our dedicated staff who continued working throughout the break to ensure our clients were supported and cared for.

This Christmas marked a very special milestone for Nonna's Cucina. For the first time in our 26 years of service, our office remained open over the holiday period. Our café was also open to the public, and it was heartwarming to see clients visiting with their families, as well as volunteers dropping in for a catch-up or bringing their loved ones in to experience what Nonna's Cucina is all about. Those moments of connection truly reflect who we are as an organisation.

The past three months have also been incredibly busy. We were honoured to welcome several special visitors, including SA Premier Peter Malinauskas, Hon Nat Cook, Hon Jing Lee, Hon Vincent Tarzia, Hon Olivia Savvas, and Megan Spencer, Labor candidate for Torrens. These visits gave us the opportunity to proudly showcase the important work that happens at Nonna's Cucina every single day.

I would like to thank the all the Labor MPs and candidates, in particular our local candidate for Torrens, Meagan Spencer, for her recent announcement that a re-elected Malinauskas Labor Government will commit \$200,000 towards the construction of an outdoor shelter for our community café. This significant investment will greatly enhance our ability to provide a welcoming, inclusive and weather-protected space for our community to gather and share a meal together.

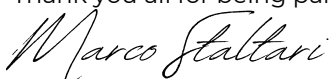
The opening of our new Seaton site is an exciting step forward, and there has already been so much happening across the organisation. Looking ahead, we have some wonderful events coming up, including the launch of our Dysphagia Menu in the Café, the Briscola World Cup, and of course, Nonna's birthday celebrations. There is so much to look forward to in the coming months.

At the heart of everything we do is our people. Nonna's Cucina has become what it is today because of our incredible team. With over 40 staff members and still growing, we now proudly stand as the second largest government-funded meals provider in South Australia. This achievement is entirely because of the commitment, passion, and hard work of our team across daily meal services, day programs, catering, functions, events, and our café operating six days a week. I would like to personally thank my executive team, Stefan and Dario, for their unwavering support, leadership, and dedication. Your guidance and commitment continue to strengthen Nonna's Cucina and drive us forward.

I also feel incredibly grateful for the support of my family. I am lucky to have my brothers, who are always willing to help out at Nonna's Cucina and consistently go above and beyond. Whenever I ask for help, they are there without hesitation. A very special thank you to my mum, who helps every week in the kitchen alongside Nonna Nancy and Julie, making fresh pasta and biscotti. Their love and dedication are felt in every meal we serve.

I am fortunate to be supported by both my family and the wider Nonna's family here at Nonna's Cucina. Working here is becoming more demanding as we continue to grow, and I want every staff member to know that your efforts do not go unnoticed. What you do every day makes a meaningful difference in the lives of so many people.

Thank you all for being part of the Nonna's Cucina family. Here's to another exciting, busy, and rewarding year ahead.



**Marco Staltari**  
Chief Executive Officer



# VOLUNTEER CHRISTMAS DRINKS 2025

## A SPECIAL AFTERNOON OF GRATITUDE AND CELEBRATION

In December, Nonna's Cucina hosted our annual Volunteer Christmas Drinks - a chance to recognise the volunteers who give their time, energy and care throughout the year.

The afternoon brought people together to share good food, conversation and a well-earned break. In true Nonna's Cucina style, the table was full, the atmosphere relaxed and everyone enjoyed the chance to connect.

This event was a simple thank you to the volunteers who help us deliver not only meals, but dignity, inclusion and care to our community each day. Their ongoing commitment makes a real difference. We're grateful for everything our volunteers contribute and the positive impact they have across our services.

If you've ever thought about volunteering, now is a great time to get involved. Joining our team even once a week or fortnight can make a meaningful impact.

From all of us at Nonna's Cucina, thank you for being part of our community. We look forward to the year ahead.



## CONTACT US



0 4 9 3 4 8 7 2 6 1



# VIDEO LAUNCH

## OUR VOLUNTEERS IN ACTION

On Tuesday, 17th of February, Nonna's Cucina, in collaboration with CO.AS.IT.SA and Volunteering SA & NT, hosted a special morning tea to launch a short video celebrating the incredible work of our volunteers.

