**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Delivery Date:\_\_\_\_\_\_\_\_\_\_\_\_\_ Run:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Regular Meal $7.95**  **FROZEN MEAL MENU SELECTIONS** | |
| **MAIN MEAL BEEF** | **QUANTITY** |
| Roast Beef & Gravy |  |
| Lasagne with Veg |  |
| Beef Rissoles & gravy |  |
| Sausages & gravy |  |
| Savoury Mince |  |
| Meatloaf & Gravy |  |
| Steak & Mushroom Pie with Mash |  |
|  |  |
|  |  |
| **MAIN MEAL CHICKEN $7.95** | **QUANTITY** |
| Roast Chicken & Gravy |  |
| Chicken Mushroom Pie |  |
| Chicken Schnitzel with Chips |  |
| Chicken Chowmein with Hokein Noodles |  |
| Apricot Chicken |  |
| Mild Chicken Curry |  |
|  |  |
| **MAIN MEAL VEAL $7.95** | **QUANTITY** |
| Veal Schnitzel |  |
|  |  |
| **MAIN MEAL LAMB $7.95** | **QUANTITY** |
| Roast Lamb & Gravy |  |
| Shepherds Pie |  |
| Lamb Curry with Rice |  |
|  |  |
| **MAIN MEAL PORK $7.95** |  |
| Roast Pork |  |
| Quiche Lorraine |  |
| Meatballs with Pasta |  |
| Honey Soy Glazed Pork & Veg |  |
|  |  |
| **MAIN MEAL FISH $7.95** | **QUANTITY** |
| Crumbed Fish with Chips |  |
| Sweet Soy Ginger Fish with Rice |  |
| Tuna Patties with Sweet Chilli Sauce |  |
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| **VEGETARIAN 360g Main $7.95** |  |
| Spinach & Ricotta Cannelloni |  |
| Creamy Pasta with Vegetables |  |
| Vegetable Pasta Bake |  |
|  |  |
|  |  |
| **DESSERT $2.95** | **QUANTITY** |
| Apple & Blueberry Crumble |  |
| Carrot Cake with Cream Cheese Frosting |  |
| Cheesecake with Berry Coulis |  |
| Chocolate Mousse with Whipped Cream |  |
| Sticky Date Pudding with Butterscotch sauce |  |
| Summer Berries with Custard |  |
|  |  |
| **SOUPS $2.95** | **QUANTITY** |
| Minestrone |  |
| Potato, Leek and Bacon |  |
| Roasted Pumpkin |  |
| Roasted Sweet Potato & Bacon |  |
| Roasted Tomato |  |

**PLEASE NOTE**

The meal you have selected may be out of stock due to supplier shortages. At all times we will aim to deliver the meals you have selected from the menu.

**MEAL INGREDIENTS**

Contact the office if you require a list of the meal vegetable accompaniments or a full list of meal ingredients.

**SPECIAL DIET REQUIREMENTS**

We can also provide information on meal menus which are suitable for the following diets

Soft Modified Gluten free

Diabetic Low Cholesterol Reduction

Low Fat Low Salt Chopped