

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 3 January 2022

Monday 10 January 2022

PLEASE RETURN BY WEDNESDAY 1st 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 3 January	Tuesday 4 January	Wednesday 5 January	Thursday 6 January	Friday 7 January	WEEKEND
A meal		Beef Rissoles & Gravy	Bacon & Cheese Quiche	Vegetable Fritters, Italian & Herb Tomato Sauce	Beef Stroganoff	
B meal		Vegetable Lasagne	Cottage Pie	Roast Chicken & Gravy	Crumbed Fish & Chips	
Salad		Tuna & Rice Salad	Meatloaf & Pickles with Potato Salad	Ham, Cheese & Pineapple Salad with Coleslaw	Corned Beef & Potato Salad	
Sandwich		Chicken, Cheese & Tomato Relish	Roast Beef & Pickles	Salmon and Salad	Pastrami & Pickles	
Sweets		Pavlova, Peaches & Cream	Fruit Salad & Custard	Vanilla Mousse & Blackberries	Chocolate Mudcake & Cream	
Soup		Tomato	Chicken & Corn	Spinach & Potato	Vegetable & Split Pea	
Frozen or Mini #	#	#	#	#	#	#
Juice	Apple	Apple	Apple	Apple	Orange	
Milk	Strawberry	Strawberry	Strawberry	Strawberry	Strawberry	
Omelette	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate	
	Spanish	Spanish	Spanish	Spanish	Spanish	
Pack	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Muffins	Snack	Snack	Snack	Snack	Snack	
	Apple & Cinnamon	Apple & Cinnamon	Apple & Cinnamon	Apple & Cinnamon	Apple & Cinnamon	

	Monday 10 January	Tuesday 11 January	Wednesday 12 January	Thursday 13 January	Friday 14 January	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	Panna cotta 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	