The video features Lou Zollo, one of our dedicated volunteers, as he spends a day delivering meals to elderly community members. Lou, along with all our volunteers, not only brings nutritious meals but also checks in with each client to make sure they are safe, supported, and well. These daily acts of care show the meaningful impact volunteers have in our community every single day.

The video is a heartfelt reminder of the generosity, commitment, and compassion our volunteers bring to their work. By showcasing Lou's story, we celebrated the dedication of every volunteer and the difference they make. Proving that small, consistent acts of care can create a big impact.

If you'd like to help, volunteering to deliver meals is a simple but powerful way to make a real difference in someone's day. Contact us for more information.

**VIEW THE VIDEO**



FACEBOOK.COM/NONNASCUCINA.COM.AU/



**IN COLLABORATION WITH:**

 **volunteering  
sa&nt**

nonna's  cucina

*Made with love, shared with joy.*

**CO.AS.IT.SA.**  
SUPPORT SERVICES FOR THE AGED ITALIAN COMMUNITY





## A SPECIAL VISIT: THE GOVERNOR & MR BUNTEN TOUR NONNA'S CUCINA

On the 11th of December, Nonna's Cucina was honoured to welcome Governor of South Australia - Her Excellency the Honourable Frances Adamson AC and Mr Bunten for a tour of our kitchen and facilities.

During their visit, they met with our team and learned more about our commitment to providing nourishing, high-quality meals that support dignity, inclusion, and wellbeing.

The tour also provided an opportunity to share our inclusive workforce, including the employment & apprenticeship opportunities available within the kitchen, and to highlight the care, skill and passion that goes into every meal we prepare.

The visit concluded with The Governor and Mr Bunten enjoying a meal in the café, experiencing firsthand the welcoming environment and food that sits at the heart of Nonna's Cucina.

We were delighted to share our story and appreciate their time and interest. The visit also provided an opportunity to reflect on the growth Nonna's Cucina has experienced and the important work continuing across our community.



# NONNA'S CUCINA GM

## DARIO FABRETTO

Welcome back for 2026! I hope everyone enjoyed a wonderful Christmas and New Year and had the opportunity to spend meaningful time with family and friends.

I would like to give a special shoutout to our incredible staff and volunteers, who work tirelessly behind the scenes each day. Well-earned time off over the holiday period gave our staff and volunteers time to reset, refresh and re-focus on our goals and vision for the community in 2026. Their focus, care and commitment ensure we consistently deliver the quality and service our customers expect.

I am pleased to share that we are now operating from our new Seaton site. If you live in the western suburbs and would like to become part of the Nonna's Cucina

family, we would love to hear from you. Please reach out to our office team to find out how you can get involved. Thank you again to Christ the King Lockleys Parish who allowed our volunteers to use their facilities whilst we searched for a permanent home in the western suburbs.

Nonna's is very excited to be launching our new Dysphagia Menu in the café. This initiative has been developed in close collaboration with Natalie Williams Speech Pathology, and we are incredibly proud to offer this to customers in our community with swallowing difficulties. Texture-modified food has been part of our meal service for many years, and our staff are trained regularly in this area. With the introduction of this menu in our café, we will now support a broader range of community members to visit and enjoy our food in a social setting with friends, family and carers.

At Nonna's we continue to strive for continuous improvement, and I would like to thank Gizelle Wilson from Nutrition Consulting for her time and expertise in conducting an audit of our meal service and menu to ensure we continue to deliver a high quality and nutritionally balanced meal catered to older Australians needs.

Warm regards,



**Dario Fabretto**  
General Manager



**Proud Silver Sponsor  
of Nonna's Cucina**



# BRING NONNA'S KITCHEN TO YOUR TABLE

## NEW 2026 CATERING MENU

From small, intimate gatherings to lively celebrations filled with family and friends, Nonna's Cucina is proud to cater for moments worth savouring. Our new 2026 catering menu is designed to suit every occasion, offering generous Italian dishes that bring people together around the table. Whether you're hosting at home or celebrating something special, we make it easy to serve food that feels thoughtful, comforting, and full of heart.

