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### FROZEN MEALS MENU - 1st January 2024 - Delivery Available Fortnightly

	(GF) Suitable for Gluten Free (V) Suitable for Vegetarian (S) Soft Meals (DF) Diabetic Friendly (LF) <10g/100 Suitable for Low Fat (La) Lactose Free Meals (So) Low Sodium Meals			
	MAIN MEALS		PRICE	QTY REQUIRED
	BEEF			
MC	Beef & Red Wine Casserole with Creamy Mash potato		\$8.50	
FS	Beef & Bacon Casserole	S, So, GF, La	\$8.50	
MC FS	Beef Lasagne with Bechemal Sauce	LS, S	\$8.50	
FS	Beef Pie with Mash & Gravy	S	\$8.50	
MC	Beef Ragu Lasagne		\$8.50	
FS	Beef Rissoles with Onion Gravy & Mashed Potato	LF	\$8.50	
MC	Beef Rissoles with Onion Gravy & Mashed Potato	GF	\$8.50	
MC FS	Beef Spaghetti Bolognese	S	\$8.50	
MC	Beef Spaghetti and Meatballs	S	\$8.50	
MC FS	Beef Stroganoff with Macaroni	LF, RS, GF, S	\$8.50	
MC	Corned Silverside with onion white sauce and mashed potato		\$8.50	
FS	Corned Silverside with onion white sauce and mashed potato	LF, GF	\$8.50	
FS	Cottage Pie	S, GF, LF	\$8.50	
MC FS	Curried Sausages with Mash		\$8.50	
MC	Grilled Sausages with Onion Gravy with creamy mash		\$8.50	
FS	Grilled Sausages with Onion Gravy with creamy mash	GF	\$8.50	
FS	Rissoles & Onion Gravy	LF	\$8.50	
MC FS	Roast Beef with Homemade Gravy & Baked Potato	GF, DF, La, So	\$8.50	
MC	Savoury Beef Mince with Mash Potato	GF	\$8.50	
MC	Shephards Pie	GF	\$8.50	
FS	Steak & Kidney Pie	S	\$8.50	

	<b>LAMB</b>			
MC	Irish Lamb Stew with steamed potato	LF, DF	\$8.50	
FS	Lamb Chop and Gravy	So, GF, La	\$8.50	
MC	Lambs Fry and Bacon with Onion Gravy and Mashed Potato	LF	\$8.50	
FS	Mongolian Lamb	S, LF, La	\$8.50	
MC FS	Roast Lamb with Homemade Gravy and baked potato	GF, DF, So, La	\$8.50	
MC	Slow Cooked Lamb Shanks with Creamy Mash Potato	GF	\$8.50	
	<b>PORK</b>			
FS	Pork Ragu with Penne		\$8.50	
MC	BBQ Pulled Pork with potato Gratin	GF	\$8.50	
MC	Fettucine with Bacon Cream Sauce		\$8.50	
FS	Ham Steak & Pineapple glazed	So, GF	\$8.50	
FS	Pork Apple & Cranberry casserole	S, LF, So, La	\$8.50	
MC	Quiche with Bacon, Spinach and Cheese		\$8.50	
MC FS	Roast Pork with Homemade Gravy and Baked potato	GF, DF, So, La	\$8.50	
MC FS	Sweet and Sour Pork	LF, GF, DF, La, S	\$8.50	
	<b>VEGETARIAN</b>			
MC	Indian Vegetable Curry, Spiced Potato and Eggplant & Rice	V, GF, DF	\$8.50	
MC	Vegetable Lasagna with Bechamel Sauce	V	\$8.50	
	<b>CHICKEN</b>			
MC	Apricot Chicken with Creamy Mashed Potato		\$8.50	
FS	Chicken & Vegetable Pie	S, LF, So	\$8.50	
FS	Chicken and Asparagus Mornay	S, So	\$8.50	
MC	Chicken Honey Curry with steamed rice	DF	\$8.50	
MC	Chicken & Mushroom Pasta Bake		\$8.50	
MC	Chicken Mornay with Spiral Pasta		\$8.50	
MC FS	Chicken Parmigiana		\$8.50	
FS	Chicken Scallopini & Bacon	S, GF	\$8.50	
MC FS	Chicken Schnitzel and Gravy and mashed potato	La	\$8.50	
FS	Chicken Strips with Lemon Sauce		\$8.50	
MC	Creamy Chicken and Mushroom Casserole with CousCous		\$8.50	
FS	Curried Chicken	S, LF, So	\$8.50	
MC	French Chicken Casserole with Creamy Mash Potato	GF	\$8.50	
FS	Honey Soy Chicken	La	\$8.50	
FS	Indian Butter Chicken with steamed rice	S, GF	\$8.50	
MC	Pan Grilled Chicken Breast, Grain Mustard Cream Sauce & Steamed Potato		\$8.50	
MC FS	Roast Chicken Homemade Gravy	GF, DF, LF, So, La	\$8.50	
MC	Sittee's Lebanese Chicken with rice	GF, DF	\$8.50	

