

Frozen Meals Menu

Please find attached our updated Frozen Meals Menu.

There are a few updates we'd like to highlight for you, effective from 1st December 2024:

- **Roast Beef with Homemade Gravy** from Farm Door is discontinued.
- **Grilled Barramundi Fillet** from Farm Door is now a premium meal, priced at \$9.80.

If you have any special dietary requirements, please contact one of our Aged & Disability Services workers on 9858 3222 or email meals@ccas.org.au.

We hope you will enjoy our menu and would love to hear your thoughts.
Bon Appetit!

How to complete the Frozen Meals Ordering Form:

- Please refer to the attached meal choices from our different providers. On the separate Monthly Ordering Form, please write down the provider's name and the meal choices you wish to receive.
- You can find the meal provider's name on each page. If you require more than 7 meals, please attach another paper to your Ordering Form.
- If you don't want to select meals and would like us to select for you, or if you are happy to repeat your current order, you do not need to complete the Ordering Form.
- Monthly Ordering Form will be given to you once a month (3rd week of the month). Please complete and send it back by the 4th week of the month. Otherwise, we will assume you don't want to make a choice and we will select meals for you.

Example:

Provider Name	Week 1 (2/12/2024)
Farm Door	Grilled Barramundi Fillet
gourmetbreak	Chicken Laksa
Liverpool Meals on Wheels	Roast Beef
Meal Master	Pumpkin Soup



12 Lakeside Road, Eastwood, NSW 2122

Phone: 02 9858 3222

Email: meals@ccas.org.au



We welcome Liverpool Meals on Wheels as one of our meal suppliers

Main Meals Choices: \$8.80

BEEF



- **Beef Goulash** (LSF, Diab F, LS, DF, GF)
- **Sausage, Onion & Gravy** (LSF, Diab F)
- **Roast Beef & Gravy** (LSF, Diab F, LS, GF)
- **Spaghetti Bolognese** (LSF, Diab F, LS)
- **Beef Stroganoff with Pasta** (Diab F, LS)

CHICKEN



- **Roast Chicken & Gravy** (LSF, Diab F, LS, GF)
- **Chicken Stir Fry with Hokkien Noodles** (LSF, Diab F, LS)
- **Hainanese Chicken with Rice** (LSF, Diab F, LS, DF)
- **Chicken Terriyaki** (LSF, Diab F, GF)
- **Chicken Kebabs with Herbed Risoni** (LSF, Diab F, LS, DF)

PORK



- **Pork Schnitzel with Mushroom Sauce** (LSF, Diab F, LS)
- **Stuffed Baked Potatoes with Pulled Pork** (LSF, Diab F, LS, GF)
- **Macaroni Ham & Cheese** (Diab F, LS)

LAMB



- **Lamb, Potato & Mushroom Pie** (LSF, Diab F, LS)
- **Roast Lamb & Gravy** (LSF, Diab F, LS, GF)

SEAFOOD



- **Salmon Frittata** (LSF, Diab F, LS, GF)
- **Tempura Fish with Lemon Sauce** (LSF, Diab F, 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

PRAWN & PORK



Butter Garlic Prawn with Rice
(Diab F, LSF)
\$9.80

Boiled rice with prawn, onion, garlic, butter, chicken stock, lemon juice, salt, pepper, sugar, and potato starch.



Steamed Pork Mince with Prawn & Water Chestnuts
(LS, Diab F, LSF)
\$9.80

Boiled rice with pork mince, water chestnut, prawn, sesame oil, and seasoning.



Tonkotsu Chashu Pork Ramen
(Diab F, LSF)
\$8.80

Ramen with creamy soup, pork chashu, shiitake mushroom, corn, bamboo shoots, and spring onion.

CHICKEN



Chicken Singapore Noodle
(LS, Diab F, LSF)
\$8.80

Rice noodles with chicken, egg, onion, capsicum, carrot, bean sprouts, shrimp, curry powder, sesame, and seasoning.



Chicken Laksa
(Diab F, LSF)
\$8.80

Rice vermicelli features noodles, chicken, bean sprouts, bean curd, shallots, coconut cream, and a blend of spices and seasonings.



Chicken Pad Thai \$8.80
(LSF, Diab F)

Vermicelli features chicken, egg, peanut, and onion in a flavorful mix of garlic, sauces, and lime juice, with a touch of spring onion and spice.



Stir Fried Hokkien Noodle with Teriyaki Chicken
(Diab F, LSF)
\$8.80

Hokkien noodles with chicken, cabbage, carrot, onions, teriyaki sauce, sesame, sugar, salt, and vegetable oil.

