

A restaurant in your freezer

Taste the difference

BEEF

ALL MEALS \$8.00 inc GST



HONEY MUSTARD BEEF (GF)

Flavoursome casserole with hints of sweetness and dijon mustard with tender beef served on parsnip potato & vegetables



RISSOLE WITH ONION GRAVY

A fan favourite. Traditional beef mince rissolle served with creamy mashed potatoes & vegetables



STEAK & KIDNEY PIE

Tender beef steak & kidney with a pastry lid served with creamy mashed potatoes & vegetables



BEEF PIE WITH GRAVY

The classic beef pie with tender meat & crispy pastry served with smooth gravy, peas & creamy mashed potatoes

CHICKEN

ALL MEALS \$8.00 inc GST



CHICKEN ASPARAGUS MORNAY (GF, LS)

A creamy casserole style dish with tender chicken pieces in a delicious creamy asparagus sauce



CHICKEN STRIPS WITH LEMON SAUCE

Tender crumbed chicken strips drizzled with lemon sauce served with rice & vegetables

GF: GLUTEN FREE **LS:** LOW SODIUM <120mg per 100g

Flagstaff Fine Foods is an Australian operated social enterprise providing high quality frozen meals. We use only fresh and quality produce and vegetables. Just like Meals on Wheels, Flagstaff Fine Foods is a not for profit organisation employing over 280 people with a disability and we are proud to partner with Christian Community Aid.

ORDER NOW

12 Lakeside Road, Eastwood NSW 2122
(02) 9858 3222

Christian Community Aid, working in partnership with Flagstaff Fine Foods.



Meals proudly supplied by



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LAMB

ALL MEALS \$8.00 inc GST



CRUMBED LAMB PATTIES WITH GRAVY

Traditional lamb patty in a tasty crumbed coating served with creamy mashed potatoes & vegetables. A must try!



MONGOLIAN LAMB & RICE

A mild curry mixed with a hint of sweetness with tender lamb on a bed of rice & vegetables

PORK

ALL MEALS \$8.00 inc GST



PORK IN BBQ SAUCE

Marinated pieces of pork tossed through a BBQ sauce served with Asian style fried rice & mixed vegetables



PORK, APPLE & CRANBERRY CASSEROLE (GF, LS)

Tender pork in a sweet apple & cranberry casserole, served on a bed of rice and mixed vegetables



HAM STEAK & PINEAPPLE (GF)

A tropical sweet & savory dish, sliced ham shoulder steak topped with pineapple served with creamy mashed potatoes & vegetables



VIENNA SCHNITZEL WITH GRAVY

Perfect for the schnitty lover. Tasty crumbed veal schnitzel with a side of parsley potato & vegetables

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