

**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 14 March 2022**

**Monday 21 March 2022**

PLEASE RETURN BY WEDNESDAY 23 FEBRUARY 2022

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

Week 1	<b>Monday</b> 14 March	<b>Tuesday</b> 15 March	<b>Wednesday</b> 16 March	<b>Thursday</b> 17 March	<b>Friday</b> 18 March	<b>WEEKEND</b>
<b>A meal</b>	Honey Soy Chicken with Rice	Bacon & Cheese Quiche	Roast Lamb & Minted Gravy	Butter Chicken with Rice	Sweet & Sour Chicken with Rice	
<b>B meal</b>	Beef Lasagne	Beef Bangers & Mash with Onion Gravy	Vegetable Pasta Bake	Beef Rissoles, Vegetables & Gravy	Fish & Prawn Curry with Rice	
<b>Salad</b>	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)	
<b>Sandwich</b>	Salmon & Cucumber	Roast Beef & Pickles	Egg, Lettuce & Mayo	Chicken Caesar Salad	Corned Beef, Cheese & Pickles	
<b>Sweets</b>	Pavlova, Peaches & Cream	Vanilla Mousse & Blackberries	Lemon Cheesecake	Apple Shortcake	Mango Mousse & Fruit Salad	
<b>Soup</b>	Cream of Tomato	Pumpkin	Leek & Potato	Lentil & Vegetable	Cauliflower & Potato	
<b>Frozen or Mini #</b>	<b>#</b>	<b>#</b>	<b>#</b>	<b>#</b>	<b>#</b>	<b>#</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>	Spanish	Spanish	Spanish	Spanish	Spanish	
	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	
<b>Pack</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	Snack	Snack	Snack	Snack	Snack	
<b>Muffins</b>			Double Choc Muffin	Double Choc Muffin	Double Choc Muffin	

Week 2	<b>Monday</b> 21 March	<b>Tuesday</b> 22 March	<b>Wednesday</b> 23 March	<b>Thursday</b> 24 March	<b>Friday</b> 25 March	<b>WEEKEND</b>
<b>A meal</b>	Vegetable Lasagne	Meatballs With Satay Sauce	Chicken Fried Rice	Macaroni Cheese	Vege Tortellini & Creamy Sauce	
<b>B meal</b>	Curried Chicken with Rice	Lamb Curry with Rice	Roast Pork, Apple Sauce & Gravy	Beef Stroganoff	Fish Pie	
<b>Salad</b>	Roast Beef with Potato Salad	Ham, Cheese & Pineapple (Coleslaw)	Turkey with Rice Salad	Ploughman's Lunch	Corned Beef with Sweet Potato Salad	
<b>Sandwich</b>	Ham, Cream Cheese & Lettuce	Corned Beef, Lettuce & Pickles	Smoked Salmon & Cucumber	Curried Egg & Lettuce	Chicken, Lettuce & Corn Relish	
<b>Sweets</b>	Honey Cake & Greek Yoghurt	Pavlova, Berries & Cream	French Vanilla Mousse & Raspberries	Creamed Rice & Peaches	Banana Cake	
<b>Soup</b>	Country Chicken Ladle	Corn & Bacon Chowder	Minestrone	Chicken & Vegetable	Garden Stockpot	
<b>Frozen or Mini #</b>	<b>#</b>	<b>#</b>	<b>#</b>	<b>#</b>	<b>#</b>	<b>#</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>	Spanish	Spanish	Spanish	Spanish	Spanish	
	Ham & Cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	
<b>Pack</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	Snack	Snack	Snack	Snack	Snack	
<b>Muffins</b>			Savoury Scone	Savoury Scone	Savoury Scone	