

### 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 18 November 2024**

**Monday 25 November 2024**

**PLEASE RETURN BY WEDNESDAY 30<sup>th</sup> October 2024**

**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*

<b>Meal Pack</b>	(main, dessert, soup, juice)	\$13.50
<b>Main Meal</b>		\$9.00
<b>Sandwich</b>	(must be accompanied by another item)	\$2.45
<b>Dessert</b>		\$2.50
<b>Soup</b>		\$1.50
<b>Juice</b>		\$0.50
<b>Mini Meal</b>	(frozen only)	\$5.00
<b>Flavoured Milk</b>	(chocolate or strawberry)	\$0.50
<b>Snack Pack</b>	(avail daily)	\$1.50
	<i>Inc individual cake, dried fruit, cheese &amp; biscuits, chocolate</i>	
<b>Breakfast Pack</b>	(avail daily)	\$5.00
	<i>Inc. individual cereal, milk, fruit cup, yoghurt, homemade muffins</i>	
<b>Omelette</b>	(both flavours)	\$1.75

Week 3	Monday 18 November	Tuesday 19 November	Wednesday 20 November	Thursday 21 November	Friday 22 November	WEEKEND
A meal	Vegetable Fritters, Tomato & Herb sauce	Bacon & Cheese Quiche	Meatballs with Satay Sauce & Rice	Vegetable Curry Potato & Lentil	Satay Chicken	
B meal	Chicken Chow Mein	Beef & Barley Casserole	Beef Curry with Rice	Roast Chicken & Gravy	Crumbed Fish & Chips	
Salad	Ham, Cheese & Pineapple with Coleslaw	Lamb Kebab & Tabbouleh Salad	Shrimp Cocktail with Potato Salad	Egg & Cheese Potato Salad	Corned Beef & Potato Salad	
Sandwich	Chicken, Cheese & Tomato Relish	Ham, Cheese & Mustard	Roast Beef & Pickles	Salmon and Salad	Pastrami & Pickles	
Sweets	Carrot Cake & Cream	Fruit Salad, Jelly & Chantilly Cream(GP)	Peach Crumble & Custard	Trifle	Chocolate Mudcake & Cream	
Soup	Sweet Potato	Pumpkin & Coconut	Chicken & Corn	Spinach & Potato	Vegetable & Split Pea	
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 4	Monday 25 November	Tuesday 26 November	Wednesday 27 November	Thursday 28 November	Friday 29 November	WEEKEND
A meal	Chicken & Leek Hot Pot	Steak & Kidney Casserole	Roast Lamb & Minted Gravy	Spinach & Feta Quiche	Sweet & Sour Chicken & Rice	
B meal	Meatballs, Italian Tomato Sauce & Pasta	Pork Sausages & Onion Gravy	Chicken & Mushroom Pie	Mongolian Beef with Rice	Meatloaf, Veg & Gravy	
Salad	Roast Pork & Sweet Potato Salad	Chicken in Caesar Dressing & Pasta Salad	Ploughman's Lunch	Turkey & Coleslaw	Ham, Cheese & Pineapple with Coleslaw	
Sandwich	Corned Beef, Lettuce & Pickles	Ham, Cheese & Mustard	Curried Egg & Lettuce	Cheese & Tomato Relish	Chicken, Lettuce & Mayo	
Sweets	Apple Cake & Cream	Pannacotta with Pears	Strawberry Cheesecake & Cream	Apple Crumble & Custard	Crème Caramel	
Soup	Leek & Potato	French Onion	Chicken Noodle	Lentil & Vegetable	Chicken & Corn	
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	