

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***

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

Week 3	Monday 24 March	Tuesday 25 March	Wednesday 26 march	Thursday 27 March	Friday 28 March	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 31 March	Tuesday 1 April	Wednesday 2 April	Thursday 3 April	Friday 4 April	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	Pannacotta 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	