

SUMMER 21/22 FROZEN MEAL ORDERS - 8241 0266

Mains		Soup	
Baked Chicken Breast & Veg		Pumpkin Soup	
Baked Fish w Cherry Toms & Olives&Veg		Pumpkin & Potato Soup	
Battered Fish & Veg		Sweet Potato Soup	
Beef Sausages & Veg		Sweet Potato, Carrot & Bacon Soup	
Beef Schnitzel & Veg		Tomato Soup	
Butter Chicken & Rice		Turkey Meatball Soup	
Chicken, Broccoli & Cashew Stirfry		Vegetable Soup	
Chicken Cottage Pie		Vegetable Risoni Soup	
Chicken Kiev & Veg		Zucchini Broccoli Soup	
Chicken Rissoles & Veg			
Chicken Schnitzel & Veg		Entrée Alternative to Soup	
Chicken Stroganoff		Beef & Mushroom Pie	
Corned Silverside & Veg		Caramelised Onion & Cheese Tarts	
Crumbed Fish & Veg		Carmelised Mushroom Tart	
Dijon Mustard Chicken & Veg		Pasty Slice	
Fish w Lemon Sauce & veg		Pumpkin Spinach & Fetta Frittata	
Ham Steak, Pineapple & Veg		Quiche Tarts	
Lamb Stew		Sausage Rolls	
Lasagne`		Sweet Potato & Bacon Slice	
Lemongrass Chicken & Rice		Sweet Potato Zucchini Fritter	
Meatloaf w Gravy & Veg		Vegetable Frittata	
Pork Schnitzel & Veg		***Cheese Bacon & Pasta Slice	
Pumpkin Spinach & Ricotta Cannelloni		***Corn Fritters w SCS	
Quiche Lorraine & Veg		***Pizza Calzone	
Ravioli w Tomato & Basil Sauce		***Potato Egg & Bacon Rosti	
Roast Beef & Veg		***Pumpkin Scone	
Roast Lamb & Veg		***Spinach Bacon & Cheese Tart	
Roast Pork& Veg		***Spinach & Ricotta Bites	
Roast Turkey & Veg		***Spinach Feta & Tomato Slice	
Sausage & Veg Casserole		****Vegetable Pasta w Rose Sauce	
Shepherds Pie		Dessert	
Spaghetti Bolognese		Apricot Upside Down Cake	
Steak&Kidney Pie & Veg		Berry Pudding & Cream	
Thai Chicken Fillet & Veg		Carrot Cake	
Tuna Mornay		Cheese Cake	
Tuna Patties & Veg		Cherry Cake	
Turkey Patties w Cream Sauce & Veg		Crumble - Apple	
Zucchini Slice		Crumble - Apricot	
***Baked Rice		Custard Tart	
***Beef Meatballs & Onion Gravy & Veg		Fruit Fool	
***Beef Stroganoff & Pasta		German Custard Cake	
***Braised Beef w Onion &Veg		Irish Apple Cake	
***Caprese Chicken & Veg		Lemon Meringue Tart	
***Fish Pie w 3 Veg		Lemon Raspberry Magic Cake	
***Massaman Beef Curry		<i>Mousse - Chocolate</i>	
***Sesame Lamb & Bean w Noodles		<i>Mousse - Strawberry</i>	
***Steamed fish with capers & Veg		Peaches & Custard	
***Turkey Carbonara		Pears & Chocolate Mousse	
*** Vegetable Korma & Rice		Sago & Plum Sauce	
		***Apple Pie & Cream	
Soup		***Berry Blondie	
Beef & Barley		***Butterscotch Pudding & Cream	
Carrot Soup		***Bread & Butter Pudding	
Cauliflower Soup		***Maltese Fruit Cake & Custard	
Celery Soup		***Pear & Walnut Cake	
Chicken & Corn		***Orange & Poppyseed Cake	
Chicken Noodle			
Chicken & Veg Soup			
Lentil Soup			
Minestrone Soup			
Pea & Ham Soup			
Potato & Leek Soup			