



COMMONWEALTH HOME SUPPORT MENU

**SPRING 2024**

**"Delivering across the Greater Hume Region."**

**114 Albury Street, Holbrook. Ph: 02 6036 3677**

DATE: \_\_\_\_\_

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

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_



**HOME SUPPORT**

GREATER HUME AREA

OFFICE USE ONLY	
Packed	
Ent. Polixen	
TOTAL	

DELIVERY: YES / NO

DELIVERY DATE: \_\_\_\_\_

SALADS & SANDWICHES		PRICE	QTY
JB	Fresh Salad with cold meat	\$12.00	
HB	Fresh Sandwiches	\$9.00	
HB	Fresh Egg Sandwich	\$7.50	
PETITE MEALS		PRICE	QTY
MC	Beef Curry Sausages Mash & Veg	\$5.80	
MC	Beef Shepherd's Pie & Veg (GF)	\$5.80	
MC	Beef Lasagne & Veg	\$5.80	
MC	Chicken Honey Curry & Rice (DF)	\$5.80	
MC	Chicken Apricot & Mash	\$5.80	
MC	Chicken & Mushroom Casserole	\$5.80	
MC	Chicken Mornay with Spiral Pasta	\$5.80	
MC	Chicken Roast Gravy & Potato (GF,DF)	\$5.80	
MC	Pork Sweet & Sour & Rice (GF)	\$5.80	
MC	Pork Roast , Gravy & Potato (GF, DF)	\$6.50	
MC	Tuna Mornay & Mashed Potato	\$5.80	
JUICE (Price is per single juice. 6 pk=\$3.60)		PRICE	QTY
	Apple Juice	\$0.60	
	Orange Juice	\$0.60	
	Apple & Blackcurrant Juice	\$0.60	
	Bread Rolls - Donated by Holbrook Bakery		
	(1 bread roll per meal)		
WINE - Donated by Casella Winery			QTY
	1 Wine per delivery		
	Merlot		
	Sauvignon Blanc		
	Shiraz		
	Cabernet Sauvignon		
	Pinot Grigio		
	Chardonnay		

SOUP		PRICE	QTY
G	Tomato (GF)	\$3.00	
G	Chicken and Corn (GF,DF)	\$3.00	
G	Chicken Noodle (DF)	\$3.00	
G	Beef & Vegetable (GF,DF)	\$3.00	
G	Chicken & Vegetable (GF)	\$3.00	
G	Creamy Pumpkin (GF)	\$3.00	
G	Leek & Potato (GF)	\$3.00	
G	Minestrone (DF)	\$3.00	
G	Pea & Ham (GF,DF)	\$3.00	
PETITE MEALS		PRICE	QTY
G	Beef Rissoles & Veg (GF)	\$5.80	
G	Beef Corned & Veg (GF)	\$5.80	
G	Beef Mince & Potato Bake (GF,SR)	\$5.80	
NC	Beef Sweet & Sour Meatballs & Rice	\$5.80	
G	Beef Slow Cooked	\$5.80	
FS	Beef Meat Pie & Mash (NEW)	\$5.80	
FS	Chicken Hawaiian	\$5.80	
G	Lamb Casserole & Mash (GF,DF)	\$5.80	
G	Lamb Roast & Veg (GF,DF)	\$5.80	
NC	Pork Sausages with Gravy	\$5.80	
G	Barramundi with Lemon Butter & Veg (GF)	\$5.80	
FS	Fish Crumbed, Chips & Veg (S,DF)	\$5.80	
G	Prawns Curried & Rice (GF)	\$5.80	

**SUPPLIER LEGEND**

MC - MyChef/Farm Door Cuisine	FS - Flagstaff Fine Food
G - Gourmet Meals	GM - The Good Meal Co.
CW - Central West/Bathurst MOW	NC - Nuovo
HB - Holbrook Bakery	JB - J&B's Gourmet Café

**DIET LEGEND**

GF - Gluten Free, DF - Dairy Free
LF - Low Fat, HF - High Fibre, S - Soft
LS - Low Sugar, SR - Salt Reduced,

