Home Care Program

Autumn Menu 💦

MAIN MEALS



Steak Of Mulanton Field () Mash Potato and Vegetables \$4.00 Gorned Silverside w/ Mikite Sauce and Creamy Mash and Vegetables \$3.60 Beef Goulash w/ Potato and Vegetables (GF) \$3.60 Roast Beef w/ Homemade Gravy, Baked Potato & and Vegetables (GF)(DF) \$4.30 CHICKEN \$3.60 Roast Deef w/ Homemade Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Chicken stir-Fry w/ Hokkien Noodles \$3.60 Chicken Kebabs w/ Herbed Rissoni and Vegetables \$3.60 Chicken A La King w/ Spiral Pasta and Vegetables \$3.60 LAMB \$3.60 \$3.60 Roast Lamb and Gravy w/ Baked Potato and Vegetables (GF) \$4.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF) \$4.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF) \$4.40 PORK \$3.60 \$3.60 Curumbed Fish Patties & Hollandaise Sauce w/ Potato Gratin and Vegetables \$3.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$3.60 Salmon Frittata w/ Steamed Potato and Vegetables (GF) \$4.40<	BEEF	
Contact of relation of With the control of the main and regeneries 33.60 Beef Goulash w/ Potato and Vegetables (GF) \$3.60 Meatloaf & Gravy w/ Mashed Potato and Vegetables \$3.60 Chicken Sie Fer W/ Homemade Gravy , Baked Potato & and Vegetables (GF)(DF) \$4.30 CHICKEN \$4.00 Roast Chicken and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Chicken Stir-Fry w/ Hokkien Noodles \$3.60 Chicken Stir-Fry w/ Hokkien Noodles \$3.60 Chicken Gutlets w/ Mash Potato and Vegetables \$3.60 Chicken Kebabs w/ Herbed Rissoni and Vegetables \$3.60 Chicken A La King w/ Spiral Pasta and Vegetables \$3.60 Chicken A La King w/ Spiral Pasta and Vegetables (GF)(DF) \$4.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF)(DF) \$4.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF)(DF) \$4.30 Pork Schnitzel & Mushroom Pie w/ Vegetables \$3.60 Pork Stir Ford And Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Spinach, Bacon & Cheese Quiche w/ Vegetables \$3.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$3.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$3.60 Spinach S Garlic Crea	Steak & Mushroom Pie w/ Mash Potato and Vegetables	\$3.60
Boot of a Gravy w/ Mashed Potato and Vegetables \$3.60 Roast Beef w/ Homemade Gravy , Baked Potato & and Vegetables(GF)(DF) \$4.30 Shepherd's Pie w/ Vegetables (GF) \$4.00 CHICKEN \$3.60 Roast Chicken and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Chicken Stir-Fry w/ Hokkien Noodles \$3.60 Chicken Honey Curry w/ Rice and Vegetables (DF) \$4.00 BBQ Chicken Cutlets w/ Mash Potato and Vegetables \$3.60 Chicken A La King w/ Spiral Pasta and Vegetables \$3.60 LAMB \$3.60 \$3.60 Roest Lamb and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF)(DF) \$4.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF)(DF) \$4.30 PORKK \$3.60 \$3.60 Roest Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables \$3.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$3.60 Salmon Frittata w/ Steamed Potato and Vegetables (GF) \$4.00 SelaPOOD \$3.60 Salmon Frittata w/ Steamed Potato and Vegetables (GF) \$3.60	Corned Silverside w/ White Sauce and Creamy Mash and Vegetables	\$4.00
Roast Beef w/ Homemade Gravy, Baked Potato & and Vegetables(GF)(DF) \$4.30 Shepherd's Pie w/ Vegetables (GF) CHICKEN Roast Chicken and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Chicken Stir-Fry w/ Hokkien Noodles Staco Chicken Honey Curry w/ Rice and Vegetables (DF) BBQ Chicken Cutlets w/ Mash Potato and Vegetables Chicken A La King w/ Spiral Pasta and Vegetables (GF)(DF) \$4.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF) \$4.30 PORK Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Pork Schnitzel & Mushroom Pie w/ Vegetables Spinach, Bacon & Cheese Quiche w/ Vegetables Spinach, Bacon & Cheese Quiche w/ Vegetables Salmon Prittata w/ Steamed Potato and Vegetables (GF) \$4.00 SEAFOOD Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables Salmon Prittata w/ Steamed Potato and Vegetables Salmon Pritters w/ Vegetables (V) Succhini & Corn Pritters w/ Vegetables (V) Saco Chicke Tanaloni w/ Vegetables (V) Saco Chicker A Canneloni w/ Vegetables (V) Saco Chicker A Corn Pritters w/ Vegetables (V) Saco Chicker A Canneloni w/ Vegetables	Beef Goulash w/ Potato and Vegetables (GF)	\$3.60