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

LSF: LOW SATURATED FAT < 1.5g per 100g

Diab F: DIABETIC FRIENDLY < 15g sugar per 100g

LS: LOWER SODIUM < 150mg per 100g

CCA New South Wales, working in partnership with gourmetbreak

12 Lakeside Road, Eastwood, NSW 2122

Phone: 02 9858 3222

Email: meals@ccas.org.au



MEAL MASTER DESSERT & SOUP MENU

Choices of Soups and Desserts: \$3.50

SOUPS: (weight 180g)

- Pumpkin Soup (**LSF, GF, Diab F**)
- Pea and Ham Soup (**LSF, GF, DF, Diab F**)
- Country Chicken and Vegetable Soup (**LSF, Diab F, DF**)
- Potato and Leek Soup (**LSF, GF, Diab F**)

DESSERTS:

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

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 July 2021 and is to be used as a guide only. Information may change in conjunction with ingredient and product replacements and raw material availability.



Frozen Menu

Main Meal Choices: \$8.80

CHICKEN

Creamy Pesto Chicken with Penne and Chargrilled Vegetables (LSF, Diab F)

Roast Chicken Meal with Roast Potatoes, Vegetables and Gravy (LSF, Diab F)

Chinese Chicken with Cashews (LSF, Diab F, LS)

BEEF

Roast Beef Meal with roast potatoes, Vegetables and Red Wine gravy
(LSF, Diab F)

Bangers & Mash with Onion Gravy (Diab F)

Korean Bulgogi Beef with Rice and Vegetables (LSF, Diab F)

Penne Bolognese (LSF, Diab F)

LAMB

Lamb Rissolle with Mash Potatoes, Vegetables and Gravy (Diab F)

Lamb Casserole with Mash and Vegetables (Diab F)

Roast Lamb with Mash and Cheesy Vegetables (Diab F, LS)

SEAFOOD

Tuna Mornay Pasta with Vegetables (LSF, Diab F)

White Fish with Mustard Sauce, Mash and Vegetables (Diab F)

VEGETARIAN

Vegetable Risotto (LSF, Diab F)

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.

LSF: LOW SATURATED FAT < 1.5g per 100g

Diab F: DIABETIC FRIENDLY < 15g sugar per 100g

LS: LOWER SODIUM < 150mg per 100g



QUESADILLAS



\$8.80

SMOKY CHIPOTLE CHICKEN (Diab F) QUESADILLAS (2 PIECES)



A folded tortilla filled with chipotle chicken, tomato, corn, veggies, and gooey molten cheese.

Contains: Gluten, Milk.

May Contain: Soy, Crustacea, Egg, Fish, Peanuts, Sesame, Sulphites, Tree Nuts

TOASTY MEXICAN BEEF QUESADILLAS (Diab F) (2 PIECES)

\$8.80

A folded tortilla packs a punch with Mexican-spiced beef, tomato, green capsicum, black beans, veggies, and gooey cheese.

Contains: Gluten, Milk, Soy.

May Contain: Crustacea, Egg, Fish, Peanuts, Sesame, Sulphites, Tree Nuts.



HEATING INSTRUCTIONS

SANDWICH PRESS



Remove frozen quesadillas from packaging and place in a preheated sandwich press. Close sandwich press and cook for 3 – 3.5 mins or until cooked through.

CONVENTIONAL

OVEN



Preheat oven to 180 °C. Remove frozen quesadillas from packaging and place on an oven proof tray. Heat for 15–20minutes or until cooked through.



Eat well, feel good, do good.
Previously My Chef

MAIN MEALS CHOICES:

BEEF

Savory Beef Mince with Mash Potato (GF, LSF, Diab F) \$8.80

CHICKEN

French Chicken Casserole (GF, Diab F, LS) \$8.80

Indian Butter Chicken with Steamed Rice (GF, Diab F, LS) \$8.80

LAMB

Lambs Fry & Bacon with Onion Gravy & Mashed Potato (Diab F) \$8.80

Slow Cooked Lamb Shanks with Creamy Mash (GF, Diab F) \$9.80

PORK

BBQ Pulled Pork with Potato Gratin (GF, DF, Diab F) \$9.80

SEAFOOD

King Prawns with Garlic Cream Sauce and Steamed Rice (GF, LSF, Diab F) \$9.80

Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice Pilaf (GF, Diab F, LS) \$9.80

VEGETARIAN

Vegetable Lasagna with Bechamel Sauce (V, LSF, Diab F) \$8.80

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

V: Vegetarian

DF: Dairy Free

SANDWICHES AND WRAPS

Don't feel like a main meal?

We are excited to bring sandwiches and wraps to our menu. You can choose from the below variety of choices.

Sandwiches and Wraps: \$6.00 each

Sandwiches

- Ham Cheese and Pickle Sandwich
- Roast Chicken and Bacon Rye Sandwich
- Roast Beef Cheese & Relish Sandwich
- Egg Chive on Rye Sandwich



Wraps

- Sweet Chilli Chicken Wrap
- Chicken Caesar Wrap