### MAIN MEALS

BEEF				PRICE	QTY	BEEF				PRICE	QTY
MC	Beef Bourguignon w/ Creamy Mash (GF)			\$8.20		G	Beef Cottage Pie, Mash & Veg (S,GF,SR)			\$7.70	
MC	Beef Curry Sausages & Mash (S)			\$8.20		G	Beef Casserole, Mash & Veg (GF,DF)			\$7.70	
MC	Beef Grilled Sausages, Gravy & Mash			\$8.20		G	Beef Roast, Mash & Veg (GF,DF,LF,SR)			\$7.70	
MC	Beef Lasagne & Vegetables (S)			\$8.20		G	Beef Corned, Mash & Veg (GF)			\$7.70	
MC	Beef Savoury Mince & Mash (GF)			\$8.20		NC	Beef Meatloaf, Gravy & Veg (GF)			\$7.70	
MC	Beef Shepherd's Pie & Veg (GF)			\$8.20		FS	Beef Stroganoff & Rice (GF) (discon)			\$7.70	
MC	Beef Spaghetti Bolognese & Veg (S)			\$8.20		FS	Beef Rissole with Onion Gravy & Veg			\$7.70	
CHICKEN				PRICE	QTY	CHICKEN				PRICE	QTY
MC	Chicken Roast & Veg (GF,DF)			\$8.20		G	Chicken Sweet & Sour, Rice & Veg (GF,DF)			\$7.70	
MC	Chicken Schnitzel & Veg			\$8.20		GM	Chicken Casserole & Baked Potato (GF)			\$7.70	
MC	Chicken French Casserole & Mash (GF)			\$8.20		GM	Chicken Kiev & Veg			\$7.70	
MC	Chicken & Mushroom Casserole			\$8.20		LAMB				PRICE	QTY
MC	Chicken Mornay with Spiral Pasta			\$8.20		G	Lamb Casserole, Mash & Veg (SR,GF,DF)			\$7.70	
MC	Chicken Parmigiana, Mash & Veg			\$8.20		FS	Lamb Crumbed Patties & Veg			\$7.70	
MC	Chicken Butter Curry & Rice (GF) <b>NEW</b>			\$8.20		FS	Lamb Chop, Gravy, Mash & Veg (GF,DF)			\$7.70	
LAMB				PRICE	QTY	PORK				PRICE	QTY
MC	Lamb Roast & Veg (GF,DF)			\$8.20		G	Pork Sausage, Mash & Veg (DF,GF)			\$7.70	
MC	Lamb Shanks & Mash (GF)			\$8.20		CW	Pork Honey & Pineapple Casserole (GF)			\$7.70	
PORK				PRICE	QTY	SEAFOOD				PRICE	QTY
MC	Pork Roast, Gravy & Potato (GF, DF)			\$8.20		G	Prawns Curry & Rice (SR,GF)			\$7.70	
MC	Fettucine with Bacon Cream Sauce			\$8.20		CW	Salmon & Veg Patties			\$7.70	
MC	Pork Sweet & Sour, Rice & Veg (GF,DF)			\$8.20		G	Barramundi, Rice & Veg (GF,LF,SR)			\$7.70	
MC	Pork BBQ Pulled & Pot Gratin (GF,DF)			\$5.00		DESSERTS				PRICE	QTY
SEAFOOD				PRICE	QTY	FS	Apple Pie & Cream			\$3.70	
MC	King Prawns in Garlic Sauce			\$9.00		CW	Lemon Meringue Pie			\$3.70	
MC	Fish Baked & Veg (S,GF)			\$8.20		G	Sticky Date Pudding			\$3.70	
MC	Fish Crumbed & Wedges			\$8.20		G	Bread & Butter Pudding			\$3.70	
MC	Tuna Mornay & Mash (discontinued)			\$5.00		G	Strawberry Cheesecake (GF)			\$3.70	
DESSERTS				PRICE	QTY	G	Berry Crumble & Custard (GF)			\$3.70	
MC	Lemon Cheesecake & Cream (S)			\$3.70		G	Apple Crumble (GF)			\$3.70	
MC	Baked Vanilla Rice Pudding (S,GF,LS,LF)			\$3.70		G	Berry Cheesecake (GF)			\$3.70	
MC	Chocolate Mousse (S,GF,LS,LF)			\$3.70		G	Double Chocolate Pudding <b>NEW</b>			\$3.70	
MC	Chocolate Bavarian Pie (S)			\$3.70		PURED MEALS				PRICE	QTY
MC	Pavlova & Blueberries (S,GF)			\$3.70		G	Barramundi, Rice & Veg (GF,LF,SR)			\$7.70	
MC	Plum Pudding & Custard (S)			\$3.70		G	Beef Corned, Mash & Veg (GF)			\$7.70	
MC	Sherry Trifle & Custard (S)			\$3.70		G	Beef Cottage Pie, Mash & Veg (S,GF,SR)			\$7.70	
MC	Baked Lemon Pudding & Custard (S)			\$3.70		G	Chicken Roast Gravy & Potato (GF,DF)			\$7.70	
MC	Fruit Salad (GF)			\$3.70		G	Beef Cottage Pie, Mash & Veg (S,GF,SR)			\$7.70	
BL	Strawberry Frozen Yoghurt			\$2.20		G	Lamb Roast (GF, LF)			\$7.70	
BL	Mango Frozen Yoghurt <b>NEW</b>			\$2.20		G	Pork Roast (GF, SR, LF)			\$7.70	
BL	Raspberry Frozen Yoghurt <b>NEW</b>			\$2.20							
BL	Bulla Ice Cream Cup			\$1.60							