We're excited to welcome back some much-loved antipasto favourites, perfect for grazing and gathering. Our antipasto platters are made for sharing, from the crowd-pleasing Panini Box to the classic Italian Antipasto Box, filled with bold flavours and beautiful textures that set the tone for any occasion. These starters invite guests to slow down, share, and connect from the very first bite.

Of course, the classics you know and love are all here too. Crowd favourites like our rich, comforting lasagna, indulgent tiramisu, and always popular pizza slabs are available to complete your menu with ease. Thoughtfully prepared and generously portioned, our 2026 catering menu is all about creating memorable moments around the table, because great food is meant to be shared.

View our catering menu online or get in touch with our team for more information, Nonna's has got you covered!



Italian Antipasto

Fritto Misto Box





# LOVE OUR CATERING? HOST YOUR NEXT EVENT WITH US TOO!

If you've experienced the delicious food and warm hospitality from Nonna's Cucina through our catering, why not take the next step and host your entire event with us?

Alongside our popular catering service, we're proud to offer our welcoming function space for hire. The perfect setting for **birthdays, baby showers, anniversaries, engagement celebrations, community gatherings** or **corporate events**. It's the same beautiful food, the same caring team, and the same heartfelt atmosphere all under one roof.

When you choose to celebrate with us, your event becomes part of something bigger. As a not-for-profit home meal delivery service supporting elderly community members and people living with disabilities, every dollar raised through our cafe, catering and function bookings goes directly back into our program. It helps us keep meal prices affordable and continue delivering nutritious, home style meals to those who rely on us.

So if you have loved what we offer to your table through catering, imagine the ease of hosting your entire celebration in our space. Stress free planning, delicious menus tailored to your event, and the knowledge that your special occasion is helping support our community.

Great food. A beautiful space. A celebration with purpose.

Whether you're interested in our catering, our function space, or both, contact our friendly team today, we'd love to help bring your event to life.



08 8240 3491



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

**CONTACT US**

## LENDING A HAND TO SPREAD CHRISTMAS JOY

### **VOLUNTEERING SA & NT**

We were delighted to welcome the team from Volunteering SA & NT into the Nonna's Cucina kitchen for a very special day of giving back. Their team generously spent time hand-writing heartfelt cards and carefully packing bags of Nonna's famous biscotti for our volunteers and clients.

It was a simple but incredibly meaningful gesture that reflected the spirit of care, connection and community we value so deeply. We are truly grateful for their time, kindness and enthusiasm in helping us spread a little extra joy.



*Thank you* ♥

## THANKYOU - ECLIPSE REAL ESTATE

A big thank you to the wonderful team from Eclipse Real Estate, who rolled up their sleeves and got involved in every way possible during their visit to Nonna's Cucina. From hand-writing thoughtful cards for our clients to lending a hand in the kitchen, their support was felt across the whole team. The Eclipse crew even helped our chefs by peeling potatoes for our much-loved gnocchi, proving no task is too small when it comes to making a difference. We sincerely appreciate their generosity, teamwork and willingness to get stuck in.



# NONNA'S CUCINA PATRON

## CAV. ROSA MATTO

I continue to take pride in the achievements of Nonna's Cucina. The team is going from strength to strength with great plans for the core business which is to continue to provide safe, nourishing meals for their clients. To this end, the café is an important part of our model.

We love to see our volunteers booking lunches or coffee catch ups at the café – it adds to the sense of family which is so important to us. Whether you are a volunteer or not we love to get to know you better and share your news.

It is also amazing to see our clients sharing some quality time with their families or carers. Going out for a coffee and cake and seeing people does a lot to lessen loneliness and gives people a sense of purpose in the day.

Needless to say, chef Stef's team always produces delicious breakfasts and lunches and now that we are open on Saturdays, you can bring your family and friends to experience the world of Nonna's Cucina's hospitality.

Buon Appetito!



**Cav. Rosa Matto**  
Patron



**Proud Bronze Sponsor of  
Nonna's Cucina**



**tilley luccon**

# CELEBRATING 100 WONDERFUL YEARS

## MARIA GALLUCCIO

We were honoured to recently celebrate a very special milestone with one of our cherished clients, who has just turned 100 years young. For many years, she has been receiving Nonna's Cucina meals five days a week, and it was a joy for our team to mark such an incredible birthday alongside her.

