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

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| **Regular 360g meal price $7.95**  **Premium 360g meal price $8.60**  **Gourmet 360g meal price $9.95** | |
| **MAIN MEAL BEEF 360g** | **QUANTITY** |
| Beef & Bacon Casserole (Premium) |  |
| Corned Silverside (Premium) |  |
| Roast Beef & Gravy (Premium) |  |
| Savoury Mince (Premium) |  |
| Beef Stroganoff |  |
| Lasagne |  |
| Steak & Kidney Pie |  |
| Rissole with Onion Gravy |  |
| Sausages & Gravy |  |
| Spaghetti Bolognaise |  |
| Beef Pie & Mash with Gravy |  |
| Curried Sausages |  |
| Meatballs in Tomato Sauce |  |
| Cottage Pie |  |
| Beef & Potato Hotpot |  |
| Meatloaf & Gravy |  |
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| **MAIN MEAL VEAL 360g** | **QUANTITY** |
| Vienna Schnitzel (Premium) |  |
| Veal Parmigiana (Premium) |  |
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| **MAIN MEAL CHICKEN 360g** | **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 |  |
| Chicken & Mushroom Pasta Bake |  |
| Chicken Parmigiana |  |
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| **MAIN MEAL LAMB 360g** | **QUANTITY** |
| Crumbed Lamb Patties (Premium) |  |
| Mongolian Lamb & Rice (Premium) |  |
| Roast Lamb & Gravy (Premium) |  |
| Lambs Fry & Bacon |  |
| Lamb Curry |  |
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| **MAIN MEAL PORK 360g** | **QUANTITY** |
| Pork Ragu & Penne Pasta |  |
| Roast Pork & Gravy |  |
| Ham & Cheese Omelette |  |
| Ham Steak & Pineapple |  |
| Pork, Apple & Cranberry Casserole |  |
| Sweet & Sour Pork with Rice |  |
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| **MAIN MEAL FISH 360g** | **QUANTITY** |
| Curried Prawns (Premium) |  |
| Salmon Patties (Premium) |  |
| Cheesy Tuna Bake (Premium) |  |
| Crumbed Fish with Chips |  |
| Fish cakes |  |
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| **MAIN MEAL VEGETARIAN 360g** |  |
| Vegetable Quiche (Premium) |  |
| Spinach & Ricotta Cannelloni |  |
| Veg Cottage Pie |  |
| Veg Pasta Bake |  |
| Vegan Mixed Bean Casserole |  |
| Vegetable & Potato Curry |  |
| Macaroni Cheese |  |
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| **GOURMET MEAL** **360g** **$9.95** | **QUANTITY** |
| Steamed Barramundi with Lemon Sauce |  |

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| **DESSERT $2.95** | **QUANTITY** |
| Peaches & Custard |  |
| Fruit Salad |  |
| Creamed Rice & Apricots |  |
| Stewed Apple & Low-Fat Custard |  |
| Blueberry Sponge Crumble & Custard |  |
| Apple & Rhubarb Crumble & Custard |  |
| Baked Rice Pudding |  |
| Mango Mousse |  |
| Banana Cake |  |
| Lemon Cake |  |
| Apple Sponge Cake |  |
| Bread & Butter Pudding |  |
| Carrot Cake |  |
| Sticky Date Pudding |  |
| Chocolate Mousse |  |
| **FLAGSTAFF PREMIUM DESSERT $3.75** | **QUANTITY** |
| Tropical Pavlova |  |
| Strawberry Swirl Cheesecake |  |
| Apple Pie & Cream |  |
| Apricot Pie with Cream |  |
| Vanilla Slice |  |
| Tiramisu |  |
| Baked Cheesecake |  |
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| **SOUP $2.95** | **QUANTITY** |
| Minestrone |  |
| Pea & Ham |  |
| Pumpkin |  |
| Beef & Vegetable |  |
| Chicken Vegetable |  |
| Potato & Leek |  |
| Cauliflower & Bacon Soup |  |
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| **BREAKFAST ITEMS $4.95** | **QUANTITY** |
| Banana Bread with Cream Cheese Icing |  |
| **BREAKFAST ITEMS $5.95** | **QUANTITY** |
| Pancakes with Berry Compote |  |
| Bubble & Squeak with Sausages |  |
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| **COMMENTS & FEEDBACK** |  |
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**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

Low Fat Low sodium Lactose Free