

GRENFELL FROZEN MEAL MENU

PHONE: 6343 2233

December 2022

NAME:	DOCUMENT NUMBER OF MEALS/ITEMS		
ADDRESS:	MAIN ()	MINI ()	
PHONE:	SWEETS ()	SOUPS ()	SNACKS ()
DELIVERY / PICKUP (CIRCLE)	ACCOUNT / CASH / EFT (CIRCLE)		
DATE:	TOTAL AMOUNT \$	RECEIPT NO:	
<u>MAIN MEALS</u>			
<u>BEEF</u>	QTY	<u>ROASTS WITH VEG & GRAVY</u>	QTY
BRAISED STEAK & ONION GRAVY (G) (LS) \$6.50		BEEF (GF) (LS) \$6.50	
CORNED SILVERSIDE (G) (LS) \$6.50		CHICKEN (GF) (LS) \$6.50	
COTTAGE PIE \$6.50		LAMB (GF) (LS) \$8.00	
CURRIED SAUSAGES \$6.50		PORK (GF) (LS) \$6.50	
GRILLED SAUSAGES \$6.50		TURKEY (GF) \$6.50	
BEEF RISSOLES & GRAVY (GF) \$6.50			
CHINESE IMPERIAL BEEF STIR FRY \$7.00		<u>SEAFOOD</u>	
LASAGNA & VEGIES \$6.50		CRUMBED FISH & POTATO BAKE \$6.50	
SAVOURY MINCE & VEG (GF) (LS) \$6.50		SALMON PATTIES \$6.50	
STEAK & KIDNEY PIE (LS) \$6.50		STEAMED BARRA & LEMON \$6.50	
BEEF SPAGHETTI BOLOGNAISE \$6.50		CURRIED PRAWNS \$8.00	
MyChef BEEF RISSOLES \$7.00		KING PRAWNS & GARLIC SAUCE \$8.60	
<u>CHICKEN</u>		CHEESY TUNA BAKE \$6.50	
APRICOT CHICKEN (LS) \$6.50		<u>VEGETARIAN</u>	
CHICKEN CASSEROLE (GF) (LS) \$6.50		VEGETABLE PATTIES/CRUMBED (GF) \$6.50	
CHINESE CHICKEN & VEG (GF) \$6.50		VEGETABLE QUICHE (LS) \$6.50	
LEMON CHICKEN SCHNITZEL (LS) \$6.50			
MILD CHICKEN CURRY \$6.50			
CHEAMY CHICKEN & BACON PASTA \$6.50		<u>SNACKS</u>	
<u>LAMB (variable prices) NOTE prices</u>		SPIRALI BOLOGNAISE \$3.50	
LAMB CASSEROLE (LS) \$8.00		CHICKEN FRIED RICE (GF) (DF) \$3.50	
LAMBS FRY & BACON \$6.50		HAM & CHEESE CROISSANT \$6.00	
SLOW COOKED LAMB SHANKS \$8.00		<u>SOUPS</u>	
SHEPHERD PIE (GF) \$7.00		CHICKEN STOCKPOT (LS) \$3.00	
LAMB RISSOLES & VEG \$7.00		CHUNKY BEEF & VEG (GF) (LS) \$3.00	
<u>PORK - \$6.50</u>		PEA & HAM (GF) (LS) \$3.00	
SWEET & SOUR PORK (GF) \$6.50		PUMPKIN SOUP(GF) (LS) \$3.00	
SMOTHERED PORK STEAKS & APPLE (GF)		SWEET CORN SOUP (GF) \$3.00	
<u>SPECIALS</u>		POTATO & LEEK(GF)(LS) \$3.00	
INDIAN BUTTER CHICKEN \$7.00		MINISTRONE (LS) (GF) \$3.00	
SEAFOOD CREPE \$7.00		CHICKEN NOODLE SOUP \$3.00	
HONEY CHICKEN WITH CASHEWS \$7.00		<u>SPECIALS</u>	
STEAK DIANNE (GF) (LS) \$7.00		CHICKEN KIEV W/ ROAST POTATO&VEG \$7.00	
CHICKEN & MUSHROOM CREPE (LS) \$7.00			
BEEF STROGANOFF \$7.00			

