

MENU

Name:

Run:

Week Commencing:

Monday 10 May 2021

Monday 17 May 2021

PLEASE RETURN BY WEDNESDAY 27th January 2021

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)	\$12.00
Main Meal		\$8.60
Sandwich	(must be accompanied by another item)	\$5.00
Dessert		\$2.00
Soup		\$0.80
Juice		\$0.60
Mini Meal	(frozen only)	\$6.00
Flavoured Milk	(chocolate or strawberry)	\$1.50
Snack Pack	(avail daily)	\$4.80
	<i>Inc individual cake, dried fruit, cheese & biscuits, chocolate</i>	
Breakfast Pack	(avail daily)	\$5.50
	<i>Inc. individual cereal, milk, fruit cup, yoghurt, homemade muffins</i>	
Omelette	(both flavours)	\$3.50

	A MEAL	B MEAL	FROZEN MEAL	SANDWICH
MONDAY 10 MAY	SWEET & SOUR MEATBALLS WITH RICE	CHICKEN & MUSHROOM CASSEROLE	FROZEN MAIN OR MINI MEAL#	HAM, CUCUMBER & CREAM CHEESE
TUESDAY 11 MAY	SALAD – SHRIMP COCKTAIL WITH POTATO SALAD	BEEF RISSOLES, RATATOUILLE & GRAVY	FROZEN MAIN OR MINI MEAL#	CHICKEN, CORN RELISH & LETTUCE
WEDNESDAY 12 MAY	FRIED RICE WITH TOFU & CHICKPEAS	BACON, SPINACH AND MACARONI CHEESE	FROZEN MAIN OR MINI MEAL#	SALMON, CUCUMBER & CREAM CHEESE
THURSDAY 13 MAY	SALAD – CALAMARI & GREEK SLAD	ROAST PORK, APPLE SAUCE & GRAVY	FROZEN MAIN OR MINI MEAL#	CURRIED EGG & LETTUCE
FRIDAY 14 MAY	BEEF CURRY & RICE	STEAMED FISH MORNAY	FROZEN MAIN OR MINI MEAL#	CORNED BEEF, CHEESE & PICKLES
SATURDAY 15 MAY			FROZEN MAIN OR MINI MEAL#	
SUNDAY 16 MAY			FROZEN MAIN OR MINI MEAL#	

MUFFIN OF THE WEEK
WEEK COMMENCING: 10 MAY
MANGO & COCONUT
 \$7.00 PER SIX (6) PACK

NAME: _____

RUN: _____

NUMBER OF PACKS: _____

MUFFINS WILL BE DELIVERED ON
WEDNESDAY 12th OR THURSDAY 13th
 WITH YOUR MEAL DELIVERY

MUFFIN OF THE WEEK
WEEK COMMENCING: 17 MAY
PEACH & SULTANA
 \$7.00 PER SIX (6) PACK

NAME: _____

RUN: _____

NUMBER OF PACKS: _____

MUFFINS WILL BE DELIVERED ON
WEDNESDAY 19TH OR THURSDAY 20TH
 WITH YOUR MEAL DELIVERY

FROZEN MAIN MEAL MENU

\$8.60

* 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. Vegetarian Fried Rice *
9. Crumbed Fish
10. Fish Mornay *
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*

FROZEN MINI MEAL MENU

\$6.00

* Gluten Free

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

For any concerns or questions
please call

3397 9150

SWEET	SOUP	JUICE	PACK	OMELETTE	MILK
CHOCOLATE CAKE & CREAM	CHICKEN & VEGETABLE LADLE	ORANGE	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE
FRUIT SALAD & CUSTARD	TOMATO	APPLE	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE
PEACH CRUMBLE & CUSTARD	MUSHROOM	APPLE	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE
FRUIT TEA CAKE WITH CREAM	GARDEN STOCKPOT	APPLE	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE
LEMON CHEESECAKE & CREAM	RED LENTIL & CARROT	ORANGE	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE
FROZEN SWEET (RANDOM SELECTION)	FROZEN SOUP (RANDOM SELECTION)	DEPENDANT ON DAY OF DELIVERY	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE
FROZEN SWEET (RANDOM SELECTION)	FROZEN SOUP (RANDOM SELECTION)	DEPENDANT ON DAY OF DELIVERY	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE

	A MEAL	B MEAL	FROZEN MEAL	SANDWICH
MONDAY 17 MAY	MACARONI CHEESE	LAMB RISSOLES & GRAVY	FROZEN MAIN OR MINI MEAL#	TUNA, LETTUCE & MAYO
TUESDAY 18 MAY	SALAD – HAM, CHEESE & PINEAPPLE WITH COLESLAW	COTTAGE PIE	FROZEN MAIN OR MINI MEAL#	EGG & LETTUCE
WEDNESDAY 19 MAY	IRISH STEW	ROAST CHICKEN & GRAVY	FROZEN MAIN OR MINI MEAL#	CORNEB BEEF, CHEESE & PICKLES
THURSDAY 20 MAY	SALAD –QUICHE LORRAINE WITH POTATO SALAD	CHICKEN & LEEK HOT POT	FROZEN MAIN OR MINI MEAL#	CHICKEN & CHEESE
FRIDAY 21 MAY	CURRIED PORK SAUSAGES & RICE	FISH PARMIGIANA WITH TOMATO & HERB	FROZEN MAIN OR MINI MEAL#	HAM, CHEESE & TOMATO RELISH
SATURDAY 22 MAY			FROZEN MAIN OR MINI MEAL#	
SUNDAY 23 MAY			FROZEN MAIN OR MINI MEAL#	

SWEET	SOUP	JUICE	PACK	OMELETTE	MILK
APPLE & SULTANA CAKE & CREAM	BEEF, BARLEY & VEGETABLE	ORANGE	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE
CARROT CAKE & CREAM	CHICKEN & VEGETABLE	APPLE	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE
FRUIT & CUSTARD SLICE	ZUCCHINI & SPINACH	APPLE	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE
PASSIONFRUIT CHEESECAKE	PEA & HAM	APPLE	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE
COFFEE CAKE & CREAM	VEGETABLE	ORANGE	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE
FROZEN SWEET (RANDOM SELECTION)	FROZEN SOUP (RANDOM SELECTION)	DEPENDANT ON DAY OF DELIVERY	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE
FROZEN SWEET (RANDOM SELECTION)	FROZEN SOUP (RANDOM SELECTION)	DEPENDANT ON DAY OF DELIVERY	SNACK	HAM & CHEESE	STRAWBERRY
			BREAKFAST	SPANISH	CHOCOLATE