

**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 with 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 6 May 2024**

**Monday 13 May 2024**

**PLEASE RETURN BY 17 April 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)	\$5.00
<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)	\$1.50
<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

<b>Week 5</b>	<b>Monday 6 May</b>	<b>Tuesday 7 May</b>	<b>Wednesday 8 May</b>	<b>Thursday 9 May</b>	<b>Friday 10 May</b>	<b>WEEKEND</b>
<b>A meal</b>	<b>LABOUR DAY</b>	Chicken Kiev	Vegetarian Cottage Pie	Chicken Cacciatore	Curried Chicken & Rice	
<b>B meal</b>	No Meal delivery today	Beef Rissoles, Vegetables & Gravy	Curried Beef Sausages & Rice	Roast Pork, Apple Sauce & Gravy	Smoked Cod with Parsley Sauce	
<b>Salad</b>		Shrimp Cocktail with Potato Salad	Smoked Salmon with Pasta Salad	Greek Chicken Salad	Turkey & Coleslaw	
<b>Sandwich</b>	Do you require a FROZEN MEAL?	Chicken, Lettuce & Corn Relish	Comed Beef, Cheese & Pickles	Curried Egg & Lettuce	Salmon & Cucumber	
<b>Sweets</b>	Number_____	Fruit Salad & Custard(GF)	Peach Crumble with Custard	Sticky Date Pudding & Cream	Lemon Cheesecake & Cream	
<b>Soup</b>		Mushroom	Cream of Tomato	Garden Stockpot	Red Lentil & Carrot	
<b>Frozen or Mini #</b>		#	#	#	#	#
<b>Juice</b>	List of	Apple	Apple	Apple	Orange	
<b>Milk</b>	FROZEN MEALS	Strawberry	Strawberry	Strawberry	Strawberry	
	ISON THE	Chocolate	Chocolate	Chocolate	Chocolate	
<b>Omelette</b>	is on the back of this menu	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	
<b>Pack</b>		Ham & Cheese	Ham & Cheese	Ham & Cheese	Ham & Cheese	
		Breakfast	Breakfast	Breakfast	Breakfast	
		Snack	Snack	Snack	Snack	

<b>Week 6</b>	<b>Monday 13 May</b>	<b>Tuesday 14 May</b>	<b>Wednesday 15 May</b>	<b>Thursday 16 May</b>	<b>Friday 17 May</b>	<b>WEEKEND</b>
<b>A meal</b>	Macaroni Cheese	Beef & Black Bean with Rice	Spinach & Feta Quiche	Pork Sausages & Creamy Mushroom Sauce	Steak & Kidney Casserole	
<b>B meal</b>	Cottage Pie	Lamb Rissoles & Gravy	Roast Chicken & Gravy	Chicken & Leek Hot Pot	Fish Parmigiana with Tomato and Herb Sauce	
<b>Salad</b>	Comed Beef with Sweet Potato Salad	Ham, Cheese & Pineapple (Coleslaw)	Shrimp Cocktail with Potato Salad	Quiche Lorraine with Coleslaw	Antipasto Platter (Salami, Pastrami, Olives & Cheese)	
<b>Sandwich</b>	Tuna, Lettuce & Mayo	Egg & Lettuce	Comed Beef, Cheese & Pickles	Chicken & Cheese	Ham, Cheese & Relish	
<b>Sweets</b>	Apple & Sultana Cake with Cream	Golden Syrup Pudding	Coffee Cake & Cream	Passionfruit Cheesecake	French Vanilla Mousse & Blackberries	
<b>Soup</b>	Beef, Barley & Vegetable	Chicken & Vegetable	Zucchini & Spinach	Pea & Ham	Vegetable	
<b>Frozen or Mini #</b>	#	#	#	#	#	#
<b>Juice</b>	Orange	Apple	Apple	Apple	Orange	
<b>Milk</b>	Strawberry	Strawberry	Strawberry	Strawberry	Strawberry	
	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate	
<b>Omelette</b>	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	
<b>Pack</b>	Ham & Cheese	Ham & Cheese	Ham & Cheese	Ham & Cheese	Ham & Cheese	
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	Snack	Snack	Snack	Snack	Snack	