

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 22 November 2021

Monday 29 November 2021

PLEASE RETURN BY WEDNESDAY 12th August 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 22 November	Tuesday 23 November	Wednesday 24 November	Thursday 25 November	Friday 26 November	WEEKEND
A meal	Vegetable Fritters, Tomato & Herb sauce	Bacon & Cheese Quiche	Sweet & Sour Chicken	Cottage Pie	Beef Stroganoff	
B meal	Chicken Chow Mein	Beef & Barley Casserole	Vegetable Curry with Potato & Lentils	Roast Chicken & Gravy	Crumbed Fish & Chips	
Salad	Ham, Cheese & Pineapple with Coleslaw	Lamb Kebab & Tabbouleh Salad	Meatloaf & Pickles with Potato Salad	Tuna & Rice Salad	Corned Beef & Potato Salad	
Sandwich	Ham, Cheese & Mustard	Chicken, Cheese & Tomato Relish	Roast Beef & Pickles	Salmon and Salad	Pastrami & Pickles	
Sweets	Carrot Cake & Cream	Fruit Salad, Jelly & Chantilly Cream	Peach Crumble & Custard	Coconut Rice Pudding & Mango	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	
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			Apple & Cinnamon	Apple & Cinnamon	Apple & Cinnamon	

	Monday 29 November	Tuesday 30 November	Wednesday 1 December	Thursday 2 December	Friday 3 December	WEEKEND
A meal	Vegetable Cottage Pie	Steak & Kidney Casserole	Roast Lamb & Minted Gravy	Zucchini & Corn Prittata	Spinach & Feta Quiche	
B meal	Meatballs, Italian Tomato Sauce & Pasta	Pork Sausages & Onion Gravy	Chicken & Mushroom Risotto	Mongolian Lamb	Fish & Prawn Curry with Rice	
Salad	Antipasto Platter (Salami, Pastrami, Olives, Cheese)	Chicken in Caesar Dressing & Pasta Salad	Ploughman's Lunch	Turkey & Rice Salad	Ham, Cheese & Pineapple with Coleslaw	
Sandwich	Corned Beef, Lettuce & Pickles	Curried Egg & Lettuce	Ham, Cheese & Mustard	Chicken, Lettuce & Mayo	Cheese & Tomato Relish	
Sweets	Apple Cake & Cream	Pannacotta with Peaches	Strawberry Cheesecake & Cream	Apple Crumble & Custard	Choc & Raspberry Lamington & Cream	
Soup	Leek & Potato	Spinach & Potato	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	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			Fruit Score	Fruit Score	Fruit Score	