GRENFELL FROZEN MEAL MENU

PHONE: 6343 2233

MINI MEALS		LS=LOW SALT GF= GLUTEN FREE DF= DIARY FREE S=SOFT TEXTURE	
Please Note Lamb Prices			
BEEF	QTY	ROASTS WITH VEG & GRAVY	QTY
BRAISED STEAK & ONION GRAVY (GF) (LS) \$5.30		BEEF (GF) (LS) \$5.30	
CORNED SILVERSIDE (G) (LS) \$5.30		CHICKEN (GF) (LS) \$5.30	
COTTAGE PIE (GF) (LS) \$5.30		LAMB (GF) (LS) NOTE: \$7.00	
CURRIED SAUSAGES \$5.30		PORK (GF) (LS) \$5.30	
GRILLED SAUSAGES \$5.30		TURKEY (GF) \$5.30	
HI FIBRE RISSOLES & GRAVY (GF) \$5.30			
BEEF STROGANOFF \$5.30		SEAFOOD	
LASAGNE & VEGETABLES \$5.30		CRUMBED FISH & POTATO BAKE \$5.30	
SAVOURY MINCE & VEG (GF) (LS) \$5.30		SALMON PATTIES \$5.30	
STEAK & KIDNEY PIE (LS) \$5.30		BARRAMUNDI \$5.30	
SPAGHETTI BOLOGNAISE \$5.30			
CHICKEN			
APRICOT CHICKEN (LS) \$5.30		VEGETARIAN	
CHICKEN CASSEROLE (GF) (LS) \$5.30		VEGETABLE QUICHE (LS) \$5.30	
CHINESE CHICKEN & VEG (GF) \$5.30		VEGETABLE COTTAGEPIE \$5.30	
LEMON CHICKEN SCHNITZEL (LS) \$5.30			
MILD CHICKEN CURRY \$5.30		SWEETS \$3.20	
HONEY SOY CHICKEN \$5.30		APPLE & RHUBARB BETTY & CUSTARD (LS)	
LAMB (variable Prices)		APPLE PIE & CREAM (LS) \$3.20	
LAMB CASSEROLE (LS) \$6.20		CHOCOLATE STEAM PUDDING & CUSTARD	
LAMBS FRY & BACON \$5.30		LEMON CHEESECAKE & CREAM \$3.20	
		FRUIT TRIFLE & CREAM (LS) \$3.20	
PORK \$5.30		PAVOLOVA \$3.50	
HONEY PORK & P'APPLE CASSEROLE (GF) (LS) \$5.30		B'SCOTCH SULTANA PUDDING & CUSTARD \$3.20	
SWEET & SOUR PORK (GF) \$5.30		CHOCOLATE BAVARIAN CREAM \$3.50	
		FRUIT SALAD & CREAM \$3.20	
		LEMON MERINGUE PIE & CREAM \$3.20	
		STICKY DATE PUDDING & CARAMEL SAUCE \$3.20	
		CARAMEL CUSTARD TART & CREAM (GF) \$3.50	
BEEF & RED WINE CASSEROLE \$5.30		RASPBERRY CHEESECAKE \$3.50	
BEEF BOURGUIGNON W CREAMY MASH \$5.80		VANILLA PANACOTA \$3.20	
		BREAD & BUTTERPUDDING \$3.20	

GRENFELL OFFICE HOURS

MONDAY TO WEDNESDAY 9am-2pm. Please phone your orders through early to staff on 63432233 for a Monday morning or Wednesday morning Delivery.

We deliver to all the villages and surrounds.

Providing Tasty, Healthy & Nutritious meals to the whole community with Love ☺