

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 21 October 2024

Monday 28 October 2024

PLEASE RETURN BY WEDNESDAY 2nd 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***

Meal Pack	(main, dessert, soup, juice)	\$13.50
Main Meal		\$9.00
Sandwich	<i>(must be accompanied by another item)</i>	\$2.45
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 5	Monday 21 October	Tuesday 22 October	Wednesday 23 October	Thursday 24 October	Friday 25 October	WEEKEND
A meal	Sweet & Sour Meatballs	Chicken Kiev	Vegetarian Cottage Pie	Chicken Caccatore	Curried Chicken & Rice	
B meal	Chicken & Mushroom Casserole	Beef Rissoles, Vegetables & Gravy	Curried Beef Sausages & Rice	Roast Pork, Apple Sauce & Gravy	Smoked Fish with Parsley Sauce	
Salad	Roast Beef with Potato Salad	Shrimp Cocktail with Potato Salad	Smoked Salmon with Pasta Salad	Greek Chicken Salad	Turkey & Coleslaw	
Sandwich	Ham, Cucumber & Cream Cheese	Chicken, Lettuce & Corn Relish	Corned Beef, Cheese & Pickles	Curried Egg & Lettuce	Salmon & Cucumber	
Sweets	Chocolate Cake & Cream	Fruit Salad & Custard(GF)	Peach Crumble with Custard	Sticky Date Pudding & Cream	Lemon Cheesecake & Cream	
Soup	Chicken & Vegetable	Mushroom	Cream of Tomato	Garden Stockpot	Red Lentil & Carrot	
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 6	Monday 28 October	Tuesday 29 October	Wednesday 30 October	Thursday 31 October	Friday 1 November	WEEKEND
A meal	Macaroni Cheese	Beef & Black Bean with Rice	Spinach & Feta Quiche	Pork Sausages & Creamy Mushroom Sauce	Steak & Kidney Casserole	
B meal	Cottage Pie	Lamb Rissoles & Gravy	Roast Chicken & Gravy	Chicken & Leek Hot Pot	Fish Parmigiana with Tomato and Herb Sauce	
Salad	Corned Beef with Sweet Potato Salad	Ham, Cheese & Pineapple (Coleslaw)	Shrimp Cocktail with Potato Salad	Quiche Lorraine with Coleslaw	Antipasto Platter (Salami, Pastrami, Olives & Cheese)	
Sandwich	Tuna, Lettuce & Mayo	Egg & Lettuce	Corned Beef, Cheese & Pickles	Chicken & Cheese	Ham, Cheese & Relish	
Sweets	Apple & Sultana Cake with Cream	Golden Syrup Pudding	Coffee Cake & Cream	Passionfruit Cheesecake	French Vanilla Mousse & Blackberries	
Soup	Beef, Barley & Vegetable	Chicken & Vegetable	Zucchini & Spinach	Pea & Ham	Vegetable	
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	