

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 1 August 2022

Monday 8 August 2022

PLEASE RETURN BY WEDNESDAY 13th July 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 3	Monday 1 August	Tuesday 2 August	Wednesday 3 August	Thursday 4 August	Friday 5 August	WEEKEND
A meal	Vegetable Fritters, Tomato & Herb sauce	Bacon & Cheese Quiche	Sweet Potato & Spinach Slice	Vegetable Curry Potato & Lentil	Beef Stroganoff	
B meal	Chicken Chow Mein	Beef & Barley Casserole	Curried Chicken with Rice	Roast Chicken & Gravy	Crumbed Fish & Chips	
Salad	Ham, Cheese & Pineapple with Coleslaw	Lamb Kebab & Tabbouleh Salad	Meatloaf & Pickles with Potato Salad	Egg & Cheese Potato Salad	Corned Beef & Potato Salad	
Sandwich	Chicken, Cheese & Tomato Relish	Ham, Cheese & Mustard	Roast Beef & Pickles	Salmon and Salad	Pastrami & Pickles	
Sweets	Carrot Cake & Cream	Fruit Salad, Jelly & Chantilly Cream	Peach Crumble & Custard	Tyrife	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	
	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			Apple & Cinnamon	Apple & Cinnamon	Apple & Cinnamon	

Week 4	Monday 8 August	Tuesday 9 August	Wednesday 10 August	Thursday 11 August	Friday 12 August	WEEKEND
A meal	Vegetarian Cottage Pie	Steak & Kidney Casserole	EXHIBITION WEDNESDAY	Spinach & Peta Quiche	Sweet & Sour Chicken & Rice	
B meal	Meatballs, Italian Tomato Sauce & Pasta	Pork Sausages & Onion Gravy	No delivery today	Mongolian Lamb with Rice	Fish & Prawn Curry with Rice	
Salad	Antipasto Platter (Salami, Pastrami, Olives, Cheese)	Chicken in Caesar Dressing & Pasta Salad	Do you require a FROZEN Meal or mini meal	Turkey & Potato Salad	Ham, Cheese & Pineapple with Coleslaw	
Sandwich	Corned Beef, Lettuce & Pickles	Ham, Cheese & Mustard	FROZEN Number _____	Cheese, Tomato & Relish	Chicken, Lettuce & Mayo	
Sweets	Apple Cake & Cream	Pannacotta with Peaches	MINI MEAL Lettier_____	Fruit Salad & Custard	Crème Caramel	
Soup	Leek & Potato	Tomato		Lentil & Vegetable	Chicken & Corn	
Frozen or Mini #	#	#	List of frozen and Mini meals	#	#	#
Juice	Orange	Apple	are on	Apple	Orange	
	Strawberry	Strawberry	the back	Strawberry	Strawberry	
Milk	Chocolate	Chocolate	of this	Chocolate	Chocolate	
	Cheese & Chive	Cheese & Chive	menu	Cheese & Chive	Cheese & Chive	
Omelette	Ham & cheese	Ham & cheese		Ham & cheese	Ham & cheese	
	Breakfast	Breakfast		Breakfast	Breakfast	
Pack	Snack	Snack		Snack	Snack	
				Fruit Score	Fruit Score	
Muffins						