

**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 4 July 2022**

**Monday 11 July 2022**

**PLEASE RETURN BY WEDNESDAY 15 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***

<b>Meal Pack</b>	(main, dessert, soup, juice)	\$12.00
<b>Main Meal</b>		\$8.60
<b>Sandwich</b>	(must be accompanied by another item)	\$5.00
<b>Dessert</b>		\$2.00
<b>Soup</b>		\$0.80
<b>Juice</b>		\$0.60
<b>Mini Meal</b>	(frozen only)	\$6.00
<b>Flavoured Milk</b>	(chocolate or strawberry)	\$1.50
<b>Snack Pack</b>	(avail daily)	\$4.80
	<i>Inc individual cake, dried fruit, cheese &amp; biscuits, chocolate</i>	
<b>Breakfast Pack</b>	(avail daily)	\$5.50
	<i>Inc. individual cereal, milk, fruit cup, yoghurt, homemade muffins</i>	
<b>Omelette</b>	(both flavours)	\$3.50
<b>Muffin of the Week</b>		\$7.00

<b>Week 5</b>	<b>Monday</b> 4 July	<b>Tuesday</b> 5 July	<b>Wednesday</b> 6 July	<b>Thursday</b> 7 July	<b>Friday</b> 8 July	<b>WEEKEND</b>
<b>A meal</b>	Sweet & Sour Meatballs	Chicken Cacciatore & Pasta	Vegetable Fried Rice	Zucchini & Corn Frittata	Beef Curry	
<b>B meal</b>	Chicken & Mushroom Casserole	Beef Rissoles, Vegetables & Gravy	Pork Sausages with Creamy Mushroom Sauce	Roast Pork, Apple Sauce & Gravy	Smoked Cod with Parsley Sauce	
<b>Salad</b>	Roast Beef with Potato Salad	Shrimp Cocktail with Potato Salad	Smoked Salmon with Pasta Salad	Calamari & Greek Salad	Turkey & Rice Salad	
<b>Sandwich</b>	Ham, Cucumber & Cream Cheese	Chicken, Lettuce & Corn Relish	Corned Beef, Cheese & Pickles	Curried Egg & Lettuce	Salmon & Cucumber	
<b>Sweets</b>	Chocolate Cake & Cream	Fruit Salad & Custard	Peach Crumble with Custard	Sticky Date Pudding & Cream	Lemon Cheesecake & Cream	
<b>Soup</b>	Chicken & Vegetable	Mushroom	Tomato	Garden Stockpot	Red Lentil & Carrot	
<b>Frozen or Mini #</b>	#	#	#	#	#	#
<b>Juice</b>	Orange	Apple	Apple	Apple	Orange	
<b>Milk</b>	Strawberry	Strawberry	Strawberry	Strawberry	Strawberry	
	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate	
<b>Omelette</b>	<b>Cheese &amp; Chive</b>	<b>Cheese &amp; Chive</b>	<b>Cheese &amp; Chive</b>	<b>Cheese &amp; Chive</b>	<b>Cheese &amp; Chive</b>	
	Ham & Cheese	Ham & Cheese	Ham & Cheese	Ham & Cheese	Ham & Cheese	
<b>Pack</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	Snack	Snack	Snack	Snack	Snack	
<b>Muffins</b>			Mango & Coconut Muffin	Mango & Coconut Muffin	Mango & Coconut Muffin	

<b>Week 6</b>	<b>Monday</b> 11 July	<b>Tuesday</b> 12 July	<b>Wednesday</b> 13 July	<b>Thursday</b> 14 July	<b>Friday</b> 15 July	<b>WEEKEND</b>
<b>A meal</b>	Macaroni Cheese	Spinach & Feta Quiche	Beef & Black Bean with Rice	Curried Pork Sausages & Rice	Steak & Kidney Casserole	
<b>B meal</b>	Lamb Rissoles & Gravy	Cottage Pie	Roast Chicken & Gravy	Chicken & Leek Hot Pot	Fish Parmigiana with Tomato and Herb Sauce	
<b>Salad</b>	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)	
<b>Sandwich</b>	Tuna, Lettuce & Mayo	Egg & Lettuce	Corned Beef, Cheese & Pickles	Chicken & Cheese	Ham, Cheese & Relish	
<b>Sweets</b>	Apple & Sultana Cake with Cream	Golden Syrup Pudding	Coffee Cake & Cream	Passionfruit Cheesecake	French Vanilla Mousse & Blackberries	
<b>Soup</b>	Beef, Barley & Vegetable	Chicken & Vegetable	Zucchini & Spinach	Pea & Ham	Vegetable	
<b>Frozen or Mini #</b>	#	#	#	#	#	#
<b>Juice</b>	Orange	Apple	Apple	Apple	Orange	
	Strawberry	Strawberry	Strawberry	Strawberry	Strawberry	
<b>Milk</b>	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate	
	<b>Cheese &amp; Chive</b>	<b>Cheese &amp; Chive</b>	<b>Cheese &amp; Chive</b>	<b>Cheese &amp; Chive</b>	<b>Cheese &amp; Chive</b>	
<b>Omelette</b>	Ham & Cheese	Ham & Cheese	Ham & Cheese	Ham & Cheese	Ham & Cheese	
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
<b>Pack</b>	Snack	Snack	Snack	Snack	Snack	
			Peach & Sultana Muffin	Peach & Sultana Muffin	Peach & Sultana Muffin	