

FROZEN MAIN MEAL MENU

\$8.60

* 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. Vegetarian Fried Rice *
9. Crumbed Fish
10. Fish & Prawn Curry *
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*

FROZEN MINI MEAL MENU

\$6.00

* Gluten Free

- A. Satay Chicken & Rice *
- B. Curried Chicken & Rice *
- C. Savoury Mince & Potato *
- D. Beef Stroganoff & Rice *
- E. Fish Pie & Potato *
- F. Chicken & Bacon Casserole & Potato*
- G. Beef & Barley Stew with Potato
- H. Chicken & Mushroom Casserole with Potato *
- I. Beef Curry & Rice *
- J. Chicken & Vegetable Casserole & Potato *

For any concerns or questions
please call

3397 9150

MENU

Name:

Run:

Week Commencing:

Monday 8 November 2021

Monday 15 November 2021

PLEASE RETURN BY WEDNESDAY 20 October 2021

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)	\$12.00
Main Meal		\$8.60
Sandwich	(must be accompanied by another item)	\$5.00
Dessert		\$2.00
Soup		\$0.80
Juice		\$0.60
Mini Meal	(frozen only)	\$6.00
Flavoured Milk	(chocolate or strawberry)	\$1.50
Snack Pack	(avail daily)	\$4.80
	<i>Inc individual cake, dried fruit, cheese & biscuits, chocolate</i>	
Breakfast Pack	(avail daily)	\$5.50
	<i>Inc. individual cereal, milk, fruit cup, yoghurt, homemade muffins</i>	
Omelette	(both flavours)	\$3.50
Muffin of the Week		\$7.00

	Monday 8 November	Tuesday 9 November	Wednesday 10 November	Thursday 11 November	Friday 12 November	WEEKEND
A meal	Honey Soy Chicken with Rice	Bacon & Cheese Quiche	Roast Lamb & Minted Gravy	Butter Chicken with Rice	Sweet & Sour Chicken with Rice	
B meal	Beef Lasagne	Beef Bangers & Mash with Onion Gravy	Vegetable Pasta Bake	Beef Rissoles, Vegetables & Gravy	Fish & Prawn Curry with Rice	
Salad	Corned Beef with Sweet Potato Salad	Egg & Cheese with Potato Salad	Smoked Salmon with Pasta Salad	Roast Pork with Sweet Potato Salad	Antipasto Platter (Salami, Pastrami, Olives & Cheese)	
Sandwich	Salmon & Cucumber	Roast Beef & Pickles	Egg, Lettuce & Mayo	Chicken Caesar Salad	Corned Beef, Cheese & Pickles	
Sweets	Pavlova, Peaches & Cream	Vanilla Mousse & Blackberries	Lemon Cheesecake	Apple Shortcake	Mango Mousse & Fruit Salad	
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	
Omelette	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate	
	Spanish	Spanish	Spanish	Spanish	Spanish	
	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	
Pack	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	Snack	Snack	Snack	Snack	Snack	
Muffins			Double Choc Muffin	Double Choc Muffin	Double Choc Muffin	

	Monday 15 November	Tuesday 16 November	Wednesday 17 November	Thursday 18 November	Friday 19 November	WEEKEND
A meal	Vegetable Lasagne	Meatballs With Satay Sauce	Chicken Fried Rice	Macaroni Cheese	Vege Tortellini & Creamy Sauce	
B meal	Curried Chicken with Rice	Lamb Curry with Rice	Roast Pork, Apple Sauce & Gravy	Beef Stroganoff	Fish Pie	
Salad	Roast Beef with Potato Salad	Ham, Cheese & Pineapple (Coleslaw)	Turkey with Rice Salad	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	French Vanilla Mousse & Raspberries	Creamed Rice & Peaches	Banana Cake	
Soup	Country Chicken Ladle	Corn & Bacon Chowder	Minestrone	Chicken & Vegetable	Garden Stockpot	
Frozen or Mini #	#	#	#	#	#	#
Juice	Orange	Apple	Apple	Apple	Orange	
Milk	Strawberry	Strawberry	Strawberry	Strawberry	Strawberry	
	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate	
Omelette	Spanish	Spanish	Spanish	Spanish	Spanish	
	Ham & Cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	
Pack	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	Snack	Snack	Snack	Snack	Snack	
Muffins			Savoury Scone	Savoury Scone	Savoury Scone	