

FREEZE & HEAT MEALS



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.

*Delivered to your door
every Friday!*

MAIN MEALS - \$11.00 EACH

1. Indian lamb korma - LG DF

Tender Indian lamb in a mildly spiced tomato and coconut cream sauce, served with basmati rice.

2. Cheese and chive quiche - VEG

Flaky filo pastry with creamy savoury filling of egg, cream, cheese and fresh chives.

3. Corned beef with fresh herb white sauce - LG

Served with steamed vegetables.

4. Creamy coconut Indian veggie & chickpea curry - LG DF VEG

Mild, served with rice.

5. 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.

6. Malaysian satay chicken - LG DF

Mild creamy curry served with rice.

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. Crispy skinned lemon and herb roast chicken - LG

Served with roasted vegetables and gravy.

10. Marinated seed mustard & rosemary roast beef - LG DF

Served with roasted vegetables and gravy.

11. Cottage pie - LG

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

SOUPS - \$8.00 EACH

12. Cream of roasted sweet pumpkin soup - LG VEG

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

LG = Low gluten

DF = Dairy free

VEG = Vegetarian

AUTUMN SPECIALS - \$11.00 EACH

13. Bacon and mushroom pasta

Pan fried bacon and mushroom in a creamy garlic and white wine sauce, served with penne pasta and parmesan.

14. Spinach and ricotta cannelloni- VEG

With napoletana sauce, baked with cheese.



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