

FREEZE & HEAT MEALS



RangeCare®
BLACKALL RANGE CARE GROUP LTD

*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. Spring 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. Roast garlic and rosemary crusted lamb - 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 sautéed 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, sautéed onion, celery, carrot and coconut cream.

12. 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



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www.rangecare.com.au