

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 1 July 2024

Monday 8 July 2024

PLEASE RETURN BY 12th June 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***

| | | |
|-----------------------|--|---------|
| 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) <i>Inc individual cake, dried fruit, cheese & biscuits, chocolate</i> | \$1.50 |
| Breakfast Pack | (avail daily) <i>Inc. individual cereal, milk, fruit cup, yoghurt, homemade muffins</i> | \$5.00 |
| Omelette | (both flavours) | \$1.75 |

| | | | | | | |
|-------------------------|-------------------------------------|--------------------------------|--------------------------------|------------------------------------|--|----------------|
| Week 1 | Monday 1 July | Tuesday 2 July | Wednesday 3 July | Thursday 4 July | Friday 5 July | 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 8 July | Tuesday 9 July | Wednesday 10 July | Thursday 11 July | Friday 12 July | 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 | 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 | |