Shepherd's Pie w/ Vegetables (GF) \$4.00 CHICKEN \$4.00 Roast Chicken and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Chicken Stir-Fry w/ Hokkien Noodles \$3.60 Chicken Honey Curry w/ Rice and Vegetables (DF) \$4.00 BBQ Chicken Cutlets w/ Mash Potato and Vegetables \$3.60 Chicken Kebabs w/ Herbed Rissoni and Vegetables \$3.60 Chicken A La King w/ Spiral Pasta and Vegetables \$3.60 LAMB Cosst Lamb and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF)(DF) \$4.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF)(DF) \$4.30 PORK \$3.60 Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables \$3.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$4.00 Set AFOOD \$4.00 VEGETARIAN \$3.60 Spinach & Ricotta Canneloni w/ Vegetables \$3.60 Vegetables (V) \$3.60 Crumbed Pish Patties & Hollandiase Sauce w/ Baked Wedges and Vegetables \$3.60 Spinach & Ricotta Canneloni w/ Vegetables (V)<	Meatloaf & Gravy w/ Mashed Poatato and Vegetables	\$3.60
CHICKEN Roast Chicken and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Chicken Stir-Fry w/ Hokkien Noodles \$3.60 Chicken Honey Curry w/ Rice and Vegetables (DF) \$4.00 BBQ Chicken Cutlets w/ Mash Potato and Vegetables \$3.60 Chicken A La King w/ Spiral Pasta and Vegetables \$3.60 Chicken A La King w/ Spiral Pasta and Vegetables \$3.60 LAMB \$4.30 Roast Lamb and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF) \$4.30 Jamb, Potato & Mushroom Pie w/ Vegetables \$3.60 PORK \$3.60 Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables \$3.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$3.60 Spinach Bacon & Holandaise Sauce w/ Baked Wedges and Vegetables \$3.60 Stamon Frittata w/ Steamed Potato and Vegetables \$3.60 VEGETARIAN \$3.60 Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Zucchini & Corn Fritters w/ Vegetables (V) \$3.60 Zucchini & Corn Fritters w/ Vegetables (V) \$3.60 <td>Roast Beef w/ Homemade Gravy, Baked Potato & and Vegetables(GF)(DF)</td> <td>\$4.30</td>	Roast Beef w/ Homemade Gravy, Baked Potato & and Vegetables(GF)(DF)	\$4.30
Roast Chicken and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Chicken Stir-Fry w/ Hokkien Noodles \$3.60 Chicken Stir-Fry w/ Hokkien Noodles \$3.60 Chicken Stir-Fry w/ Hokkien Noodles \$3.60 BBQ Chicken Cutlets w/ Mash Potato and Vegetables \$3.60 Chicken Kebabs w/ Herbed Rissoni and Vegetables \$3.60 Chicken A La King w/ Spiral Pasta and Vegetables \$3.60 LAMB \$3.60 Roast Lamb and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF) \$4.30 PORK \$3.60 PORK \$3.60 Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables (GF)(DF) \$4.30 Spinach, Bacon & Cheese Quiche w/ Vegetables \$3.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$3.60 Salamon Frittata w/ Steamed Potato and Vegetables \$3.60 Salamon Frittata w/ Steamed Potato and Vegetables \$3.60 Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Crumbed Fish Patties & Hollandaise Sauce w/ Steamed Rice and Vegetables \$3.60 Spinach & Ricotta C	Shepherd's Pie w/ Vegetables (GF)	\$4.00
Chicken Stir-Fry W. Hokkien Noodles (CF)(DF) State Models (DF) BBQ Chicken Cutlets W/ Mash Potato and Vegetables (DF) BBQ Chicken Cutlets W/ Mash Potato and Vegetables (SF) Chicken Kebabs W/ Herbed Rissoni and Vegetables (SF) Chicken A La King W/ Spiral Pasta and Vegetables (SF)(DF) LAMB Roast Lamb and Gravy W/ Baked Potato and Vegetables (GF)(DF) Slow Cooked Lamb Shanks W/ Mash Potato and Vegetables (GF) Slow Cooked Lamb Shanks W/ Mash Potato and Vegetables (GF) PORK Roast Pork and Gravy W/ Baked Potato and Vegetables (GF)(DF) Pork Schnitzel & Mushroom Pie W/ Vegetables (GF)(DF) Pork Schnitzel & Mushroom Sauce W/ Potato Gratin and Vegetables (SF) Spinach, Bacon & Cheese Quiche W/ Vegetables (SF)(DF) Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) Crumbed Fish Patties & Hollandaise Sauce W/ Baked Wedges and Vegetables (Saloo Salmon Frittata W/ Steamed Potato and Vegetables (SF) Crumbed Fish Patties & Hollandaise Sauce W/ Baked Wedges and Vegetables (Saloo Spinach, Bacon & Cheese Quiche W/ Vegetables (SF) Crumbed Fish Patties & Hollandaise Sauce W/ Baked Wedges and Vegetables (Saloo Spinach & Steamed Potato and Vegetables (SF) Crumbed Fish Patties & Hollandaise Sauce W/ Baked Wedges and Vegetables (Saloo Spinach & Steamed Potato and Vegetables (Saloo Spinach & Steamed Potato and Vegetables (SF) Crumbed Fish Patties & Hollandaise Sauce W/ Steamed Rice and Vegetables (Saloo Saloo Frittata W/ Steamed Potato and Vegetables (Saloo Spinach & Ricotta Canneloni W/ Vegetables (V) Sister Prevention & Saloo Spinach & Creamy Tomato Sauce W/ Vegetables (V) Saloo Saloo Chocchi & Creamy Tomato Sauce W/ Vegetables (V) Saloo Vegetable Lasagne (V) Saloo Saloo PETITE MEALS	CHICKEN	
