

COWRA/GRENFELL FROZEN MEAL SERVICE MENU – Dec 2022

PICK UP FROM OFFICE – OR DELIVERY WEDNESDAYS & FRIDAYS
PHONE 6342 4165

CODES FOR MEALS: (S) SOFT TEXTURED FOOD (GF) GLUTEN FREE
(LS) LOW SALT (DF) DAIRY FREE

Two Suppliers – Bathurst Meals on Wheels and My Chef from Wagga

MAIN MEALS	MAIN MEALS
BEEF - \$6.50	ROASTS -
Braised Steak & Onion Gravy (GF) (LS)	Roast Beef & Gravy (GF,LS) \$6.50
Corned Silverside & Parsley Sauce (GF) (LS)	Roast Chicken & Gravy (GF,LS) \$6.50
Cottage Pie (GF) (LS)	Roast Lamb & Gravy (GF,LS) \$8.00
Curried Sausages	Roast Pork & Gravy (GF,LS) \$6.50
Grilled Sausages, Onions & Gravy	Roast Turkey & Gravy (GF) \$6.50
Hi Fibre Rissoles & Gravy (GF) (LS)	Roast Lamb & Gravy (GF) \$7.50
Savoury Mince & Vegetables (GF) (LS)	
Steak & Kidney Pie (LS)	
	SEAFOOD - \$6.50
	Cheesy Tuna Pasta Bake
	Crumbed Fish with Potato Bake
CHICKEN - \$6.50	Salmon Patties
Apricot Chicken (LS)	Steamed Barramundi with Lemon Sauce (LS)
Chicken Casserole (GF) (LS)	
Chinese Chicken and Vegetables (GF)	
Lemon Chicken Schnitzel & Veg.	VEGETARIAN - \$6.50
Mild Chicken Curry (GF) (LS)	
Mild Satay Chicken	Vegetable Pasta Bake (LS)
	Vegetable Patties - Crumbed (GF)
LAMB	Vegetable Quiche (LS)
Lamb Casserole (LS) \$7.20	Pumpkin, Spinach & Fetta Frittata (GF)
Lambs Fry, Bacon & Gravy (LS) \$6.50	Vegetarian Stir Fry \$7.00
	DELUXE: - \$7.00
PASTA - \$ 6.50	Seafood Crepe
Creamy Chicken & Bacon Pasta (LS)	Steak Dianne (GF) (LS)
Lasagne & Vegetables (LS)	Honey Chicken with Cashews
PORK - \$6.50	
Honey Pork & Pineapple Casserole (GF) (LS)	
Smothered Pork Steaks with Apple (GF) (LS)	
Sweet & Sour Pork (GF)	
<i>Assorted Pureed Meals available in both Main Meals and Mini Meals</i>	

