

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 6 December 2021

Monday 13 December 2021

PLEASE RETURN BY WEDNESDAY 25 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 6 December	Tuesday 7 December	Wednesday 8 December	Thursday 9 December	Friday 10 December	WEEKEND
A meal	Sweet & Sour Meatballs	Chicken Caccatore	Vegetable Fried Rice	Meatballs & Satay Sauce	Beef Curry	
B meal	Chicken & Mushroom Casserole	Beef Rissoles, Vegetables & Gravy	Pork Sausages with Creamy Mushroom Sauce	Roast Pork, Apple Sauce & Gravy	Smoked Cod with Parsley Sauce	
Salad	Roast Beef with Potato Salad	Shrimp Cocktail with Potato Salad	Smoked Salmon with Pasta Salad	Calamari & Greek Salad	Turkey & Rice Salad	
Sandwich	Ham, Cucumber & Cream Cheese	Chicken, Corn Relish & Lettuce	Salmon & Cucumber	Curried Egg & Lettuce	Corned Beef, Cheese & Pickles	
Sweets	Chocolate Cake & Cream	Fruit Salad & Custard	Peach Crumble with Custard	Sticky Date Pudding & Cream	Lemon Cheesecake & Cream	
Soup	Chicken & Vegetable	Mushroom	Tomato	Garden Stockpot	Red Lentil & Carrot	
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			Mango & Coconut Muffin	Mango & Coconut Muffin	Mango & Coconut Muffin	

	Monday 13 December	Tuesday 14 December	Wednesday 15 December	Thursday 16 December	Friday 17 December	WEEKEND
A meal	Macaroni Cheese	Spinach & Feta Quiche	Beef & Black Bean with Rice	Curried Pork Sausages & Rice	Steak & Kidney Casserole	
B meal	Lamb Rissoles & Gravy	Cottage Pie	Roast Chicken & Gravy	Chicken & Leek Hot Pot	Fish Parmigiana with Tomato and Herb Sauce	
Salad	Corned Beef with Sweet Potato Salad	Ham, Cheese & Pineapple (Coleslaw)	Shrimp Cocktail with Potato Salad	Quiche Lorraine with Coleslaw	Antipasto Platter (Salami, Prosciutto, Olives & Cheese)	
Sandwich	Tuna, Lettuce & Mayo	Egg & Lettuce	Corned Beef, Cheese & Pickles	Chicken & Cheese	Ham, Cheese & Relish	
Sweets	Apple & Sultana Cake with Cream	Carrot Cake & Cream	Vanilla Mousse & Blackberries	Passionfruit Cheesecake	Coffee Cake & Cream	
Soup	Beef, Barley & Vegetable	Chicken & Vegetable	Zucchini & Spinach	Pea & Ham	Vegetable	
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			Peach & Sultana Muffin	Peach & Sultana Muffin	Peach & Sultana Muffin	