Chicken Honey Curry w/ Rice and Vegetables (DF)\$4.00BBQ Chicken Cutlets w/ Mash Potato and Vegetables\$3.60Chicken Cutlets w/ Mash Potato and Vegetables\$3.60Chicken A La King w/ Spiral Pasta and Vegetables\$3.60LAMBRoast Lamb and Gravy w/ Baked Potato and Vegetables (GF)(DF)\$4.30Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF)\$4.30Lamb, Potato & Mushroom Pie w/ Vegetables\$3.60PORK\$3.60Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF)\$4.30Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables\$3.60Spinach, Bacon & Cheese Quiche w/ Vegetables\$4.00SEAFOOD\$4.00Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF)\$4.00Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables\$3.60Salmon Frittata w/ Steamed Potato and Vegetables\$3.60Sum Frittata w/ Steamed Potato and Vegetables\$3.60VEGETARIAN\$3.60Spinach & Ricotta Canneloni w/ Vegetables (V)\$3.60Cucchini & Cron Fritters w/ Vegetables (V)\$3.60Spinach & Sicotta Canneloni w/ Vegetables (V)\$3.60Cucchini & Cron Fritters w/ Vegetables (V)\$3.60PETITE MEALS\$4.00	Roast Chicken and Gravy w/ Baked Potato and Vegetables (GF)(DF)	\$4.30
BBQ Chicken Cutlets w/ Mash Potato and Vegetables \$3.60 Chicken Kebabs w/ Herbed Rissoni and Vegetables \$3.60 Chicken A La King w/ Spiral Pasta and Vegetables \$3.60 LAMB Roast Lamb and Gravy w/ Baked Potato and Vegetables (GF) \$4.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF) \$4.30 Lamb, Potato & Mushroom Pie w/ Vegetables \$3.60 PORK Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables \$3.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$4.00 SEAFOOD \$4.30 Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) \$4.00 Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables \$3.60 Samon Frittata w/ Steamed Potato and Vegetables \$3.60 VEGETARIAN \$3.60 Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Cucchini & Corn Fritters w/ Vegetables (V) \$3.60 Chocchi & Creamy Tomato Sauce w/ Vegetables (V) \$3.60 PETITTE MEALS \$4.00	Chicken Stir-Fry w/ Hokkien Noodles	\$3.60
Chicken Kebabs w/ Herbed Rissoni and Vegetables\$3.60Chicken A La King w/ Spiral Pasta and Vegetables\$3.60LAMBRoast Lamb and Gravy w/ Baked Potato and Vegetables (GF)(DF)\$4.30Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF)\$4.30Lamb, Potato & Mushroom Pie w/ Vegetables\$3.60PORKRoast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF)\$4.30Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables\$3.60Spinach, Bacon & Cheese Quiche w/ Vegetables\$4.00SEAFOOD\$4.00Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF)\$4.00Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables\$3.60Salmon Frittata w/ Steamed Potato and Vegetables\$3.60VEGETARIAN\$3.60Spinach & Ricotta Canneloni w/ Vegetables (V)\$3.60Cnocchi & Creamy Tomato Sauce w/ Vegetables (V)\$3.60PORCK\$3.60PORTUTTE MEALS\$4.00	Chicken Honey Curry w/ Rice and Vegetables (DF)	\$4.00
Chicken A La King w/ Spiral Pasta and Vegetables\$3.60LAMBRoast Lamb and Gravy w/ Baked Potato and Vegetables (GF)(DF)\$4.30Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF)\$4.30Lamb, Potato & Mushroom Pie w/ Vegetables\$3.60PORKRoast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF)Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and VegetablesSpinach, Bacon & Cheese Quiche w/ VegetablesStand Wegetables (GF)(DF)Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and VegetablesSpinach, Bacon & Cheese Quiche w/ VegetablesStand Vegetables (GF)\$44.00SEAFOODBaked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF)\$44.00Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and VegetablesSaimon Frittata w/ Steamed Potato and Vegetables\$3.60VEGETARIANSpinach & Ricotta Canneloni w/ Vegetables (V)\$3.60Cuchini & Creamy Tomato Sauce w/ Vegetables (V)\$3.60PETTITE MEALS	BBQ Chicken Cutlets w/ Mash Potato and Vegetables	\$3.60
