

Healthy Homestyle Frozen Meals

No Added Artificial Flavours or Preservatives

Gluten Free (GF) Vegetarian (V) Dairy Free (DF)

MAIN MEALS CHOICES:

CHICKEN

French Chicken Casserole (GF)	\$8.00
Chicken Schnitzel with Gravy and Creamy Mashed Potato	\$8.00
Chicken Cream Casserole with Short Crust Pastry Top	\$8.00
Apricot Chicken with Creamy Mashed Potato	\$8.00

LAMB

Braised Lamb with Fruit Chutney & Steamed Potato (DF) (GF)	\$8.00
Irish Lamb Stew with Steamed Potato (DF)	\$8.00

PORK

Roast Pork with Homemade Gravy & Baked Potato (DF) (GF)	\$8.00
Quiche with Bacon, Spinach and Cheese	\$8.00

BEEF

Corned Silverside with Onion White Sauce & Mashed Potato	\$8.00
Beef Stroganoff with Macaroni	\$8.00
Roast Beef with Homemade Gravy & Baked Potato (DF) (GF)	\$8.00
Savory Beef Mince with Mash Potato (GF)	\$8.00
Shepherd's Pie (GF)	\$8.00

SEAFOOD

Grilled Atlantic Salmon Fillet, Lemon & Dill Cream Sauce and Steamed Potato	\$9.00
Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice Pilaf (GF)	\$8.00
Baked Fish with Parsley Lemon Butter and Steamed Potato (GF)	\$8.00

PASTA & VEGETARIAN

Spaghetti Bolognese	\$8.00
Vegetable Ratatouille with Sweet Potato and Pumpkin Steak (GF) (V)	\$8.00



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PETITE MEALS CHOICES: \$5.50 (Weight: 280g)

CHICKEN

Chicken Mornay with Spiral Pasta

Chicken Honey Curry with Steamed Rice (DF)

PORK

Sweet & Sour Pork with Steamed Rice (GF) (DF)

BEEF

Savoury Beef Mince with Mash Potato (GF)

Beef and Red Wine Casserole with Mash Potato

SEAFOOD

Tuna Mornay with Mash Potato

Curry Prawns with Steamed Rice (DF)