

FROZEN MAIN MEAL MENU

\$9.00

* Gluten Free

1. Beef Rissoles & Gravy
2. Steak & Kidney Casserole *
3. Cottage Pie *
4. Pork Sausages & Onion Gravy *
5. Roast Pork & Gravy *
6. Roast Lamb & Gravy *
7. Roast Chicken & Gravy *
8. Chicken Schnitzel
9. Crumbed Fish
10. Fish & Spinach Bake *
11. Macaroni Cheese
12. Bacon & Cheese Quiche *
13. Spinach & Feta Quiche *
14. Vegetable Pasta Bake
15. Vegetable Lasagne
16. Chicken & Leek Casserole *
17. Sweet & Sour Chicken & Rice*
18. Curried Beef Sausages *

FROZEN MINI MEAL MENU

\$5.00

* Gluten Free

- A. Satay Chicken & Rice *
- B. Curried Chicken & Rice *
- C. Savoury Mince & Potato *
- D. Beef Stroganoff & Rice *
- E. Fish Pie & Potato *
- F. Meatloaf & Potato
- G. Bacon & Cheese Quiche & Potato *
- H. Chicken & Mushroom Casserole with Potato *
- I. Beef Curry & Rice *
- J. Chicken & Leek Casserole & Potato *

For any concerns or questions
please call

3397 9150

MENU

Name:

Run:

Week Commencing:

Monday 20 May 2024

Monday 27 May 2024

PLEASE RETURN ASAP

If you do not return this menu, for your convenience, meals will be chosen for you

Prices

prices are CHSP prices,

*for Home Care Package and NDIS pricing please call the office on **3397 9150***

Meal Pack	(main, dessert, soup, juice)	\$13.50
Main Meal		\$9.00
Sandwich	<i>(must be accompanied by another item)</i>	\$5.00
Dessert		\$2.50
Soup		\$1.50
Juice		\$0.50
Mini Meal	(frozen only)	\$5.00
Flavoured Milk	(chocolate or strawberry)	\$1.50
Snack Pack	(avail daily)	\$1.50
	<i>Inc individual cake, dried fruit, cheese & biscuits, chocolate</i>	
Breakfast Pack	(avail daily)	\$5.00
	<i>Inc. individual cereal, milk, fruit cup, yoghurt, homemade muffins</i>	
Omelette	(both flavours)	\$1.75

Week 1	Monday 20 May	Tuesday 21 May	Wednesday 22 May	Thursday 23 May	Friday 24 May	WEEKEND
A meal	Honey Soy Chicken with Rice	Bacon & Cheese Quiche	Roast Lamb & Minted Gravy	Chicken Schnitzel & Gravy	Sweet & Sour Chicken with Rice	
B meal	Beef Lasagne	Chilli Con Carne & Rice	Vegetable Pasta Bake	Beef Rissoles, Vegetables & Gravy	Fish Spinach Bake	
Salad	Corned Beef with Sweet Potato Salad	Egg & Cheese with Potato Salad	Smoked Salmon with Pasta Salad	Roast Pork with Sweet Potato Salad	Chicken in Caesar Dressing & Pasta Salad	
Sandwich	Salmon & Cucumber	Roast Beef & Pickles	Egg, Lettuce & Mayo	Chicken Caesar Salad	Corned Beef, Cheese & Pickles	
Sweets	Orange Cake & Cream	Bread & Butter Pudding	Lemon Cheesecake	Apple Shortcake	Tropical Mousse & Fruit (GF)	
Soup	Cream of Tomato	Pumpkin	Leek & Potato	Lentil & Vegetable	Cauliflower & Potato	
Frozen or Mini #	#	#	#	#	#	#
Juice	Orange	Apple	Apple	Apple	Orange	
Milk	Strawberry	Strawberry	Strawberry	Strawberry	Strawberry	
	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate	
Omelette	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	
	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	
Pack	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	Snack	Snack	Snack	Snack	Snack	

Week 2	Monday 27 May	Tuesday 28 May	Wednesday 29 May	Thursday 30 May	Friday 31 May	WEEKEND
A meal	Crumbed Fish	Meatballs With Satay Sauce	Beef Bangers & Gravy	Vegetable Lasagne	Sweet & Sour Pork & Rice	
B meal	Cottage Pie	Chicken Kiev	Roast Pork, Apple Sauce & Gravy	Beef Stroganoff	Fish Pie	
Salad	Roast Beef with Potato Salad	Ham, Cheese & Pineapple (Coleslaw)	Quiche Lorraine & Coleslaw	Ploughman's Lunch	Corned Beef with Sweet Potato Salad	
Sandwich	Ham, Cream Cheese & Lettuce	Corned Beef, Lettuce & Pickles	Smoked Salmon & Cucumber	Curried Egg & Lettuce	Chicken, Lettuce & Corn Relish	
Sweets	Honey Cake & Greek Yoghurt	Pavlova, Berries & Cream (GF)	Chocolate Mousse (GF)	Creamed Rice & Peaches (GF)	Banana Cake	
Soup	Country Chicken Ladle	Corn & Bacon Chowder	Minestrone	Curried Lentil	French Onion	
Frozen or Mini #	#	#	#	#	#	#
Juice	Orange	Apple	Apple	Apple	Orange	
Milk	Strawberry	Strawberry	Strawberry	Strawberry	Strawberry	
	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate	
Omelette	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	
	Ham & Cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	
Pack	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	Snack	Snack	Snack	Snack	Snack	