LAMB Roast Lamb and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$44.30 Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF) \$43.00 Lamb, Potato & Mushroom Pie w/ Vegetables \$33.60 PORK Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$44.30 Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables \$33.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$33.60 SEAFOOD Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) \$40.00 Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables \$33.60 Salmon Frittata w/ Steamed Potato and Vegetables \$33.60 King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables \$33.60 Zucchini & Corn Fritters w/ Vegetables (V) \$33.60 Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) \$33.60 PETITE MEALS	Chicken Kebabs w/ Herbed Rissoni and Vegetables	\$3.60
Roast Lamb and Gravy w/ Baked Potato and Vegetables (GF)(DF)\$4.30Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF)\$4.30Lamb, Potato & Mushroom Pie w/ Vegetables\$3.60PORKRoast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF)\$4.30Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables\$3.60Spinach, Bacon & Cheese Quiche w/ Vegetables\$4.00SEAFOOD\$4.00Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF)\$4.00Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables\$3.60Salmon Frittata w/ Steamed Potato and Vegetables\$3.60Spinach & Ricotta Canneloni w/ Vegetables (V)\$3.60Zucchini & Corn Fritters w/ Vegetables (V)\$3.60Zucchini & Creamy Tomato Sauce w/ Vegetables (V)\$3.60Vegetable Lasagne (V)\$4.00PETITE MEALS\$4.00	Chicken A La King w/ Spiral Pasta and Vegetables	\$3.60
Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF) \$4.30 Lamb, Potato & Mushroom Pie w/ Vegetables \$3.60 PORK Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables \$3.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$3.60 SEAFOOD SEAFOOD Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) \$4.00 Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables \$3.60 Salmon Frittata w/ Steamed Potato and Vegetables \$3.60 King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables \$4.40 VEGETARIAN \$3.60 Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Zucchini & Corn Fritters w/ Vegetables (V) \$3.60 Vegetable Lasagne (V) \$3.60 PETITE MEALS \$4.00	LAMB	
Lamb, Potato & Mushroom Pie w/ Vegetables \$3.60 PORK Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables \$3.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$4.00 SEAFOOD Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) \$4.00 Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables \$3.60 Salmon Frittata w/ Steamed Potato and Vegetables \$3.60 King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables \$4.40 VEGETARIAN \$3.60 Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Zucchini & Corn Fritters w/ Vegetables (V) \$3.60 Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) \$3.60 PETITE MEALS \$4.00		\$4.30
PORK \$4.30 Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$4.30 Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables \$3.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$4.00 SEAFOOD \$4.00 Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) \$4.00 Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables \$3.60 Salmon Frittata w/ Steamed Potato and Vegetables \$3.60 King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables \$4.40 VEGETARIAN \$3.60 Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Zucchini & Corn Fritters w/ Vegetables (V) \$3.60 Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) \$3.60 Vegetable Lasagne (V) \$3.60 PETTITE MEALS \$4.00		\$4.30
Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF)\$4.30Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables\$3.60Spinach, Bacon & Cheese Quiche w/ Vegetables\$4.00SEAFOODBaked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF)\$4.00Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables\$3.60Salmon Frittata w/ Steamed Potato and Vegetables\$3.60King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables\$4.40VEGETARIAN\$3.60Spinach & Ricotta Canneloni w/ Vegetables (V)\$3.60Zucchini & Corn Fritters w/ Vegetables (V)\$3.60Vegetable Lasagne (V)\$3.60PETTITE MEALS\$4.00	Lamb, Potato & Mushroom Pie w/ Vegetables	\$3.60
Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables \$3.60 Spinach, Bacon & Cheese Quiche w/ Vegetables \$4.00 SEAFOOD Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) \$4.00 Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables \$3.60 Salmon Frittata w/ Steamed Potato and Vegetables \$3.60 King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables \$3.60 VEGETARIAN Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Zucchini & Corn Fritters w/ Vegetables (V) \$3.60 Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) \$3.60 Vegetable Lasagne (V) \$4.00	PORK	
Spinach, Bacon & Cheese Quiche w/ Vegetables \$4.00 SEAFOOD 84ked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) \$4.00 Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables \$3.60 Salmon Frittata w/ Steamed Potato and Vegetables \$3.60 King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables \$4.40 VEGETARIAN \$4.40 Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) \$3.60 Vegetable Lasagne (V) \$4.00	Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF)	\$4.30
SEAFOOD Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) \$4.00 Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables \$3.60 Salmon Frittata w/ Steamed Potato and Vegetables \$3.60 King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables \$4.40 VEGETARIAN \$4.40 Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Zucchini & Corn Fritters w/ Vegetables (V) \$3.60 Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) \$3.60 Vegetable Lasagne (V) \$4.00 PETITE MEALS \$4.00	Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables	\$3.60
Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) \$4.00 Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables \$3.60 Salmon Frittata w/ Steamed Potato and Vegetables \$3.60 King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables \$4.40 VEGETARIAN \$4.40 Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Zucchini & Corn Fritters w/ Vegetables (V) \$3.60 Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) \$3.60 Vegetable Lasagne (V) \$4.00 PETITE MEALS \$4.00	Spinach, Bacon & Cheese Quiche w/ Vegetables	\$4.00
Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables\$3.60Salmon Frittata w/ Steamed Potato and Vegetables\$3.60King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables\$4.40VEGETARIANSpinach & Ricotta Canneloni w/ Vegetables (V)\$3.60Zucchini & Corn Fritters w/ Vegetables (V)\$3.60Gnocchi & Creamy Tomato Sauce w/ Vegetables (V)\$3.60Vegetable Lasagne (V)\$4.00\$44.00PETTITE MEALS	SEAFOOD	
Salmon Frittata w/ Steamed Potato and Vegetables \$3.60 King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables \$4.40 VEGETARIAN \$500 Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Zucchini & Corn Fritters w/ Vegetables (V) \$3.60 Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) \$3.60 Vegetable Lasagne (V) \$3.60 Spinach EALS \$4.00		\$4.00
King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables \$4.40 VEGETARIAN Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Zucchini & Corn Fritters w/ Vegetables (V) \$3.60 Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) \$3.60 Vegetable Lasagne (V) \$3.60 PETITE MEALS \$4.00		\$3.60
VEGETARIAN Spinach & Ricotta Canneloni w/ Vegetables (V) \$3.60 Zucchini & Corn Fritters w/ Vegetables (V) \$3.60 Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) \$3.60 Vegetable Lasagne (V) \$3.60 PETITE MEALS		\$3.60
Spinach & Ricotta Canneloni w/ Vegetables (V)\$3.60Zucchini & Corn Fritters w/ Vegetables (V)\$3.60Gnocchi & Creamy Tomato Sauce w/ Vegetables (V)\$3.60Vegetable Lasagne (V)\$4.00PETITE MEALS	King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables	\$4.40
Zucchini & Corn Fritters w/ Vegetables (V) \$3.60 Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) \$3.60 Vegetable Lasagne (V) \$3.60 PETITE MEALS	VEGETARIAN	
Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) \$3.60 Vegetable Lasagne (V) \$4.00 PETITE MEALS \$4.00	Spinach & Ricotta Canneloni w/ Vegetables (V)	\$3.60
Vegetable Lasagne (V) \$4.00 PETITE MEALS	Zucchini & Corn Fritters w/ Vegetables (V)	\$3.60
PETITE MEALS	Gnocchi & Creamy Tomato Sauce w/ Vegetables (V)	\$3.60
	Vegetable Lasagne (V)	\$4.00
	PETITE MEALS	
Roast Chicken and Gravy w/ Baked Potato and Vegetables (GF)(DF) \$3.70		\$3.70
	•	\$3.70
		\$3.70
		\$3.40
		\$3.40
	• • • •	\$3.40
		\$3.40
		\$3.40
		\$3.40
	•	\$3.40

