

**FROZEN MAIN MEAL MENU**

**\$9.20**

\* 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**

**\$5.20**

\* 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:

**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)	\$14.30
<b>Main Meal</b>		\$9.20
<b>Sandwich</b>	<i>(must be accompanied by another item)</i>	\$2.65
<b>Dessert</b>		\$2.70
<b>Soup</b>		\$1.70
<b>Juice</b>		\$0.70
<b>Mini Meal</b>	(frozen only)	\$5.20
<b>Flavoured Milk</b>	(chocolate or strawberry)	\$1.70
<b>Snack Pack</b>	(avail daily)	\$1.70
	<i>Inc individual cake, dried fruit, cheese &amp; biscuits, chocolate</i>	
<b>Breakfast Pack</b>	(avail daily)	\$5.20
	<i>Inc. individual cereal, milk, fruit cup, yoghurt, homemade muffins</i>	
<b>Omelette</b>	(both flavours)	\$2.05

Week 1	10 Mon	11 Tue	12 Wed	13 Thu	14 Fri	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	Combed 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	Combed Beef, Cheese & Pickles	
Sweet	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	
Mini # or	#	#	#	#	#	#
Juice	Orange	Apple	Apple	Apple	Orange	
Mill	Strawberry	Strawberry	Strawberry	Strawberry	Strawberry	
Om	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate	
Pack	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	
	Ham & Cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	Snack	Snack	Snack	Snack	Snack	

Week 2	17 Mon	18 Tue	19 Wed	20 Thu	21 Fri	Weekend
A meal	Crumbed Fish	Meatballs With Satay Sauce	Beef Bangers & Gravy	Vegetable Lasagne	Sweet & Sour Pork & Rice	
B meal	Cottage Pie	Fish Pie	Roast Pork, Apple Sauce & Gravy	Beef Stroganoff	Chicken Kiev	
Salad	Roast Beef with Potato Salad	Ham, Cheese & Pineapple (Coleslaw)	Quiche Lorraine & Coleslaw	Ploughman's Lunch	Combed Beef with Sweet Potato Salad	
Sandwich	Ham, Cream Cheese & Lettuce	Combed Beef, Lettuce & Pickles	Smoked Salmon & Cucumber	Curried Egg & Lettuce	Chicken, Lettuce & Corn Relish	
Sweet	Honey Cake & Greek Yoghurt	Pavlova, Berries & Cream (GF)	Chocolate Mousse (GF)	Oreamed Rice & Peaches (GF)	Banana Cake	
Soup	Country Chicken Ladle	Corn & Bacon Chowder	Minestrone	Curried Lentil	French Onion	
Mini # or	#	#	#	#	#	#
Juice	Orange	Apple	Apple	Apple	Orange	
Mill	Strawberry	Strawberry	Strawberry	Strawberry	Strawberry	
Om	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate	
Pack	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	
	Ham & Cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	Snack	Snack	Snack	Snack	Snack	