



KIAMA FOOD SERVICES
 FROZEN MEAL ORDER FORM
 4232 3735
 Kiamamow@bigpond.net.au

Name: _____ Delivery Date: _____ Run: _____

MEAL PRICES	
PR) STANDS FOR PREMIUM MEAL	
<u>BEEF 360g Main</u>	Quantity
Beef & Bacon Casserole (PR)	
Corned Silverside (PR)	
Roast Beef & Gravy (PR)	
Cottage Pie	
Beef Stroganoff	
Lasagne	
Honey Mustard Beef	
Steak & Kidney Pie	
Rissole with Onion Gravy	
Sausages & Gravy	
Spaghetti Bolognese	
Beef Pie & Mash with Gravy	
Curried Sausages	
Savoury Mince	
Shepherds Pie	
Meatloaf with Mash & Gravy	
<u>VEAL 360g Main</u>	
Vienna Schnitzel (PR)	
Veal Parmigiana (PR)	
<u>CHICKEN 360g Main</u>	Quantity
Honey Soy Chicken	
Roast Chicken & Gravy	
Curried Chicken	
Chicken Strips & Lemon Sauce	
Chicken & Asparagus Mornay	
Chicken Veg Pie	
Butter Chicken & Rice	
Chicken Schnitzel	
Chicken Scaloppini with Bacon	
Thai Green Chicken Curry	
Chicken Parmigiana	
Apricot Chicken	
Mango Chicken	

<u>LAMB 360g Main</u>	Quantity
Crumbed Lamb Patties (PR)	
Mongolian Lamb & Rice (PR)	
Roast Lamb & Gravy (PR)	
Lamb & Lancashire Casserole	
Lamb Curry	
Irish Lamb Stew	
Lamb's Fry & Bacon	
Lamb & Cauliflower Casserole	
<u>PORK 360g Main</u>	
Pork in BBQ Sauce	
Roast Pork	
Ham & Cheese Omelette	
Ham Steak & Pineapple	
Pork, Apple & Cranberry Casserole	
Sweet & Sour Pork with Rice	
<u>FISH 360g Main</u>	
Curried Prawns (PR)	
Crumbed Fish	
Steamed Fish	
Fish Cakes	
Salmon Patties	
Cheesy Tuna Bake	
<u>VEGETARIAN 360g Main</u>	
Macaroni & Cheese	
Veg Cottage Pie	
Veg Pasta Bake	
Vegan Mixed Bean Casserole	
Vegetable & Potato Curry	
<u>GOURMET MEAL 360g</u>	
Grilled Barramundi with Ginger, Lime & Shallot Butter with rice	
<u>GOURMET MEAL 360g</u>	
Garlic Prawns with Garlic Sauce & rice	

01.07.2021





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DESSERTS	Quantity
Wine Trifle & Cream	
Peaches & Custard	
Sticky Date & Caramel Sauce	
Fruit Salad	
Creamed Rice & Apricots	
Stewed Apple & Low Fat Custard	
Blueberry Sponge Crumble & Custard	
Apple & Rhubarb Crumble & Custard	
Carrot Cake	
Chocolate Mousse	
Bread & Butter Pudding	
Baked Rice Pudding	
Mango Mousse	
Banana Cake	
Chocolate Gateaux	
Orange & Poppyseed Cake	
PREMIUM DESSERTS	
Tropical Pavlova	
Strawberry Swirl Cheesecake	
Apple Pie & Cream	
Apricot Pie with Cream	
Choc Lava Pudding	
Tiramisu	
Baked Cheesecake	
Vanilla Slice	

SOUP	Quantity
Minestrone	
Pea & Ham	
Pumpkin	
Beef & Vegetable	
Chicken Vegetable	
Potato & Leek	
Chicken & Corn	
BREAKFAST ITEMS	
Banana Bread with Cream Cheese Icing	
BREAKFAST ITEMS	
Pancakes with Berry Compote	
Bubble & Squeak with Sausages	
SHOALHAVEN CHEF	
Pear & Salted Caramel Pudding	
Bread and Butter Pudding	
Carrot Cake	
Strawberry Swirl Mousse	
Peach & Raspberry Slice	
Creamed Rice with Citrus Poached Prunes	
Sticky Date Pudding with Butterscotch sauce	
Chocolate Mousse with Whipped Cream	
Apple Tart with Cinnamon	
Apple & Blueberry Crumble	

PLEASE NOTE

The meal you have selected may sometimes be unavailable due to supplier shortages. At all times we will aim to deliver your requested order.
 Contact the office if you require a list of the Meal Vegetable Accompaniments or a full list of meal ingredients.

Contact the office for information on meals which are suitable for the following diets:

- | | | |
|-----------------|-----------|-------------|
| Soft | Diabetic | Gluten Free |
| Low Cholesterol | Reduction | Pureed |
| Low Fat | Low Salt | Chopped |

