

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 Ragù with Fettuccine	
	Chicken Mignon with Potato Bake & Seasonal Vegetables	
	Garlic Chicken Casserole	
	Braised Sausage & Onion with Mashed Potato & Seasonal Vegetables	GF
	Roast Beef with Roast Potato / Pumpkin / Carrot, Green Beans & Gravy	GF
	Spaghetti Bolognaise	
	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 Risssoles 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 Risssoles 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 PORK LASAGNE	
	TOTAL Number of Main Meals	
QTY	FRESH LARGE SALAD BOWL made to order	
	Ham Salad	GF
	Chicken Salad	GF
	Egg Salad	V GF
	Chicken Caesar Salad	
	TOTAL Number of Salads	

* FREE DELIVERY with MINIMUM of 5 main/main salads
* Choose the delivery day that suits you
* DELIVERY WINDOW BETWEEN 8 AM AND 12.30 PM
* ORDER CUT OFF TIME 10 AM THE DAY PRIOR

3269 2073

Office Hours Mon to Fri
7am and 2pm

COMPLIMENTARY MILK with minimum order

FULL CREAM

LITE MILK

LAC FREE FULL CREAM

LAC FREE LITE

NO MILK REQUIRED

ENTERED

CHECKED

PACKED

OUTER RUN

INNER RUN

Autumn / Winter 25

*Seasonal Items are highlighted

FROZEN Lunches			QTY
Stir Fried Rice	V GF		
Homemade Sausage Rolls			
Potato Bake	V GF		
Vegetable Bake	V		
Chicken Wings			
CHEF'S Monthly Special	SILVERSIDE BUBBLE & SQUEAK		
Mini Salads - Advance order required			
Rainbow Salad	V GF		
Potato, Egg & Bacon Salad			
Total Number of Lunches			
FROZEN Desserts			QTY
Apple Crumble			
Bread & Butter Pudding			
Berry Cheesecake			
Creamed Rice	GF		
Sticky Date Pudding			
Chocolate Mousse	GF		
Blueberry Crumble Cake			
Carrot Cake	NUTS		
CHEF'S Monthly Special	LEMON MERINGUE		
Total Number of Desserts			
HomeStyle FROZEN Soups			QTY
Pea & Ham	GF		
Cream of Chicken			
Creamy Pumpkin	GF V		
Beef & Veg			
Coconut Cauliflower Curry	GF V		
Creamy Tomato	GF V NUTS		
Total Number of Soups			
7 DAY BREAKFAST PACK			QTY
7 X ASSORTED SINGLE SERVE CEREALS, 1 X 1 LITRE LONG LIFE 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 centre