



Name \_\_\_\_\_

**Main Meal Selection**

Quantity \_\_\_\_\_

(Please Tick Selections)

Beef		
Beef & Potato Hot Pot	GF	
Beef Black Bean		
Beef Goulash	GF/LS	
Beef Lasagne		
Beef Meatballs & Penne Pasta		
Beef Stew	GF	
Beef Stir Fry		
Beef Stroganoff & Pasta	LS	
Bolognese		
Braised Beef & Egg plant	GF/LS	
Corned Silverside		
Cottage Pie		
Curried Sausages		
Fair Dinkum Meat Pie		
Meatloaf	LS	
Rissoles	GF	
Roast Beef	GF	
Sausage & Mash		
Steak & Mushroom Pie	LS	
Veal Schnitzel & Gravy		

Chicken		
Apricot Chicken		
BBQ Chicken Cutlets	GF/LS	
Butter Chicken	GF/LS	
Chicken & Mushroom Pie	GF/LS	
Chicken Casserole	GF	
Chicken Chow Mein		
Chicken Kiev		
Chicken Schnitzel with Gravy		
Chinese Chicken & Cashews		
Curried Chicken		
Honey Soy Chicken		
Roast Chicken	GF/LS	
Satay Chicken	LS	
Sweet & Sour Chicken		

Premium Meal Range		
Creamy Pesto Chicken with Penne Pasta & Chargrilled Vegetables		
Grilled Barramundi Fillet with Ginger & Lime Butter	GF/LS	
Honey Curry Chicken		
Lamb Shanks with Mashed Potato	GF	
Pan Grilled Chicken Breast, with Grain Mustard Sauce	LS	
Pulled Pork with Potato Gratin	GF	

Lamb		
Curried Lamb		
Irish Lamb Stew	GF	
Lamb & Cauliflower Casserole	GF/LS	
Lamb Rissoles		
Lamb Schnitzel		
Lamb, Potato & Mushroom Pie	LS	
Roast Lamb	GF	

Pork		
Bacon & Potato Slice	GF	
Macaroni Ham & Cheese		
Pork Meatball / Mushroom Sauce	GF	
Pork Schnitzel/Mushroom Sauce	LS	
Quiche Lorraine		
Roast Pork,	GF/LS	
Stuffed Baked Potato with Pork	GF/LS	
Sweet & Sour Pork		

Seafood		
Baked fish w/Lemon Sauce		
Crumbed Fish & Wedges		
Curried Prawns		
Fish with Mustard Sauce		
Salmon Frittata	GF/LS	
Tuna Mornay		

Vegetarian		
Pumpkin & Cheese Arancini		
Pumpkin/Spinach Frittata	GF	
Spinach & Feta Pie		
Spinach & Ricotta Cannelloni	LS	
Vegetable Pasta Bake		
Zucchini & Corn Fritter	LS	

Breakfast Range		
Full English Breakfast (Bacon, Egg, Sausage, Baked Beans & Mushrooms)		

Desserts		
Apple & Sultana Crumble		
Apple & Blueberry Crumble		
Apple Crumble		
Baked Vanilla Rice Pudding		
Banana Pudding & Caramel Sauce		
Black Forest Cheesecake		
Bread & Butter Pudding		
Butterscotch, Pudding & Custard		
Caramel Mousse		
Chocolate Mousse		
Chocolate Mud Cake & Custard		
Golden Syrup Dumpling		
Jelly & Peaches with Custard		
Lemon Pudding & Custard		
Pavlova		
Sticky Date with Caramel Sauce		
Tiramisu		

Snack Packs		
Fried Rice (GF)		
Macaroni Cheese		
Potato Bake (GF)		
Spaghetti Bolognese		

Soups with Dinner Roll		
Chicken & Veg Soup		
Curried Lentil Soup		
Minestrone Soup		
Pea & Ham Soup		
Potato, Leek & Bacon		
Pumpkin Soup		
Thick Beef Soup		

Sandwiches		
Chicken, Cheese & Mayo		
Ham, Cheese & Pickle		
Roast Beef, Cheese & Relish		

**Low Salt (LS)**  
**Gluten Free (GF)**  
**\*\*\*Discontinuing**



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 Delivery: \_\_\_\_\_  
 Run: \_\_\_\_\_  
 Entered \_\_\_\_\_



## Mini Meal Selection

Name \_\_\_\_\_  
 Quantity \_\_\_\_\_

(Please Tick Selections)

Beef Mini Meals		
Beef & Red Wine Casserole		
Beef Lasagne	LS	
Beef Meatballs & Penne Pasta		
Curried Sausages		
Rissoles	LS	
Roast Beef		
Sausages, Mash & Onion Gravy		
Savoury Mince	GF	
Steak & Mushroom Pie		

Lamb Mini Meals		
French Lamb Casserole		
Lamb & Mint Rissole		
Lamb & Rosemary Pie		
Roast Lamb	GF/LS	
Shepherds Pie	GF	

Pork Mini Meals		
Pork & Apple Casserole	GF/LS	
Pork Steak with Honey Soy		
Roast Pork	GF/LS	
Sweet & Sour Pork	GF/LS	

Chicken Mini Meals		
Apricot Chicken	LS	
Butter Chicken	LS	
Chicken & Leek Casserole	LS	
Chicken Mornay	LS	
Chicken Schnitzel		
Honey Curry Chicken		
Roast Chicken		

Seafood Mini Meals		
Battered Fish & Wedges		
Curried Prawns		
Tuna Mornay		

Vegetarian Mini Meals		
Macaroni Cheese		
Pumpkin & Mushroom Arancini		
Vegetable Pasta Bake		

**\*\*\*Discontinuing**

**Low Salt (LS)**

**Gluten Free (GF)**



## Modified Meal Selection (Pureed Meals)

(Please Tick Selections)

Baked Fish with Bearnaise Sauce		
BBQ Chicken Cutlets	GF/LS	
Chicken Teriyaki		
Corned Beef with White Sauce		
Gnocchi w/Creamy Tomato Sauce	LS	

Macaroni Ham & Cheese		
Pork Cassoulet (Casserole)		
Pork Schnitzel/ Mushroom Sauce	LS	
Pumpkin & Cheese Arancini		
Roast Beef, Vegetables & Gravy	GF	

Roast Chicken Vegetables & Gravy	GF/LS
Roast Lamb, Vegetables & Gravy	GF/LS
Salmon Frittata	GF/LS
Spaghetti Bolognese	LS
Spinach & Ricotta Cannelloni	LS

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