

# FREEZE & HEAT MEALS



*Order by 12noon Thursday.  
Delivered to your door  
every Friday!*

## Menu 2025

### 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. Vegetable quiche - VEG

Savoury custard baked in filo pastry with seasonal 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. Marinated seed mustard & rosemary roast beef - LG DF

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. Beef lasagne

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

#### 9. Cottage pie - LG

Lean beef and vegetables sauteed in gravy and baked. Served with creamy mash potatoes and seasonal vegetables.

#### 10. 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.

### SOUPS - \$8.00 EACH

#### 11. Cream of roasted sweet pumpkin soup - LG VEG

A wholesome soup of roasted sweet pumpkin, sweet potato, sauteed onion, celery, carrot and coconut cream.

#### 12. Hearty beef, pearl barley & vegetable soup - DF

Tender beef cooked with aromatic vegetables, pearl barley and beans in seasonal beef broth.



LG = Low gluten

DF = Dairy free

VEG = Vegetarian



07 5445 7044

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