



Frozen Menu

Main Meals Choices: \$8.00

CHICKEN

Creamy Pesto Chicken with Penne and Chargrilled Vegetables

Hearty Roast Chicken with Vegetables and Gravy

Italian-Style Chicken Carbonara Penne

BEEF

Traditional Bangers & Mash with Onion Gravy

Traditional Roast Beef with all the Trimmings

LAMB

Lamb Rissole with Mash Potatoes, Vegetables and Gravy

Lamb Casserole with Sweet Potato Mash and Vegetables

Hearty Roast Lamb with Mash and Cheesy Vegetables

SEAFOOD

White Fish with Mustard Sauce, Mash and Vegetables

Tuna Mornay Pasta with Broccoli

Note: These meals are **NOT SUITABLE** for heating in a conventional oven. Only suitable for heating in a microwave. Microwaves vary and heating times may need adjusting to suit your appliance.