FREEZE & HEAT MEALS

Delivered to your door every Friday!

RangeCare®
BLACKALL RANGE CARE GROUP LTD

Spring/Summer Menu 2024

HOW TO ORDER

Call 07 5445 7044 to place your order.

Minimum of 5 meals per order.
Free delivery for HCP clients. $5 delivery fee for all other orders.

MAIN MEALS - $11.00 EACH

Vegetarian

1. Spring/summer vegetable quiche - VEG
Savoury custard baked in filo pastry with spring vegetables and cheese.

2. Creamy coconut Indian veggie & chickpea curry - LG DF VEG
Mild, served with rice.

3. Spinach and ricotta cannelloni - VEG
With napoletana sauce, baked with cheese.

4. Malaysian satay chicken - LG DF
Mild creamy curry served with rice.

5. Crispy skinned lemon and herb roast chicken - LG
Served with roasted vegetables and gravy.

6. Roast garlic and rosemary crusted lamb - LG
Served with roasted vegetables and gravy.

7. Braised beef and bacon casserole - LG
Slow cooked steak and bacon in a rich beef gravy, served with herb buttered potatoes and seasonal vegetables.

8. Corned beef with fresh herb white sauce - LG
Served with steamed vegetables.

9. Beef lasagne
Lean beef bolognese layered with bechamel, pasta and cheese. Served with seasonal vegetables.

10. Cottage pie - LG
Lean beef and vegetables sauteed in gravy and baked. Served with creamy mash potatoes and seasonal vegetables.

11. Creamy garlic prawns - LG
Australian prawns marinated in garlic and fresh herbs, sautéed in butter, white wine and cream and finished with parmesan. Served with rice.

12. Herb crumbed tuna pasta bake
Penne pasta and tomato layered with creamy tuna, white sauce, cheese with herb panko breadcrumb crust.

SOUPS - $8.00 EACH

13. Cream of roasted sweet pumpkin soup - LG VEG
A wholesome soup of roasted sweet pumpkin, sweet potato, sauteed onion, celery, carrot and coconut cream.

14. Asian chicken sesame vegetable noodle soup - LG DF
Chicken, carrot, onion, celery, corn, sweet potato, rice noodle, garlic, ginger, fresh herbs, preserved lemon, sesame oil, chicken stock.

LG = Low gluten   **DF = Dairy free**   **VEG = Vegetarian**

NATIONAL WINNER
ORGANISATION AWARD WINNER
Blackall Range Care Group

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www.rangecare.com.au