



18 Walker Street Helensburgh NSW 2508
 PO Box 394 Helensburgh NSW 2508
 Telephone: (02) 4294 1900
 Email: reception@nina.org.au
 ABN 53 458 312 762

November 2021

Client Name: _____ Address: _____

Frozen Soup Range \$2:50	1 Nov	8 Nov	15 Nov	22 Nov	29 Nov
Pea & Ham					
Beef & Barley					
Cream of Tomato					
Potato & Leek					
Bacon, Lentil, & White Bean					
Cream of Mushroom soup					
Petit Range Frozen Meal \$6:00					
Sweet Potato Shepherds Pie					
Chicken & Cheese Pie with Creamed Potato & Green Beans					
Chicken Potato Pie					
Chicken Parmigiana					
Chicken & Leek Casserole					
Italian Pork Meatballs with Chunky Tomato					
Sweet & Sour Pork with Rice					
Beef Rissoles with Gravy					
Homemade Beef Lasagne					
Tuna Pasta Bake					
Roast Lamb & mint gravy, potato, beans					
Frozen Main Meal Range \$8:00					
Beef Rissoles with Onion Gravy, Creamed Potato Cross Cut Beans and Julienne Carrots					
Beef Burgundy with Creamed Potato, Broccoli & Whole Baby Carrots					
Beef Stroganoff with Pasta, Broccoli & Orange Vegetable Mix					
Shepherds Pie with Peas & Roast Pumpkin					
Lamb & Rosemary Pie with Breadcrumb Top with Creamed Potato Roast Zucchini & Sliced Carrots					
Roast Lamb with Mint Gravy					



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	1 Nov	8 Nov	15 Nov	22 Nov	28 Nov
Roast Pork with Apple Sauce & Gravy, Roast Chat Potatoes Cross Beans & Roast Pumpkin					
Chicken & Spinach Casserole with Creamed Potato Peas & Whole Baby Carrots					
Chicken Cacciatore					
Deep Dish Chicken & Cheese Pie with Creamed Potato Sliced Green Beans & Diced Carrots					
Salmon Pasta Bake with Beans, Carrots & Corn Mix					
Curried Prawns					
Crispy Battered Fish					
Frozen Desserts \$2:50					
Apple Sultana Crumble & Custard					
Butterscotch Pudding & Custard					
Tiramisu					
Chocolate Mud Cake & Custard					
Sticky Date Pudding with Caramel Sauce					
Creamy Rice with Strawberry Compote					
Bread & butter pudding & custard					
Total Cost					

If you require specific dietary requirements contact the office to obtain a copy of the Diet & Allergen Guide

Meal delivery will be Wednesday each week.

1. Please advise if you are happy for a substitute if your first choice is not available?

Yes

No

Office use only				
Packed				
Delivered				
CM				
Paid/Invoice				