To celebrate the occasion, our General Manager, Dario, and Logistics Officer, Eric, paid a special visit, joined by our wonderful volunteers Luisa and Rosemary. The visit was filled with smiles, warm conversation and heartfelt wishes, reflecting the strong relationships that grow through shared meals and regular connection.

Moments like these are a beautiful reminder of why we do what we do. Supporting our clients to live independently, nourished not only by good food but also by care and companionship, is at the heart of Nonna's Cucina.



**Happy 100th birthday Maria - it is a privilege to be part of your journey and to continue delivering meals made with love. ❤️**

A SPECIAL VISIT FROM SA PREMIER PETER MALINAUSKAS AS NONNA'S HELPED HOST THE GPS FORUM FOR THE NORTH-EASTERN COMMUNITY



# FIRST VOLUNTEER COMMUNICATION MEETING OF THE YEAR

## Seaton Hub

We recently held our first volunteers communication meeting of the year at the new Seaton Hub. It was a great opportunity for the team to come together, discuss plans for the year ahead, and share updates.

We're grateful for the dedication of our volunteers, who consistently show commitment not just to their roles, but to supporting each other. The collaboration and camaraderie within the team are what make our work possible, and it was great to see everyone engaged and contributing to the discussion.

Thank you to all our volunteers for your continued effort and teamwork - your support makes a real difference



# NONNA'S CUCINA HOLIDAY CLOSURE NOTICE

**Nonna's Cucina will be closed on all public holidays**

Adelaide Cup Day: Monday, 9 March

Good Friday: Friday, 3 April

Easter Saturday: Saturday, 4 April

Easter Sunday: Sunday, 5 April

Easter Monday: Monday, 6 April

ANZAC Day: Saturday, 25 April

King's Birthday: Monday, 8 June

To keep everyone informed, we have sent out both email and printed notifications asking if you require frozen meals. Printed notices can be returned to our volunteers during deliveries. If you have any questions or need assistance in the meantime, please don't hesitate to reach out. You can contact us by phone at 08 8240 3491 or via email at [info@nonnascucina.com.au](mailto:info@nonnascucina.com.au).

## *A Very Special Welcome Back*

This month, Nonna's Cucina had the pleasure of welcoming back a very special member of our family - a beloved former volunteer who dedicated over ten years of service. Now 93, Pierino returned to celebrate his birthday with us, filling the moment with smiles, handshakes, and heartfelt memories.

It was wonderful to show him our new home at Holden Hill, including the beautiful food served in our café. As we marked this milestone, we reflected on how much Nonna's Cucina has grown - from our early beginnings to the vibrant, inclusive community space we are today. Seeing a long-standing volunteer return reminded us that our story is shaped by those who give their time, care, and heart.

We are deeply grateful for his service and the legacy he helped build. Celebrating Pierino's 93rd birthday was a joy and a reminder that once you are part of the Nonna's Cucina family, you are always welcome home.




# RECIPE OF THE MONTH

*By Nonna's Cucina Executive Chef Stefan Dimasi*

Bracirole Di Melanzane



## INGREDIENTS

 4 servings

1kg unpeeled eggplant, cut in chunks  
handful parsley leaves, taken off the stems

handful of basil leaves

1-2 cloves garlic, crushed

1 cup grated pecorino

2 cups approx. fresh breadcrumbs

3-4 eggs, lightly beaten

## *Stef's Tips:*

Test fry a small amount before you shape the mixture. Make sure it holds together, if not, add more breadcrumbs. Check for seasoning again.

## METHOD

Bring a saucepan of salted water to the boil and boil the eggplant for 20 minutes.

Drain very well and allow to cool.

Squeeze out as tightly as you can so that the eggplant is as dry as possible.

Combine with all the other ingredients.

Check for seasoning. Shape into 5 cm fingers and lightly flatten.