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PREMIUM RANGE: Main Meals	SNACKS
Slow Cooked Lamb Shanks with Creamy Mash (GF) - \$7.90	Spirali Bolognaise \$3.50
BBQ Pulled Pork with Potato Gratin (GF) - \$7.90	Chicken Fried Rice (GF,DF) \$3.50
Grilled Atlantic Salmon Fillet, Lemon & Dill Cream Sauce with Steamed Potato - \$8.90	Ham & Cheese Croissant \$6.00
Iris Lamb Stew with Steamed Potato \$8.00	
	FAMILY MEALS
BEEF - \$7.00	Assorted Family 1Kg Meals - \$18 (See separate list)
Beef & Red Wine Casserole/Mashed Potato	Curried Prawns (DF)
Shepherds Pie (GF)	Beef and Red Wine Casserole (DF)
Beef Rissoles & Onion Gravy/Mashed Potato (GF)	Savoury Beef Mince (GF)
Savoury Beef Mince with Creamy Mashed Potato (GF)	Chicken Honey Chicken (DF)
Beef Stroganoff with Macaroni	Beef Stroganoff
	Creamy Chicken & Mushroom Casserole
	Curried Sausages Tuna Mornay
CHICKEN	Pork & Apple Casserole (DF) (GF)
Chicken Breast Parmigiana/Creamy Mash \$7.00	Sweet & Sour Pork (DF) (GF)
Chicken Honey Curry with Steamed Rice (DF) \$7.00	Butter Chicken (Milk) (GF)
Pan Grilled Chicken Breast/Grain Mustard Sauce & Steamed Potato \$7.90	Irish Lamb Stew (DF)
Creamy Chicken & Mushroom Casserole with Couscous \$7.00	Apricot Chicken
Indian Butter Chicken with Steamed Rice \$7.00	Shepherd Pie (GF)
Chicken Mornay with Spiral Pasta \$7.50	Fried Rice (DF) (GF)
	Spaghetti Bolognaise
SEAFOOD	Braised Lamb (DF) (GF)
Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice Pilaf (GF) - \$7.90	
Grilled Fish Fillet with White Wine Cream Sauce & Steamed Potatoes - \$7.60	Potato Bake 800g - \$16
King Prawns with Garlic Cream Sauce & Steamed Rice - \$8.60	Beef Lasagna 1.8KG \$28
Curried Prawns with Steamed Rice (DF) - \$7.60	Ragu Lasagna 2KG \$35
Tuna Mornay with Creamy Mashed Potato - \$7.00	
	SOUPS - \$3.00
PASTA & PASTRY	Beef, Barley & Vegetable Soup (LS)
Quiche with Bacon, Spinach & Cheese \$7.00	Potato & Leek Soup (GF,LS)
Spaghetti Bolognese \$7.00	Pea & Ham Soup (GF)
Spaghetti and Meatballs \$7.50	Pumpkin Soup (GF) (LS)
Fettucine with Creamy Bacon Sauce \$7.50	Chicken & Vegetable (GF)
	Classic Minestrone (GF,DF)
	Chicken & Corn (GF)

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MINI & PETITE MEALS	DESSERTS
ROASTS –	Apple & Rhubarb Brown Betty (LS) \$3.20
Roast Beef & Gravy (GF,LS) \$5.30	Apple Pie and Cream (LS) \$3.20
Roast Chicken & Gravy (GF,LS) \$5.30	Apricot Crumble and Custard (LS) \$3.20
Roast Lamb & Gravy (GF,LS) \$7.00	Chocolate Steamed Pudding and Custard (LS) \$3.20
Roast Pork & Gravy (GF,LS) \$5.30	Creamy Rice with Rhubarb (GF) (LS) \$3.20
Roast Turkey & Gravy \$5.30	Fruit Salad and Cream (GF) (LS) \$3.20
BEEF - \$5.30	Fruit Trifle and Cream (LS) \$3.20
Braised Steak & Onion Gravy (GF) (LS)	Peaches and Jelly (GF) (LS) \$3.20
Corned Silverside & Parsley Sauce (GF)(LS)	
Cottage Pie (GF) (LS)	Bread and Butter Pudding & Peaches \$3.20
Curried Sausages	Butterscotch Sultana Pudding & Custard \$3.20
Grilled Sausages & Gravy	Chocolate Fudge Brownie (GF) \$3.20
Hi-Fibre Rissoles & Gravy (GF)(LS)	Lemon Meringue Pie & Cream \$3.20
Savoury Mince & Vegetables (GF) (LS)	Sticky Date Pudding & Caramel Sauce \$3.20
Steak & Kidney Pie (LS)	Vanilla Panacotta with Mixed Berries \$3.20
Spaghetti Bolognese	Lemon Cheesecake with Fresh Cream \$3.20
Beef & Red Wine Casserole/Mashed Potato	Chocolate Mud Cake with Fresh Cream \$3.20
CHICKEN - \$5.30	Apple Crumble with Custard \$3.20
Chicken Honey Curry	Golden Syrup Dumpling \$3.20
Creamy Chicken & Mushroom Casserole	Banana Pudding with Caramel Sauce \$3.20
Mild Satay Chicken	Baked Lemon Pudding with Custard \$3.20
Apricot Chicken (LS)	Plum Pudding w Brandy Cream Custard \$3.20
Chicken Casserole (GF) (LS)	
Chinese Chicken & Vegetables (GF)	Caramel Custard Tart and Cream \$3.50
Lemon Chicken Schnitzel & Vegetables	Chocolate Bavarian with Cream \$3.50
Mild Chicken Curry (GF,LS)	Pavlova (LS) \$3.50
Chicken Mornay with Spiral Pasta	Raspberry Cheesecake \$3.50
Mild Satay Chicken	
LAMB – Varied	
Lamb Casserole (LS) \$6.20	
Lambs Fry Bacon & Gravy (LS) \$5.30	
SEAFOOD - \$5.30	
Cheesy Tuna Bake	
Crumbed Fish with Potato Bake	
Salmon Patties	
Steamed Barramundi & Lemon Sauce (LS)	
Curry Prawns with Steamed Rice (DF)	
VEGETARIAN / PASTA - \$5.30	
Vegetable Quiche (LS)	
Creamy Chicken & Bacon Pasta (LS)	
Lasagne & Vegetables (LS)	
PORK - \$5.30	
Honey Pork & Pineapple Casserole (GF) (LS)	
Sweet & Sour Pork (GF)	



