


QTY	FROZEN MAIN MEALS	
	Roast Lamb with mint sauce & gravy, Roast Potato / Pumpkin / Carrot & Beans	GF
	Roast Beef with Roast Potato / Pumpkin / Carrot, Green Beans & Gravy	GF
	Roast Chicken with Roast Potato / Pumpkin / Carrot, Green Beans & Gravy	GF
	Baked Barra with Lemon Butter Sauce, Vegetable Bake & Beans	
	Baked Snapper with Hollandaise Sauce, Vegetable Bake & Beans	
	Beef Mince Pie with Mushy Peas & Mash	
	Chicken Mignon with Potato Bake & Seasonal Vegetables	GF
	Honey Mustard Chicken with Potato Bake & Seasonal Vegetables	GF
	Beef Rissoles with Mashed potato & Seasonal Vegetables	
	Braised Sausage & Onion with Mashed Potato & Seasonal Vegetables	
	Braised Steak & Onion with Mashed Potato & Seasonal Vegetables	GF
	Pork & Apple Rissoles with Mashed Potato & Seasonal Vegetables	
	Curried Pork Sausages with stirfry vegetables and rice	
	Corned Silverside with Cabbage & White Sauce, Mash & Seasonal Vegetables	
	Teriyaki Chicken Drumettes with stirfried rice	GF
	Bacon Pumpkin Spinach Feta Frittata	GF
	Cottage Pie	
	Spaghetti Bolognese	
	Lamb Shank Ragù with Fettuccine	DF
	Home made Beef Lasagne	
	Swedish Meatballs with Boiled Potato & Green Beans	
	Pork Loins in Bread Sauce, Mash & Seasonal Vegetables	
	Creamy Chicken Pie with mashed potato & Seasonal Vegetables	
	Massaman Beef Balls with Steamed Rice	GF
	Middle Eastern Chicken with Cous Cous and Vegetables	
	Hoison Pork Stirfry with Noodles & Vegetables	GF
	Chorizo Casserole	GF
	Seafood Pasta Bake (no crustaceans)	
	<b>CHEF'S Monthly Special</b> Garlic Chicken Casserole	
	<b>TOTAL Number of Main Meals</b>	

QTY	FRESH LARGE SALAD BOWL	
	Ham Salad	Lettuce, Egg, Cucumber, Tomato, Carrot, Beetroot, Coleslaw & Pasta Salad 
	Chicken Salad	
	Egg Salad	
	Chicken Caesar Salad	Cos Lettuce, Bacon, Croutons, Chicken, Egg
	<b>TOTAL Number of Salads</b>	

\* FREE DELIVERY with MINIMUM OF 5 MAINS  
 \* DELIVERY WINDOW BETWEEN 8 AM AND 12.30 PM - we can not leave deliveries  
 \* ORDERS MUST BE PLACED BY 10AM THE DAY PRIOR

**3269 2073**

COMPLIMENTARY MILK with minimum order

MILK   
  LITE MILK   
  LAC FREE MILK   
  LAC FREE LITE MILK

Office Hours Mon to Fri  
7am and 2pm

FROZEN Lunches		QTY
Potato Bake	V GF	
Homemade Sausage Rolls		
Vegetable Bake	V	
Stir Fried Rice	V GF	
Chicken Wings		
<b>Spinach Ricotta Pastry Rolls</b>	<small>CHEF'S Monthly Special</small> V	
Mini Salads MUST be ordered the day before		
Rainbow Salad	V	
Traditional Pasta Salad	V	
<b>Total Number of Lunches</b>		

FROZEN Desserts		QTY
Pineapple/Apple Strudel & Custard	V	
Peach & Mango Cheesecake	V	
Lemon Slice	V	
Chocolate Mousse	V GF	
Carrot Cake	V nuts	
Creamed Rice	V GF	
Tropical Pavlova	V GF	
Apple Slice	V	
<b>Banana Caramel Cake</b>	<small>CHEF'S Monthly Special</small> V	
<b>Total Number of Desserts</b>		

HomeStyle FROZEN Soups with bread roll		QTY
Coconut Cauliflower Curry		
Creamy Tomato	GF	
Cream of Chicken		
Pumpkin	GF	
Pea & Ham	GF	
<b>Total Number of Soups</b>		

7 DAY BREAKFAST PACK		QTY
INCLUDES: 7 X ASSORTED SINGLE SERVE CEREALS, 1 X 1 LITRE MILK & 1 JAR OF FRUIT		

		HOME CARE PACKAGE*	\$
MAINS / SALADS	\$6	\$ 4.00	
LUNCHES / MINI SALAD	\$3	\$ 2.50	
DESSERTS	\$2	\$ 1.50	
SOUPS	\$1	\$ 1.00	
BREAKFAST PACK	\$10	\$ 5.50	
* PRICING AS AT 01/08/2024		TOTAL \$	

NAME: \_\_\_\_\_

DELIVERY DAY AND DATE \_\_\_\_\_

Pick Up this order from \_\_\_\_\_