Shallow fry in mild olive oil and drain on paper towel

# NONNA'S *Now open* CAFE

7am - 4pm  
Monday - Friday  
9am - 3pm  
Saturday



*New opening hours*



# QUALITY ASSURANCE

## SAVERIO CATANZARITI

Ciao tutti,

I hope everyone has had a great summer spending it with friends and family over Christmas and seeing in the new year. This season is one of my favourites, and who wouldn't like spending time with friends and family enjoying the warm weather!

As the year commences it is a busy period at Nonna's Cucina with many compliance and maintenance scheduled in as part of our Food Safety Program that we continue to progress throughout the year. With these, we just had our biannual Fire Service maintenance checks conducted as well as the annual Test and Tag signed for all electrical appliances and canopy cleaning completed. These are in regulation with Australian standards which are integrated within our strict quality assurance systems.

With these scheduled services for our kitchen equipment, we hire external certified technicians to carry out maintenance which is an integral part of kitchen operations, to maintain equipment efficiency as well as staff safety while producing our daily client meals. These technicians conduct checks twice a year and report any items that may need attention. Keeping up to date with processes, we continually update our Food Safety Plan which outlines our processes and procedures required for providing food to vulnerable people and the elderly. These guidelines give us a foundation on the meals we produce for our clients, and we refer to as a guide for our HACCP certification.

As part of our staff training and development, this month we will welcome a visit by Speech Pathology Australia services for an in depth training session with our kitchen and office staff on the importance of Texture Modified foods. This training is conducted once a year and is an important safety and training session to refresh skills and train new staff members to follow the international guidelines of IDDSI for people living with dysphagia.

Take care everyone, until next time.

*Saverio Catanzariti*

**Saverio Catanzariti**  
Quality Assurance Manager





•EST 1978•

# TONY & MARK'S

A FAMILY TRADITION

NEWTON | GLENUNGA | BRICKWORKS | GOLDEN GROVE | BURNSIDE | UNLEY

Tony & Mark's is a leading South Australian family owned and operated grocery retailer, priding themselves on providing the finest quality produce to their customers. With eight successful stores across Adelaide (Newton, Newton Village, Glenunga, Brickworks, Golden Grove, Burnside, Unley and now Port Adelaide), Tony & Mark's offer a huge variety of fresh fruits and vegetables, groceries, gourmet treats and floral arrangements. The business holds strong family values reflected in the service of their staff and friendly atmosphere for the past 45 years. As well as 8 store locations, Tony & Mark's also offers an array of services including:

- Deli: smallgoods, platters, deli meats and cheese
- T&M Butchery: premium quality meats
- Zeea's Eatery: coffee and breakfast/brunch/lunch (Glenunga, Brickworks, Golden Grove)
- Fresh Stems: floral arrangements, florals for events and weddings
- Online shopping and home delivery service at [shop.tonyandmarks.com.au](http://shop.tonyandmarks.com.au)
- Functions: internal and external events, birthdays, christenings, work shows etc.
- Catering: corporate and group catering, business meetings, school events, birthdays
- Tony & Mark's Direct: wholesale sector for hotels, restaurants and cafes across Adelaide

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



**BRING ITALIAN HERITAGE TO YOUR TABLE:**  
Easter is a time for family, celebration, and, of course, delicious food. While Italy marks the season of spring with lavish family meals, in Australia the mild autumn provides the perfect backdrop for hearty, comforting dishes inspired by Italian tradition.

### Good Friday, Saturday Prep & Traditions

In many Italian-Australian homes, Easter is a multi-day celebration grounded in faith and tradition. Good Friday is observed as a solemn day of reflection, and in keeping with Catholic custom, many families abstain from meat - eating only fish and simple meals as a sign of respect and remembrance. Dishes such as grilled fish, baccalà (salted cod) and seafood pasta are common at the table.

By Saturday, the focus shifts to preparation and anticipation. It is often a day dedicated to baking, with staples like Pane di Pasqua (Easter bread) featuring whole eggs plaited into the dough. No Italian table is complete without Colomba di Pasqua, the dove-shaped cake similar to panettone, symbolising peace and renewal.