MICROWAVE HEATING INSTRUCTIONS

It is important that the meals are placed in your freezer as soon as they are delivered.

Microwave - Frozen Main or Mini Meal

- DO NOT pierce or remove the film.
- Place the meal in the microwave oven in the centre of the turntable.
- Thaw on defrost for 3-5 minutes, then heat main meals on high for 2-4 minutes for mini meals on high for 1-2 minutes.

Microwave - Frozen Soup

- Remove the lid from the container.
- Cover soup with cling wrap, pierce twice, and then place the soup in the microwave, in the centre of the turntable.
- Thaw on defrost for 2-4 minutes, stir, then heat on high for 2-4 minutes.

Microwave - Frozen Desserts

- Remove the lid from the container.
- Place the dessert in the center of the turntable.
- Thaw on defrost for 2-3 minutes, stir, then heat on high for 1-2 minutes

Note it is safe to put the foil containers in the microwave providing that the container does not touch the sides of the microwave.

Microwave - Thawed Main or Mini Meal

- DO NOT pierce or remove the film.
- Place the meal in the centre of the turntable
- Heat main meals on high for 3-5 minutes and mini meals on high for 3-4 minutes.

Microwave - Thawed Desserts

- Remove the lid from the container.
- Place the dessert in the centre of the turntable.
- Heat on high for 2-4 minutes.

OVEN HEATING INSTRUCTIONS

Oven - Frozen Main or Mini Meal

- Preheat oven to 170°C or 330°F.
- Place meal in the oven with film on, and heat main meals for 35-45 minutes and mini meals for 25-35 minutes.

Oven - Frozen Dessert

- Preheat oven to 170°C or 330°F.
- Place frozen dessert, with the lid on, into the oven and heat for approximately 15-25 minutes.

Oven - Thawed Main or Mini Meal

- Preheat oven to 170°C or 330°F.
- Place meal in the oven with film on, and heat main meals for 25-35 minutes and mini meals for 15-25 minutes.

Oven - Thawed Desserts

- Place thawed dessert, with the lid on, into the oven and heat for 10-15 minutes.

Note cold desserts should be thawed in the refrigerator.

- **Best practice for your frozen meals is to thaw for up to 24 hours in the coldest part of the fridge.**
- **All meals have different heating times. Reheating times are approximate and depend on oven types.**
- ***CAUTION FILLING MAY BE HOT PLEASE CHECK BEFORE CONSUMING***

IMPORTANT

Always use meals within 24 hours of removing from the freezer

Never thaw meals at room temperature

Never re-freeze thawed meals

Never leave oven, microwave or stove unattended