



**Run:**

**Name:**

**Date & day of delivery:**

|  |  |   |  |
|--|--|---|--|
| <b>ASIAN STYLE MEALS</b> portion size 350-360g |  | <b>VEGETARIAN MEALS</b> portion size 350-360g |  |
| BEEF STIR FRY with RICE NOODLES                |  | SPAGHETTI VEGANAISE                           |  |
| CHICKEN CHOW MEIN                              |  | SPINACH & RICOTTA CANNELONI (LS)              |  |
| HONEY SOY GLAZED PORK & RICE (LS)              |  | VEGE RISOTTO with MUSHROOM (GF) (LS)          |  |
| <b>BEEF MEALS</b> portion size 350-360g        |  | VEGE PARMI                                    |  |
| BANGERS & MASH                                 |  | ZUCCHINI & CORN FRITTERS                      |  |
| BEEF GOULASH (GF) (SR)                         |  |   |  |
| RISSOLES & GRAVY                               |  |   |  |
| ROAST BEEF with GRAVY (GF)                     |  | <b>MINI MEALS</b> portion size 250-350g       |  |
| STEAK & BACON CASSEROLE (GF)                   |  | BANGERS & MASH                                |  |
| STEAK & MUSHROOM PIE                           |  | BARRAMUNDI with LEMON BUTTER (GF)             |  |
| <b>CHICKEN MEALS</b> portion size 350-360g     |  | BEEF CASSEROLE (GF)                           |  |
| BUTTER CHICKEN (GF) (SR)                       |  | BEEF RISSOLES & POTATO BAKE (GF)(SR)          |  |
| BBQ CHICKEN CUTLETS                            |  | BUTTER CHICKEN (GF) (SR)                      |  |
| CHICKEN CURRY with RICE (GF) (SR)              |  | COTTAGE PIE (GF) (SR)                         |  |
| CHICKEN PARMIGIANA                             |  | CRUMBED FISH                                  |  |
| CHICKEN SCHNITZEL & GRAVY                      |  | CURRIED PRAWNS (GF) (LS)                      |  |
| ROAST CHICKEN & GRAVY (GF)                     |  | GARLIC PRAWNS (GF)(SR)                        |  |
| <b>LAMB MEALS</b> portion size 350-360g        |  | HONEY SOY CHICKEN (GF) (SR)                   |  |
| LAMB CASSEROLE (GF) (SR)                       |  | LAMB CASSEROLE (GF)                           |  |
| LAMB POTATO & MUSHROOM PIE                     |  | ROAST CHICKEN & GRAVY                         |  |
| ROAST LAMB with GRAVY (GF)                     |  | ROAST LAMB & GRAVY (GF)                       |  |
| SHEPHERDS PIE (SR)                             |  | ROAST PORK & GRAVY (GF)                       |  |
| <b>PASTA MEALS</b> portion size 350-360g       |  | SLOW COOKED BEEF (GF) (SR)                    |  |
| BEEF RAVIOLI                                   |  | VEGE MORNAY (G)                               |  |
| CHICKEN CARBONARA                              |  | SPAGHETTI BOLOGNESE (LS)                      |  |
| LASAGNE  |  |   |  |
| SPAGHETTI BOLOGNESE (LS)                       |  | <b>DESSERTS</b>                               |  |
| <b>PORK MEALS</b> portion size 350-360g        |  | APRICOT DANISH                                |  |
| PORK SCHNITZEL with MUSHROOM SAUCE             |  | APPLE PIE & CREAM                             |  |
| PORK STEAK DIANE (GF)                          |  | APPLE CRUMBLE (GF)                            |  |
| ROAST PORK (GF) (LS)                           |  | BREAD & BUTTER PUDDING                        |  |
| ZUCCHINI SLICE with BACON                      |  | CARROT CAKE                                   |  |
| <b>PREMIUM MEALS</b> portion size 350-360g     |  | CHEESECAKE SLICE                              |  |
| CORNED SILVERSIDE (GF)                         |  | CHOCOLATE BAVARIAN & CREAM                    |  |
| MONGOLIAN BEEF with RICE                       |  | CHOCOLATE MOUSSE & CREAM (LS)                 |  |
| SWEET & SOUR PORK with RICE                    |  | FRUIT TRIFLE                                  |  |
| <b>SEAFOOD MEALS</b> portion size 350-360g     |  | LEMON MERINGUE PIE & CREAM                    |  |
| BAKED FISH with LEMON CREAM SAUCE              |  | LEMON CHEESECAKE (GF)                         |  |
| BARRAMUNDI & LEMON BUTTER (GF) (SR)            |  | VANILLA PANNACOTTA (GF)                       |  |
| CRUMBED FISH with MASH                         |  | PAVLOVA (GF) (LS)                             |  |
| CURRY PRAWNS with RICE (GF) (LS)               |  | TIRAMISU (GF)                                 |  |
| TUNA PATTIES with SWEET CHILI SAUCE            |  |   |  |

GF- GLUTEN FREE \ SR – SALT REDUCED \ LS – LOW SALT

**Call/email orders Monday- Friday 7am-1.30pm day before delivery required**

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