



18 Walker Street Helensburgh NSW 2508
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 ABN 53 458 312 762

February 2022

Client Name: _____ Address: _____

Phone Number: _____

Frozen Soup Range \$2:50	2 Feb	9 Feb	16 Feb	23 Feb
Pumpkin				
Chicken & Sweet Corn				
Pea & Ham				
Cream of Tomato				
Potato & Leek				
Bacon, Lentil, & White Bean				
Country Chicken and Vegetable				
Greek Lemon Chicken and Rice				
Petit Range Frozen Meal \$6:00				
Beef Rissoles with Gravy				
Homemade Beef Lasagne				
Hearty Beef Casserole served with Rice & Country Vegetable Mix				
Chicken Potato Pie				
Lemon Chicken served with Jasmine Rice				
Chicken Parmigiana served with Creamed Potato and Beans				
Chicken & Cheese Pie with Creamed Potato & Green Beans				
Chicken & Leek Casserole				
Sweet Potato Shepherds Pie				
Roast Lamb & mint gravy, potato, beans				
Italian Pork Meatballs with Chunky Tomato				
Sweet & Sour Pork with Rice				
Tuna Pasta Bake				
Homemade Fish Cake with Chunky Tomato Sauce served with Roast Herb Potato and Veg Medley				
Crumbed Whiting served with Roast Diced Potatoes & Sliced Carrots				
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				

Frozen Main Meal Range \$8:00	2 Feb	9 Feb	16 Feb	23 Feb
Roast Chicken Maryland with gravy, Roast Potatoes, Peas & Carrot Rings				
Chicken & Spinach Casserole with Creamed Potato Peas & Whole Baby Carrots				
Deep Dish Chicken & Cheese Pie with Creamed Potato Sliced Green Beans & Diced Carrots				
Shepherds Pie with Peas & Roast Pumpkin				
Lamb & Rosemary Pie with Breadcrumbs Top with Creamed Potato Roast Zucchini & Sliced Carrots				
Roast Lamb with Mint Gravy				
Roast Pork with Apple Sauce & Gravy, Roast Chat Potatoes Cross Beans & Roast Pumpkin				
Crumbed Fish served with Roast Diced Potato, Cross cut Beans & Carrots				
Salmon Fish Cakes with Lemon Sauce served with Roast Potato, Beans & Vegetables				
Crispy Battered Fish				
Frozen Desserts \$2:50				
Plum Pudding with Brandy Custard				
Chocolate Mud Cake & Custard				
Creamy Rice with Strawberry Compote				
Bread & Butter Pudding & Custard				
Tiramisu				
Apple Sultana Crumble & Custard				
Sticky Date Pudding with Caramel Sauce				
Butterscotch 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.

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

Yes

No

Office use only	2 Feb	9 Feb	16 Feb	23 Feb
Packed				
Delivered				
CM				
Paid/Invoice				