

## 2023 SUMMER WEEKLY FROZEN ORDER FORM

Mains		Soup...cont	
Baked Chicken Breast & Veg		Vegetable Risoni	
Baked Fish w Cherry Toms & Olives&Veg		Zucchini & Broccoli Soup	
Battered Fish & Veg			
Beef & Mushroom Pie & Veg		<b>Entrée Alternative to Soup</b>	
Beef Meatballs & Onion Gravy & Veg		Caramelised Onion & Cheese Tarts	
Beef Sausages & Veg		Cheese & Chive Scone	
Beef Schnitzel & Veg		Cheese & Vegetable Rolls	
Beef Stroganoff & Pasta		Pasty Slice	
Butter Chicken Veg & Rice		Pumpkin Spinach & Fetta Frittata	
Chicken, Broccoli & Cashew Stirfry		Quiche Tarts	
Chicken Cottage Pie		Sausage Rolls	
Chicken Kiev & Veg		Sweet Potato & Bacon Slice	
Chicken Rissoles & Veg		Tuna & Chive Slice	
Chicken Schnitzel & Veg		Vegetable Frittata	
Crumbed Fish & Veg			
Dijon Mustard Chicken & Veg		<i>Beef &amp; Lentil Bake</i>	
Fish w Lemon Sauce & Veg		<i>Caramelised Mushroom Tarts</i>	
Ham Steak w Pineapple & Veg		<i>Cheese Bacon Pasta Slice</i>	
Lamb Stew		<i>Spinach Bacon &amp; Cheese Tart</i>	
Lasagnè			
Lemongrass Chicken & Rice			
Marinated Chicken & Veg			
Massaman Beef Curry			
Pork Schnitzel & Veg			
Pumpkin Spinach & Ricotta Cannelloni			
Quiche Lorraine & Veg			
Ravioli w Tomato & Basil Sauce		<b>Dessert</b>	
Roast Beef & Veg		Apple Crumble	
Roast Lamb & Veg		Apple Pastry Puff & Cream	
Roast Pork& Veg		Apricot Macadamia Slice	
Roast Turkey & Veg		Apricot Upside Down Cake	
Shepherds Pie		Berry Pudding & Cream	
Spaghetti Bolognese		Blueberry Muffin	
Thai Chicken fillets & Veg		Carrot Cake	
Tuna Mornay		Cheese Cake	
Tuna Patties & Veg		Custard Tart	
Turkey Carbonara		German Custard Cake	
Vegetable Korma & Rice		Lemon Meringue Tard	
Zucchini Slice		Lemon Raspberry Magic Cake	
<i>Steak &amp; Kidney Pie &amp; Veg</i>		Peaches & Custard	
<i>*** Xmas Pork &amp; Turkey Roast &amp; Veg</i>		Pears & Chocolate Mousse	
		Sago & Plum Sauce	
		Scone w Jam & Cream	
<b>Soup</b>		Mousse - Chocolate	
Beef & Barley		<i>Mousse - Strawberry</i>	
Carrot Soup			
Cauliflower Soup		<i>Bread &amp; Butter Pudding</i>	
Celery Soup		<i>Creamed Rice</i>	
Chicken & Corn		<i>Irish Apple Cake</i>	
Chicken Noodle		<i>Lemon Polenta Cake</i>	
Chicken & Veg Soup		<i>Maltese Fruit Cake &amp; Custard</i>	
Lentil Soup		<i>Orange &amp; Poppyseed Cake</i>	
Minestrone Soup			
Mushroom			
Pea & Ham			
Potato & Leek			
Pumpkin			
Pumpkin & Potato			
Sweet Potato			
Sweet Potato, Carrot & Bacon Soup			
Tomato			
Vegetable			