**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 Casserole |  |
| Creamy Chicken with Herbs |  |
| **MAIN MEAL VEAL $7.95** | **QUANTITY** |
| Veal Schnitzel |  |
|  |  |
| **MAIN MEAL LAMB $7.95** | **QUANTITY** |
| Roast Lamb & Gravy |  |
| Shepherds Pie |  |
| Lamb Curry with Rice |  |
| Irish Lamb Stew |  |
|  |  |
| **MAIN MEAL PORK $7.95** |  |
| Roast Pork |  |
| Quiche Lorraine |  |
| Meatballs with Pasta |  |
| Honey Soy Glazed Pork & Veg |  |
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| **MAIN MEAL FISH $7.95** | **QUANTITY** |
| Crumbed Fish with Mash |  |
| Sweet Soy Ginger Fish with Rice |  |
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| **VEGETARIAN 360g Main $7.95** |  |
| Vegetarian Pie |  |
| Creamy Pasta with Vegetables |  |
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| **DESSERT $2.95** | **QUANTITY** |
| Chocolate Custard |  |
| Creamed Rice Pudding |  |
| Lemon and Vanilla Panna Cotta |  |
| Peach and Blueberry Crumble |  |
| Sticky Date Pudding |  |
| Upside Down Pineapple Cake |  |
|  |  |
| **SOUPS $2.95** | **QUANTITY** |
| Cauliflower Soup |  |
| Chicken and Corn Soup |  |
| Potato and Leek Soup |  |
| Pumpkin Soup |  |
|  |  |
|  |  |

**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