

**CLIENT COPY**

**NAME –**

**RUN -**

**Two Week Rotating Winter Menu**

**22/04/2024 – 20/10/2024**

**MAIN MEALS ARE SERVED WITH W/ 3 VEGETABLES**

**DF – DAIRY FREE LG – LOW GLUTEN VEG – VEGETARIAN**

**PLEASE CIRCLE MEAL SIZE**

**MAIN OR MINI AND MEAL CHOICE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK ONE | MONDAYPotato, Sweet Potato, Beans | TUESDAYPotato, Carrot, Peas | WEDNESDAYPotato, Carrot, Peas | THURSDAYPotato, Sweet Potato, Broccoli | FRIDAYPotato, Carrot, Cauliflower |
| MAIN MEAL $8.00MINI MEAL $4.50 | Curried Pork Sausages w/ RiceGreek Chicken **LG** | Pepper Steak PieSwedish Chicken Meatballs | Roast Lamb w/ Gravy **LG**Roast Beef w/ Gravy **LG** | Vegetable Quiche **VEG/DF**Lamb Stroganoff w/ Pasta  | Silverside w/ Mustard SauceSeafood Cake  |
| DESSERT $2.50FRUIT $2.00 | Apple CrumbleFruit | Vanilla CheesecakeFruit | Poached PearFruit | Mango Pannacotta **LG**Fruit | Black Forest SliceFruit |
| SALAD MAIN $8.00MINI $4.50 | Ham, Chicken,Salmon | Ham, Chicken,Salmon | Ham, Chicken,Salmon | Ham, Chicken,Salmon | Ham, Chicken,SalmonChicken Ceasar |
| SANDWICH $3.50 | Ham, Cheese & Mustard | Curried Egg & Lettuce | Chicken, Mayo & Cucumber  | Cheese & Tomato | Turkey, Tomato & Lettuce |
| SOUP $2.00 | Creamy Pumpkin **LG** | Tomato **LG** | Pea & Ham **DF/LG** | Broccoli & Cheddar | Beef & Vegetables **DF/LG** |

**Alternative Daily Options Include:** Crumbed Fish, Chicken Schnitzel & Gravy, Chicken Parmigiana, Chicken Cordon Bleu, Meatballs & Spaghetti, Meatballs & Gravy, Meat Pie & Gravy, Bangers & Mash.

**Alternative Daily Sandwich Options:** Ham Cheese Tomato, Egg Lettuce Mayo, Chicken Lettuce Mayo.

**Drinks Menu**

 **Fruit Juice $.50 -** Apple ◊ Orange ◊ Mixed ◊ – Or Complimentary when more than one meal ordered same day.

**UP & GO Protein Drinks $2.00 -** Vanilla ◊ Chocolate ◊ Mixed ◊

**PLEASE TURN OVER AND FILL OUT MENU FOR WEEK TWO**



**Two Week Rotating Winter Menu**

 **22/04/2024 – 20/10/2024**

**MAIN MEALS ARE SERVED WITH W/ 3 VEGETABLES**

**DF – DAIRY FREE LG – LOW GLUTEN VEG – VEGETARIAN**

**PLEASE CIRCLE MEAL SIZE**

**MAIN OR MINI AND MEAL CHOICE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK TWO | MONDAYPotato, Sweet Potato, Beans | TUESDAYPotato, Carrot, Peas | WEDNESDAYPotato, Pumpkin, Beans | THURSDAYPotato, Sweet Potato, Broccoli | FRIDAYPotato, Carrot, Cauliflower |
| MAIN MEAL $8.00MINI MEAL $4.50 | Coconut Pork Steak **DF/LG**Beef & Vegetable Meatloaf | Madras Beef Meatballs **DF/LG**Fish Pot Pie | Roast Turkey w/ Gravy **LG**Roast Pork w/ Gravy **LG** | Vegetable Curry w/ Rice **VEG/DF/LG**Tuscan Chicken **LG** | Lamb Stew**LG**Carbonara Pasta Bake |
| DESSERT $2.50FRUIT $2.00 | Custard TartFruit  | Coconut Strawberry Mousse & Fruit **LG/DF**Fruit | Lazy Daisy CakeFruit | Choc TartFruit | Banana Date SliceFruit |
| SALADMAIN $8.00MINI $4.50 | Ham, Chicken,Salmon | Ham, Chicken,Salmon | Ham, Chicken,Salmon | Ham, Chicken,Salmon | Ham, Chicken,SalmonQuiche |
| SANDWICH $3.50 | Chicken, Lettuce & Ranch | Corned Meat & Pickle | Tuna & Lettuce | Curried Egg & Lettuce | Chicken, Cheese & Tomato |
| SOUP $2.00 | Sausage & Bean  | Chicken & Corn Chowder **LG** | Mediterranean Cauliflower **LG** | German Potato **LG** | Beef Lasagna  |

