



## MEAL MASTER FROZEN MENU

### Main Meals Choices - \$8.00

#### Beef:

- Country Beef Sausages with Onion Gravy served with Diced Roast Potatoes, Green Beans & Roast Diced Pumpkin (LSF, LS, GF)
- Beef Rissole with Onion Gravy served with Creamed Potato, Cross Cut Beans & Mini Corn Cobbs (LSF, LS, GF)
- Italian Bolognese (contains Beef & Pork) served with Spaghetti & Sliced Green Beans (LSF)

#### Chicken:

- Roast Chicken Maryland with Gravy served with Roast Potatoes, Peas & Carrot Rings (LSF, LS, GF)
- Honey Soy Chicken Drumettes served with Steamed Rice, Broccoli, Carrots & Cauliflower (LSF, DF)
- Roast Turkey with Port Wine Sauce served with Roast Herb Potatoes, Broccoli & Roast Sweet Potato (LSF, LS, GF)
- Chicken Cacciatore served with Saffron Rice & Vegetable Medley (LSF, LS, GF)

#### Lamb:

- Lamb and Mint Risssoles with Gravy served with Creamed Potato, Aussie Beans & Orange Vegetable Mix (LSF, LS, GF)
- Roast Lamb with Mint Gravy served with Roast Potato, Broccoli & Roast Pumpkin (LSF, LS, GF)
- Lamb and Rosemary Pie with Breadcrumb Top served with Creamed Potato, Roast Diced Zucchini & Sliced Carrots (LSF)

#### Pork:

- Pork Steak with Honey Soy Sauce served with Sauté Potato, Broccoli & Sliced Carrots (LSF, DF)
- Pork Cassoulet served with Creamed Potato, Roast Brussel Sprouts & Roast Diced Pumpkin (LSF, GF)
- Curried Sausages served with Rice, Peas & Roast Sweet Potato (GF)

#### Seafood:

- Crispy Battered Fillet served with Roast Potato Wedges, Aussie Beans & Roast Pumpkin (LSF, DF)
- Crumbed Fish served with Roast Diced Potato, Cross Cut Beans & Crinkled Cut Carrots (DF)
- Salmon Fish Cakes with Lemon Sauce served with Roast Potato, Beans & Orange Vegetable Mix (LSF, LS)

LSF: LOW SATURATED FAT < 1.5g per 100g  
Diab F: DIABETIC FRIENDLY < 15g sugar per 100g  
LS: LOWER SODIUM < 150mg per 100g  
GF: GLUTEN FREE  
DF: DAIRY FREE

DISCLAIMER: The information provided is as accurate as possible as from August 2019 and is to be used as a guide only. Information may change in conjunction with ingredient and product replacements and raw material availability.

12 Lakeside Road,  
Eastwood, NSW  
Ph : 9858 3222



## MEAL MASTER FROZEN MENU

### Choices of Soups and Desserts - \$3.00

#### Soups

- Pumpkin Soup (**LSF, GF**)
- Pea and Ham Soup (**LSF, GF, DF**)
- Cream of Tomato Soup (**LSF, GF**)
- Country Chicken and Vegetable Soup (**LSF, DF**)
- Potato and Leek Soup (**LSF, GF**)
- Greek Lentil and Rosemary Soup (**LSF, GF, DF**)

#### Desserts

- Lemon Pudding with Custard (**LS**)
- Creamy Rice with Strawberry Compote (**LSF, Diab F, LS, GF**)
- Tiramisu (**LS**)
- Apple, Sultana Crumble with Custard (**LS**)
- Apple Pie with Custard (**LS**)
- Black Forest Cheesecake
- Butterscotch Pudding with Custard
- Jelly with Peaches and Custard (**LSF, LS, GF**)

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