

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 15 July 2024

Monday 22 July 2024

PLEASE RETURN BY WEDNESDAY 26th 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 | (must be accompanied by another item) | \$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 3 | Monday 15 July | Tuesday 16 July | Wednesday 17 July | Thursday 18 July | Friday 19 July | 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 22 July | Tuesday 23 July | Wednesday 24 July | Thursday 25 July | Friday 26 July | 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 | Pannaotta 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 | |