


QTY	FROZEN MAIN MEALS	
	Roast Lamb with mint sauce & gravy, Roast Potato / Pumpkin / Carrot & Beans	GF
	Roast Pork with apple sauce, Roast Potato / Pumpkin / Carrot, Green Beans & Gravy	GF
	Lamb Shank Ragu with Fettuccine	DF
	Chicken Mignon with Potato Bake & Seasonal Vegetables	GF
	Garlic Chicken Casserole	
	Braised Sausage & Onion with Mashed Potato & Seasonal Vegetables	
	Roast Beef with Roast Potato / Pumpkin / Carrot, Green Beans & Gravy	GF
	Spaghetti Bolognese	
	Baked Barra with Lemon Butter Sauce, Vegetable Bake & Beans	
	Homemade Beef Lasagne	
	Beef Mince Pie with Mushy Peas & Mash	
	Curried Pork Sausages with stirfry vegetables and rice	
	Pork & Apple Rissoles with Mashed Potato & Seasonal Vegetables	
	Cottage Pie	GF
	Corned Silverside with Cabbage & White Sauce, Mash & Seasonal Vegetables	
	Baked Snapper with Hollandaise Sauce, Vegetable Bake & Beans	
	Traditional Beef Casserole	
	Beef Rissoles with Mashed potato & Seasonal Vegetables	
	Teriyaki Chicken Drumettes with stirfried rice	GF
	Roast Chicken with Roast Potato / Pumpkin / Carrot, Green Beans & Gravy	GF
	Honey Mustard Chicken with Potato Bake & Seasonal Vegetables	GF
	Tender Beef Stir Fry with noodles and vegetables	
	Braised Steak & Onion with Mashed Potato & Seasonal Vegetables	GF
	Creamy Chicken Curry with rice	
	Lambs Fry & Bacon with Mashed potato & peas	
	Lemon Chicken Balls with rice & stirfried vegetables	
	Meatloaf with Mashed Potato & Seasonal Vegetables	
	Bacon Pumpkin Spinach Feta Frittata	GF
	CHEF'S Monthly Special Chicken Lasagne OR Shepherds Pie	
	TOTAL Number of Main Meals	

QTY	FRESH LARGE SALAD BOWL - Advance order required	
	Ham Salad	Lettuce, Egg, Cucumber, Tomato, Carrot, Beetroot, Cheese, Coleslaw 
	Chicken Salad	
	Egg Salad	
	Chicken Caesar Salad	Cos Lettuce, Bacon, Croutons, Chicken, Egg, Parmesan, Dressing
	TOTAL Number of Salads	

* 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

FULL CREAM	LITE MILK	LAC FREE FULL	LAC FREE LITE	NONE
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ENTERED CHECKED PACKED

Office Hours Mon to Fri
7am and 2pm

FROZEN Lunches		QTY
Stir Fried Rice	V GF	
Homemade Sausage Rolls		
Potato Bake	V GF	
Vegetable Bake	V	
Chicken Wings		
CHEF'S Monthly Special Lemongrass Chicken Drumettes		
Mini Salads - Advance order required		
Rainbow Salad	V	
Potato, Egg & Bacon Salad		
Total Number of Lunches		

FROZEN Desserts		QTY
Apple Crumble	V	
Bread & Butter Pudding	V	
Berry Cheesecake	V	
Creamed Rice	V GF	
Sticky Date Pudding	V nuts	
Chocolate Mousse	V GF	
Blueberry Crumble Cake	V	
Carrot Cake	V	
CHEF'S Monthly Special Mint Choc Slice	V	
Total Number of Desserts		

HomeStyle FROZEN Soups with bread roll		QTY
Pea & Ham	GF	
Cream of Chicken		
Creamy Pumpkin	GF	
Beef & Veg		
Coconut Cauliflower Curry		
Creamy Tomato	GF	
NO BREAD ROLLS		
Total Number of Soups		

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