	<b>TURKEY</b>			
MC	Roast Turkey	GF DF	\$8.50	
	<b>FISH</b>			
MC	Baked Fish with Parsley lemon butter and steamed potato	LF, GF	\$8.50	
MC	Barramundi with Ginger Lime & Shallot butter on rice	GF	\$8.50	
MC FS	Crumbed Fish Fillets with Wedges, Veg and Tartare Sauce	S, LF, La	\$8.50	
MC FS	Curried Prawns with Rice	GF, DF, LF, S	\$8.50	
FS	Fish Cakes	S, So	\$8.50	
MC	Grilled Fish with White Wine cream Sauce and steamed potato		\$8.50	
MC	Tuna Mornay with creamy mashed potato		\$8.50	
	<b>SOUPS</b>			
MC FS	Assorted Soups		\$4.00	

	<b>MINI MEALS</b>			
	<b>BEEF</b>			
MC, FS	Beef & Bacon Casserole with Steamed Potato	S, So, GF, La	\$6.50	
MC	Beef and Red Wine casserole		\$6.50	
MC	Beef Lasagne with Bechemal Sauce		\$6.50	
MC	Beef Stroganoff	GF	\$6.50	
FS	Corned Silverside and parsley sauce	LF, GF	\$6.50	
FS	Cottage Pie	LF, S, GF	\$6.50	
MC	Curried Sausages		\$6.50	
MC FS	Grilled Sausages and Gravy	GF	\$6.50	
FS	Meat Pie, Mash and Vegetables	S	\$6.50	
FS	Roast Beef with Gravy	GF, So, La	\$6.50	
MC	Savoury Beef Mince with Mash Potato	GF	\$6.50	
MC	Shepards Pie	GF	\$6.50	
FS	Spaghetti Bolognaise	S	\$6.50	
FS	Steak and Kidney	S	\$6.50	
	<b>LAMB</b>			
MC FS	Roast Lamb with Gravy	GF, DF, LS, So	\$6.50	
	<b>PORK</b>			
MC	Pork & Apple Casserole with mashed potato	GF	\$6.50	
MC FS	Roast Pork with Gravy	GF, DF, So, La	\$6.50	
FS	Sweet and Sour Pork	GF, La	\$6.50	
	<b>CHICKEN</b>			
MC	Apricot Chicken with Mashed Potato	LF	\$6.50	
FS	Chicken and Asparagus Mornay	S, So	\$6.50	
FS	Chicken and Vegetable Pie	S, So	\$6.50	
MC	Chicken Honey Curry with steamed rice	DF	\$6.50	
MC	Chicken Mornay with Spiral Pasta		\$6.50	
FS	Chicken Scallopini & Bacon	S, GF	\$6.50	
FS	Chicken Wings and BBQ Sauce	GF, La	\$6.50	
MC	Creamy Chicken and Mushroom Casserole with CousCous		\$6.50	
FS	Curried Chicken	LF, S, So	\$6.50	
FS	Hawaiian Chicken		\$6.50	
MC	Indian Butter Chicken with steamed rice		\$6.50	
MC	Roast Chicken with Gravy	GF, DF, LS	\$6.50	
	<b>VEGETARIAN</b>			
FS	Noodles with Stir Fry Vegetables	LF, La, V	\$6.50	

	<b>FISH</b>			
MC	Battered Fish Pieces with baked potato wedges		\$6.50	
FS	Crumbed Fish, Chips and Vegetables	La, S	\$6.50	
MC	Curried Prawns with Steamed Rice	DF	\$6.50	
MC	Tuna Mornay with creamy mashed potato		\$6.50	

	<b>SWEETS</b>			
MC	Apple Crumble with Custard	GF		\$4.00
FS	Apple & Rhubarb Crumble	S, So		\$4.00
FS	Apple Pie and Cream	S, So		\$4.00
FS	Apple Sponge			\$4.00
FS	Apricot Pie	S, So		\$4.00
FS	Banana Cake	S		\$4.00
FS	Baked Cheesecake			\$4.00
MC	Baked Lemon Pudding with Custard			\$4.00
MC FS	Baked Vanilla Rice Pudding with Cream	GF, S, So		\$4.00
MC	Banana Pudding with Caramal Sauce			\$4.00
FS	Blueberry Sponge Crumble with Custard	S		\$4.00
MC	Boston Apple & Cinnamon Cake with Custard			\$4.00
MC FS	Bread & Butter Pudding with Custard	S		\$4.00
FS	Carrot Cake	S		\$4.00
MC	Chocolate Bavarian Cream Pie			\$4.00
FS	Chocolate Gateux Cake	S		\$4.00
FS	Chocolate Lava Pudding	S		\$4.00
MC FS	Chocolate Mousse	GF, S, LF, So		\$4.00
MC	Chocolate Mud Cake with Fresh Cream			\$4.00
FS	Creamed Rice and Apricots	GF, S, So		\$4.00
MC	Golden Syrup Pudding			\$4.00
MC	Lemon Cheesecake with Fresh Cream	GF		\$4.00
FS	Mango Mousse	S, LF, So, GF		\$4.00
MC	Pavalova with Fresh Cream & Blueberries			\$4.00
MC	Sherry Custard Trifle			\$4.00
FS	Stewed Apple and Custard	S, LF, So, GF		\$4.00
MC	Stewed Rhubarb & Apple with Custard			\$4.00
MC FS	Sticky Date Pudding with Butterscotch sauce	S		\$4.00
FS	Strawberry Swirl Cheesecake	S		\$4.00
FS	Tiramisu	S, So		\$4.00
FS	Tropical Pavalova	S, So		\$4.00
FS	Vanilla Slice			\$4.00
FS	Wine Trifle & Cream	S, So		\$4.00