



Please Note:
ALL MEALS
delivered
FROZEN

Name:
Delivery Address:
Phone Number:

Delivery Date: ____/____/____

BEEF			QTY
Beef and Red Wine Casserole	\$6.00	M	
Beef Rissoles/Onion Gravy & Mashed Potato (GF)	\$6.00	M	
Beef Lasagne with Seasonal Vegies (LS)	\$6.00	M	
Corned Silverside/Onion White Sauce & Mashed Pot.	\$6.20	M	
Roast Beef, Gravy & Baked Potato (GF) (DF)	\$6.20	M	
Shepherds Pie (GF)	\$6.00	M	
Spaghetti Bolognese	\$6.00	M	
Steak and Bacon Pie	\$6.00	M	
LAMB			QTY
Braised Lamb/Fruit Chutney & Steamed Potato (GF) (DF)	\$6.30	M	
Irish Lamb Stew (DF)	\$6.30	M	
Lambs Fry & Bacon/Onion Gravy & Mashed Potato	\$5.90	M	
Roast Lamb & Veg (GF) (LS)	\$6.70	M	
POULTRY			
Chicken & Mushroom Casserole	\$5.90	M	
Chicken Parmigiana	\$6.10	M	
Chicken Schnitzel with Gravy	\$6.10	M	
Indian Butter Chicken /Steamed Rice	\$5.90	M	
Pan Grilled Chicken Breast	\$6.40	M	
Roast Chicken & Baked Potato (GF) (DF)	\$6.20	M	
Roast Turkey Meal (LS)	\$6.80	M	

PORK			QTY
Roast Pork & Baked Potato (GF)	\$6.20	M	
Sweet & Sour Pork (GF) (DF)	\$6.00	M	
SEAFOOD			
Crumbed Fish & Wedges	\$5.80	M	
King Prawns & Cmy Garlic Sauce	\$7.30	M	
Tasmanian smoked salmon patty with caper cream sauce	\$5.70	M	
Tuna Mornay/Mashed Potato	\$5.90	M	
VEGETARIAN			QTY
Vegetable Lasagne (v)	\$5.80	M	
PETITE MEALS			
Beef Stroganoff	\$4.10	M	
Pork & Apple Casserole	\$4.10	M	
Curried Prawns (DF)	\$4.10	M	
SOUP			
Beef & Vegetable (GF) (DF)	\$2.40		
Chicken & Vegetable (GF) (DF)	\$2.40		
Creamy Pumpkin (GF) (V)	\$2.40		
YOGHURT and JUICE \$1.10	QTY		
Apple Juice			
Orange Juice			
Yoghurt			

DESSERTS \$2.40		QTY	Resource Plus \$1.10	QTY
Apple Crumble & Custard	M		Chocolate, Strawberry, Vanilla	
Baked Lemon Pudding	M			
Banana Pudding	M		Ensure Plus \$1.10	QTY
Blueberry Pavlova	M		Van, Choc & Fruit of the Forest	
Bread & Butter Pudding	M			
Chocolate Mousse	M		RESOURCE 2.0 + fibre \$2.00	QTY
Choc Mud Cake & Cream	M		Apricot, Strawberry / Vanilla	
Golden Syrup Dumplings	M			

(GF) = Gluten Free
(LS) = Low Sodium
(DF) = Dairy Free
(V) = Vegetarian