



18 Walker Street Helensburgh NSW 2508
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 ABN 53 458 312 762

May 2022

Client Name: _____ Address: _____

Phone Number: _____

Frozen Soup Range \$2.50	4 May	11 May	18 May	25 May
Pumpkin				
Chicken & Sweet Corn				
Pea & Ham				
Cream of Tomato				
Country Chicken & Vegetable				
Potato & Leek				
Cream of Mushroom				
Bacon, Lentil, & White Bean				
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				
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	4 May	11 May	18 May	25 May
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 Breadcrumb 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 Pasta Bake served with Beans, Carrots & Corn				
Crispy Battered Fish with Roast Potatoes & Vegetables				
Frozen Desserts \$2.50				
Chocolate Mud Cake & Custard				
Creamy Rice with Strawberry Compote				
Bread & Butter Pudding & Custard				
Tiramisu				
Apple Sultana Crumble & Custard				
Sticky Date Pudding with Custard				
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	4 May	11 May	18 May	25 May
Packed				
Delivered				
CM				
Paid/Invoice				