### The Easter Sunday Feast

After morning Mass, *pranzo* (lunch) begins - a marathon event filled with traditional favourites:

- Antipasto: Simple starters of olives, artichoke hearts, prosciutto, and fresh bread.
- Primo: Lasagna is a firm favourite
- Secondo (Main): Lamb, roasted or braised, is the traditional centrepiece.
- Savory Pies: Regional specialties like Pizza Chiena (Easter Pie) or Torta Pasqualina, a ricotta and spinach pie.

### Traditional Italian Easter Dishes to Try

- **Stef's Recipe of the Month** – Bracirole di Melanzane (find the recipe on page 21)
- Fried Artichokes: Lightly fried, served with lemon and salsa verde.
- **Penne con Polpette al Sugo:** Our catering newsletter special - a surefire crowd-pleaser with pasta, meatballs, and rich tomato sauce.
- Torta Pasqualina: Savoury pie of spinach, ricotta, and eggs.

### Sweet Treats

- Colomba: Dove-shaped Easter bread, often served with amaretto mascarpone
- Scarcella: Sweet, egg-decorated pastry from Puglia.
- Sguta: Calabrian bread with a baked egg inside.

### Pasquetta (Easter Monday)

The day after Easter, known as Pasquetta, is for friends and outdoor fun. Italian-Australians often head to parks, beaches, or the countryside for casual picnics or barbecues, enjoying leftovers from Sunday's feast. An Italian-inspired Easter in Australia is a labour of love: robust, warming food, long tables, laughter, and the joy of sharing cherished traditions with family and friends.

# EASTER

## WORD SEARCH

C	Y	R	Z	F	G	Z	F	Q	Y	I	C	P	N	E
A	E	C	E	U	B	M	A	N	F	H	A	O	X	M
B	S	L	Z	T	W	M	N	S	O	R	I	B	E	I
C	G	F	E	D	S	U	O	C	A	T	T	S	L	T
W	U	O	K	B	B	A	O	D	I	T	K	S	X	G
J	I	J	O	T	R	L	E	D	E	E	C	H	H	N
W	D	C	E	D	A	A	A	W	E	N	H	E	O	I
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T	U	L	I	P	S	D	S	Z	I	N	S	G	A	G
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BASKET

BONNET

BUNNY

CANDY

CELEBRATION

CHICKS

CHOCOLATE

DAFFODIL

EASTER

EGGS

FEAST

FLOWERS

GOODIES

HOLIDAY

PARADE

REBIRTH

SPRINGTIME

TRADITION

TULIPS

WICKER



Australian  
Human Rights  
Commission

English | Italiano

# 1800 ELDERHelp (1800 353 374)

I am **treated** with **respect** by family and friends Vengo **trattato/a** con **rispetto** dai miei familiari e amici

I **know** how my **money** is being spend Sono **al corrente** di come **il mio denaro** viene speso

I **choose** what happens in my **home** Decido io cosa succede in **casa mia**

**Decisions** about my life are in my **best interest** Le **decisioni** per la mia vita vengono prese nel mio **interesse**

My will reflects **my own wishes** Il mio testamento rispecchia i miei desideri

I **know** where my **medications** is So **dove** si trovano le **mie** medicine

If you answered “**no**” to any of these statements, you may wish to **talk to someone you can trust.**

Se avete risposto “**no**” ad una di queste affermazioni, potreste voler **parlare con una persona di fiducia.**

**If you experience, witness, or suspect elder abuse, call the free and confidential National Elder Abuse phone line for information, support and referrals. In an emergency, contact 000).**

Se subite, osservate o sospettate casi di abuso sugli anziani (elder abuse), chiamate la linea telefonica **gratuita e confidenziale** di National Elder Abuse per informazioni, supporto e segnalazioni.

In caso di emergenza, contattate il **triplo zero (000).**



## NONNA'S CUCINA

# 30 LYONS ROAD HOLDEN HILL

MARCH 2026

EDITION #29



### DONATE TODAY AND HELP YOUR COMMUNITY

As Nonna's Cucina is a not-for-profit organisation, we have many different ways in which you can support us. You can make a direct cash contribution to the organisation 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 and 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.**

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.



Australian Government  
Department of Health



myagedcare

