

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 18 July 2022

Monday 25 July 2022

PLEASE RETURN BY WEDNESDAY 29 June 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***

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

Week 1		Monday 18 July	Tuesday 19 July	Wednesday 20 July	Thursday 21 July	Friday 22 July	WEEKEND
A meal	Honey Soy Chicken with Rice	Bacon & Cheese Quiche	Roast Lamb & Minted Gravy	Butter Chicken with Rice	Sweet & Sour Chicken with Rice		
B meal	Beef Lasagne	Beef Bangers & Mash with Onion Gravy	Vegetable Pasta Bake	Beef Rissoles, Vegetables & Gravy	Fish & Prawn Curry with Rice		
Salad	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)		
Sandwich	Salmon & Cucumber	Roast Beef & Pickles	Egg, Lettuce & Mayo	Chicken Caesar Salad	Corned Beef, Cheese & Pickles		
Sweets	Pavlova, Peaches & Cream	Lemon Meringue Pie (GF)	Lemon Cheesecake	Apple Shortcake	Mango Mousse & Fruit Salad		
Soup	Cream of Tomato	Pumpkin	Leek & Potato	Lentil & Vegetable	Cauliflower & Potato		
Frozen or Mini #	#	#	#	#	#	#	#
Juice	Orange	Apple	Apple	Apple	Orange		
Milk	Strawberry	Strawberry	Strawberry	Strawberry	Strawberry		
	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate		
Omelette	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive		
	Ham & Cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese		
Pack	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
	Snack	Snack	Snack	Snack	Snack		
Muffins			Double Choc Muffin	Double Choc Muffin	Double Choc Muffin		

Week 2		Monday 25 July	Tuesday 26 July	Wednesday 27 July	Thursday 28 July	Friday 29 July	WEEKEND
A meal	Vegetable Lasagne	Meatballs With Satay Sauce	Chicken Fried Rice	Macaroni Cheese	Vege Tortellini & Creamy Sauce		
B meal	Cottage Pie	Bacon & Mushroom Risotto	Roast Pork, Apple Sauce & Gravy	Beef Stroganoff	Fish Pie		
Salad	Roast Beef with Potato Salad	Ham, Cheese & Pineapple (Coleslaw)	Turkey with Rice Salad	Ploughman's Lunch	Corned Beef with Sweet Potato Salad		
Sandwich	Ham, Cream Cheese & Lettuce	Corned Beef, Lettuce & Pickles	Smoked Salmon & Cucumber	Curried Egg & Lettuce	Chicken, Lettuce & Corn Relish		
Sweets	Honey Cake & Greek Yoghurt	Pavlova, Berries & Cream (GF)	French Vanilla Mousse & Raspberries (GF)	Creamed Rice & Peaches (GF)	Banana Cake		
Soup	Country Chicken Ladle	Corn & Bacon Chowder	Minestrone	Chicken & Vegetable	Garden Stockpot		
Frozen or Mini #	#	#	#	#	#	#	#
Juice	Orange	Apple	Apple	Apple	Orange		
Milk	Strawberry	Strawberry	Strawberry	Strawberry	Strawberry		
	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate		
Omelette	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive		
	Ham & Cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese		
Pack	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
	Snack	Snack	Snack	Snack	Snack		
Muffins			Savoury Scone	Savoury Scone	Savoury Scone		