DIETARY REFERENCE

(DF) Dairy Free

(GF) - Gluten Free

(V) - Vegetarian

Autumn Menu



\$3.00

*****•• ••

MINI MEALS Chicken Fried Rice (GF)(DF)

Home Care

Program

Bolognaise w/ Spiral Pasta

	\$3.00
SOUPS	
Hearty Vegetable	\$2.60
Potato and Leek (GF)(DF)	\$2.85
Pumpkin (GF)	\$2.85
Curried Lentil	\$2.60
DESSERT	
Pumpkin & Sultana Cake w/ Cream	\$2.30
Apple Blueberry Crumble w/ Custard	\$2.30
Bread and Butter Pudding w/ Custard	\$2.90
Lemon Cheesecake	\$2.90
Apricot Danish	\$2.30
RESOURCE	
Chocolate	\$2.05
Strawberry	\$2.05
Vanilla	\$2.05
Orange	\$2.05
Fruits of the Forest	\$1.65



If you are a HCP client and have a home care package you can receive our nutritious, delicious meals and only pay 30% of our RRP. Your package will cover the other 70%. Delivery is free to your doorstep. This menu has the prices you will pay for your meals to make things that bit easier for you.

If you have any questions or would like to order please call 6492 4146 or email foodservices@bvmow.org.au