**Alternative Daily Options Include:** Crumbed Fish, Chicken Schnitzel & Gravy, Chicken Parmigiana, Chicken Cordon Bleu, Meatballs & Spaghetti, Meatballs & Gravy, Meat Pie & Gravy, Bangers & Mash.

**Alternative Daily Sandwich Options:** Ham Cheese Tomato, Egg Lettuce Mayo, Chicken Lettuce Mayo.

**CHANGES TO MENU CAN BE DONE OVER THE PHONE**

**6765 8999**



**NAME –**

**RUN -**

**FROZEN WINTER MENU**

**WEEKEND MEALS DELIVERED FRIDAY**

HOW MANY MEALS FOR WEEK ONE? MAINS …. MINIS .... DESSERTS …. SOUPS …. PIES ….

HOW MANY MEALS FOR WEEK TWO? MAINS .… MINIS …. DESSERTS …. SOUPS …. PIES ….

|  |  |
| --- | --- |
| MAIN MEALS $8.00MINI MEALS $4.50 | DESSERTS $2.50 |
| ALL MAIN MEALS ARE SERVED W/ 3 SET VEGETABLES DF – DAIRY FREE LG – LOW GLUTEN VEG – VEGETARIAN* Curried Pork Sausages w/ Rice
* Greek Chicken LG
* Pepper Steak Pie
* Swedish Chicken Meatballs
* Roast Lamb w/ Gravy LG
* Roast Beef w/ Gravy LG
* Vegetable Quiche DF/VEG
* Lamb Stroganoff w/ Pasta
* Silverside w/ Mustard Sauce
* Seafood Cake
* Coconut Pork Steak DF/LG
* Beef & Vegetable Meatloaf
* Madras Beef Meatballs DF/LG
* Fish Pot Pie
* Roast Turkey w/ Gravy LG
* Roast Pork w/ Gravy LG
* Vegetable Curry w/ Rice DF/LG/VEG
* Tuscan Chicken LG
* Lamb Stew LG
* Carbonara Pasta Bake
* Crumbed Fish
* Chicken Schnitzel
* Chicken Parmigiana
* Chicken Cordon Bleu
* Meatballs & Gravy
* Meatballs & Spaghetti DF
* Meat Pie w/ Gravy
* Bangers & Mash
 | * Apple Crumble
* Vanilla Cheesecake
* Poached Pear
* Mango Pannacotta **LG**
* Black Forrest Slice
* Custard Tart
* Coconut Strawberry Mousse & Fruit **DF/LG**
* Lazy Daisy Cake
* Choc Tart
* Banana Date Slice
 |
| **SOUP $2.00** |
| * Creamy Pumpkin **LG**
* Tomato **LG**
* Pea & Ham **DF/LG**
* Broccoli & Cheddar
* Beef & Vegetables **DF/LG**
* Sausage & Bean
* Chicken & Corn Chowder **LG**
* Mediterranean Cauliflower **DF/LG**
* German Potato **LG**
* Beef Lasagna

**PIES & SAUSAGE ROLLS $4.50*** Plain Beef
* Chicken & Leek
* Creamy Potato, Onion & Cheese
* Steak & Kidney
* Cottage
* Beef, Bacon & Cheese
* Curried Beef
* Pepper Steak
* Lamb & Rosemary
* Plain Sausage Roll
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