

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 20 December 2021

Monday 27 December 2021 (Closed)

PLEASE RETURN BY WEDNESDAY 1 December 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 20 December	Tuesday 21 December	Wednesday 22 December	Thursday 23 December	
A meal	Honey Soy Chicken with Rice	Bacon & Cheese Quiche	Roast Lamb & Minted Gravy	Roast Turkey, Cranberry & Gravy	LAST DELIVERY THURSDAY 23 DECEMBER 2021
B meal	Beef Lasagne	Beef Bangers & Mash with Onion Gravy	Vegetable Pasta Bake		FIRST DELIVERY TUESDAY 4 JANUARY 2022
Salad	Corned Beef with Sweet Potato Salad	Egg & Cheese with Potato Salad	Smoked Salmon with Pasta Salad	Shrimp Cocktail & Potato Salad	
Sandwich	Salmon & Cucumber	Roast Beef & Pickles	Egg, Lettuce & Mayo	Chicken Caesar Salad	
Sweets	Pavlova, Peaches & Cream	Vanilla Mousse & Blackberries	Lemon Cheesecake	Plum Pudding with Custard	
Soup	Cream of Tomato	Pumpkin	Leek & Potato	Vegetable	
Frozen or Mini #	#	#	#	#	
Juice	Orange	Apple	Apple	Apple	
Milk	Strawberry	Strawberry	Strawberry	Strawberry	
	Chocolate	Chocolate	Chocolate	Chocolate	
	Spanish	Spanish	Spanish	Spanish	
Omelette	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	
Pack	Breakfast	Breakfast	Breakfast	Breakfast	
	Snack	Snack	Snack	Snack	
Muffins			Double Choc Muffin	Double Choc Muffin	

If you have not ordered frozen meals for the Christmas break and wish to please contact us as soon as possible
3397 9150

MERRY CHRISTMAS

