

FROZEN MAIN MEAL MENU

\$9.00

* 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: Driscoll, Mary

Pick Up

Week Commencing:

Monday 6 November 2023

Monday 11 November 2023

PLEASE RETURN BY WEDNESDAY 18 October 2023

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)	\$12.40
Main Meal		\$9.00
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 6 November	Tuesday 7 November	Wednesday 8 November	Thursday 9 November	Friday 10 November	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(GP)	Peach Crumble & Custard	Trifle	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	
Pack	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	
Pack	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	
Pack	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Muffins	Snack	Snack	Snack	Snack	Snack	
Muffins		Apple & Cinnamon (Pk of 6)	Apple & Cinnamon (Pk of 6)	Apple & Cinnamon (Pk of 6)	Apple & Cinnamon (Pk of 6)	

Week 4	Monday 13 November	Tuesday 14 November	Wednesday 15 November	Thursday 16 November	Friday 17 November	WEEKEND
A meal	Vegetarian Cottage Pie	Steak & Kidney Casserole	Roast Lamb & Minted Gravy	Spinach & Peta Quiche	Sweet & Sour Chicken & Rice	
B meal	Meatballs, Italian Tomato Sauce & Pasta	Pork Sausages & Onion Gravy	Chicken & Mushroom Risotto	Mongolian Lamb with Rice	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	Ham, Cheese & Mustard	Curried Egg & Lettuce	Cheese, Tomato & Relish	Chicken, Lettuce & Mayo	
Sweets	Apple Cake & Cream	Pannacotta with Peaches	Strawberry Cheesecake & Cream	Apple Crumble & Custard	Crème Caramel	
Soup	Leek & Potato	Tomato	Chicken Noodle	Lentil & Vegetable	Chicken & Corn	
Frozen or Mini #	#	#	#	#	#	#
Juice	Orange	Apple	Apple	Apple	Orange	
Milk	Strawberry	Strawberry	Strawberry	Strawberry	Strawberry	
Omelette	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate	
Pack	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	Cheese & Chive	
Pack	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese	
Pack	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Muffins	Snack	Snack	Snack	Snack	Snack	
Muffins		Snack	Fruit Soone (Pk of 6)	Snack	Fruit Soone (Pk of 6)	
Muffins		Snack	Fruit Soone (Pk of 6)	Snack	Fruit Soone (Pk of 6)	