

WINTER 2023 FROZEN MEAL ORDER - 8241 0266

NAME:		DAY AND DATE OF PICK UP/DELIVERY:	
Mains		Soup	
Baked Chicken Breast & Veg		Potato & Leek Soup	
Baked Fish w Cherry Toms Olive&Veg		Pumpkin Soup	
Battered Fish & Veg		Pumpkin & Potato Soup	
Beef Meatballs, Onion Gravy & Veg		Sweet Potato Soup	
Beef Schnitzel & Veg		Sweet Potato, Carrot & Bacon Soup	
Beef Stirfry & Noodles		Tomato Soup	
Braised Beef w Onions & Veg		Vegetable Soup	
Butter Chicken & Rice		Vegetable Risoni Soup	
Chicken, Broccoli & Cashew Stirfry		Zucchini Broccoli Soup	
Chicken Cottage Pie		Entrée Alternative to Soup	
Chicken Kiev & Veg		Beef & Mushroom Pie	
Chicken Schnitzel & Veg		Caramelised Onion & Cheese Tarts	
Corned Silverside & Veg		Caramelised Mushroom Tarts	
Crumbed Fish & Veg		Carrot Cheese & Chive Muffin	
Dijon Mustard Chicken & Veg		Cheese & Veg Roll	
Fish w Lemon Sauce & veg		Cheese Bacon Pasta Slice	
Fish Pie w Veg Topping		Chicken Sausage Rolls	
Lamb Stew		Corn Fritters w SCS	
Lasagne`		Potato Bacon Rosti	
Lemongrass Chicken & Rice		Pasty Slice	
Marinated Chicken & Veg		Pizza Calzone	
Massaman Beef Curry		Pumpkin Scone & Butter	
Pork Ragu		Pumpkin Spinach & Feta Frittata	
Pork Schnitzel & Veg		Quiche Tarts	
Pumkin Spinach & Ricotta Cannelloni		Sausage Rolls	
Quiche Lorraine & Veg		Spinach & Ricotta Bites	
Ravioli w Tomato & Basil Sauce		Sweet Potato & Bacon Slice	
Roast Beef & Veg		Spinach Feta & Tomato Slice	
Roast Lamb & Veg		Tuna & Chive Parcels	
Roast Pork& Veg		Vegetable Frittata	
Roast Turkey & Veg		*** Cheese & Chive Scone & Butter	
Sausage & Veg Casserole		Dessert	
Shepherds Pie		Apple & Peach Brown Betty	
Spaghetti Bolognese		Apple Pie & Cream	
Steak&Kidney Pie & Veg		Apple & Rhubarb Crumble	
Thai Chicken Fillet & Veg		Apricot Crumble	
Tuna Mornay		Apricot Upside Down Cake	
Tuna Patties & Veg		Berry Pudding & Cream	
Veg Korma & Rice		Bread & Butter Pudding	
Zucchini Slice		Butterscotch Pudd & Cream	
		Cheesecake	
*** Beef Stroganoff		Citrus Self Saucing Pudding & Cream	
*** Ham Steak & Veg		Creamed Rice	
*** Turkey Carbonara		Irish Apple Cake	
		Lemon Meringue Tart	
		Lemon Rasp Magic Cake	
Soup		Maltese Fruit Cake & Cust	
Beef & Barley		Pear & Walnut Cake	
Carrot Soup		Mousse - Chocolate	
Cauliflower Soup		Mousse - Strawberry	
Celery Soup		*** Apple Pastry Puff & Cream	
Chicken & Corn Soup		*** Apricot Macadamia Slice	
Chicken & Veg Soup		*** Blueberry Muffin	
Chicken Noodle		*** Custard Tart	
Lentil Soup		*** German Custard Cake	
Minestrone Soup		*** Peaches & Custard	
Mushroom Soup		*** Sago & Plum Sauce	
Pea & Ham Soup			
*** ONLY AVAILABLE FOR A SHORT TIME			