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Lifestyle Meals Menu- UPDATED MAY 2016

Name & Phone Number:			
Pick up Date:			
MAIN MEALS		PRICE	QTY REQUIRED
BEEF			
Beef and Bacon Casserole	LF, GF	\$ 8.00	
Beef Burger Meal / Mushroom sauce	LF, RS	\$ 8.00	
Beef Lasagne with Bechamel sauce		\$ 8.00	
Beef Rissoles		\$ 8.00	
Beef Spaghetti Bolognese		\$ 8.00	
Beef Stirfry		\$ 8.00	
Beef Stroganoff	LF, RS, GF	\$ 8.00	
Braised Steak & Onion		\$ 8.00	
Corned Silverside & Parsley sauce	LF	\$ 8.00	
Cottage Pie	LF, RS, GF	\$ 8.00	
Curried Sausages		\$ 8.00	
Grilled Sausages with Onion Gravy & Steamed Potato	DF	\$ 8.00	
Hi-Fibre Rissoles with Gravy		\$ 8.00	
Meatloaf		\$ 8.00	
Roast Beef with Homemade Gravy & Baked Potato	GF, DF	\$ 8.00	
Savoury Mince & Vegetables	LF, GF	\$ 8.00	
Steak and Bacon Casserole with Pie Top		\$ 8.00	
Steak and Kidney Pie	LF	\$ 8.00	
Steak Dianne		\$ 8.00	
LAMB			
Braised Lamb with Fruit Chutney		\$ 8.00	
Crumbed Lamb Patties with Gravy	LF	\$ 8.00	
Lamb Moussaka		\$ 8.00	
Lamb Fry & Bacon with Onion Gravy & Mashed Potato	LF	\$ 8.00	
Roast Lamb with Homemade Gravy & Baked Potato	RS, GF, DF	\$ 8.00	
Satay Lamb/Menu Set	LF, RS	\$ 8.00	
Spinach and Diced Lamb Lasagne	LF, RS	\$ 8.00	

PORK			
Pork Loin with Apricot, Prune & Apricot Sauce		\$	8.00
Pork, Apple & Cranberry Casserole	LF, GF, RS	\$	8.00
Quiche with Bacon, Spinach & Cheese		\$	8.00
Roast Pork Homemade Gravy & Roast Potato	LF, RS, GF	\$	8.00
Sweet and Sour Pork	LF, GF	\$	8.00
VEGETARIAN			
Pumpkin, Spinach and Fetta Frittata		\$	8.00
Vegetarian Cottage Pie		\$	8.00
TURKEY			
Roast Turkey and Gravy		\$	8.00
CHICKEN			
Apricot Chicken		\$	8.00
Chicken and Asparagus Mornay		\$	8.00
Chicken and Vegetable Pie	LF, RS	\$	8.00
Chicken Breast Parmigiana	LF	\$	8.00
Chicken Chasseur	LF, GF, RS	\$	8.00
Chicken Chow Mein	LF, RS	\$	8.00
Chicken Fettucini		\$	8.00
Chicken Schnitzel and Gravy	LF	\$	8.00
Chicken Strips with Lemon Sauce	LF	\$	8.00
Chinese Chicken and Vegetables		\$	8.00
Roast Chicken Homemade Gravy	LF, RS, GF	\$	8.00
FISH			
Baked Fish with Parsley Lemon Butter		\$	8.00
Cheesy Tuna Bake		\$	8.00
Crumbed Fish	LF	\$	8.00
Fish Cakes	LF	\$	8.00
Grilled Atlantic Salmon		\$	8.00
Pink Salmon Patty Meal		\$	8.00
Salmon Patties		\$	8.00
Steamed Fish with Five Willow Sauce		\$	8.00
PUREES			
Assorted Puree Meals		\$	8.00
SOUPS			
SOUPS - Heinz - Shelf Life (assorted varieties)		\$	3.00
SOUPS - My Chef - Frozen (assorted varieties)		\$	3.00
SWEETS			
Apple & Rhubarb Crumble and Custard		\$	3.00
Apple Crumble		\$	3.00
Apple Pie and Cream		\$	3.00
Apple Rhubarb Brown Betty/Custard		\$	3.00
Apricot Pie		\$	3.00

Baked Rice Pudding		\$	3.00	
Banana Bread		\$	3.00	
Blueberry Sponge Crumble		\$	3.00	
Boston Apple and Cinnamon Cake with Custard		\$	3.00	
Bread and Butter Pudding with Custard		\$	3.00	
Caramel Custard Tart		\$	3.00	
Carrot Cake		\$	3.00	
Chocolate Bavarian Cream Pie		\$	3.00	
Chocolate Mousse with Fresh Cream	LF, GF, LS	\$	3.00	
Chocolate Steamed Pudding and Custard		\$	3.00	
Coconut White chocolate pudding		\$	3.00	
Creamed Rice and Apricots	LF, LS	\$	3.00	
Fruit Trifle		\$	3.00	
Lemon Cheesecake with Fresh Cream		\$	3.00	
Lemon Meringue Pie and Cream		\$	3.00	
Orange and Almond Loaf		\$	3.00	
Peaches and Jelly		\$	3.00	
Stewed Apple and custard		\$	3.00	
Strawberry Cheesecake		\$	3.00	
Tropical Pavlova		\$	3.00	
Vanilla Slice		\$	3.00	
MINI MEALS				
Apricot Chicken with Mashed Potato	LF	\$	5.00	
Beef Lasagne		\$	5.00	
Braised Steak and Onion Gravy		\$	5.00	
Cheesy Tuna Bake		\$	5.00	
Chicken and Asparagus Mornay	LF	\$	5.00	
Chicken and Vegetable Pie	LF, RS	\$	5.00	
Chicken Bolognese		\$	5.00	
Chicken Curry	LF, GF	\$	5.00	
Chicken Honey Curry with Steamed Rice/Veg	LF	\$	5.00	
Chinese Chicken and Vegetables		\$	5.00	
Corned Silverside and White Sauce	LF, GF	\$	5.00	
Cottage Pie	LF, RS, GF	\$	5.00	
Crumbed Fish, Chips and Vegetables	LF	\$	5.00	
Curried Prawns with Coconut Rice	LF	\$	5.00	
Curried Sausages with Mashed Potato and Vegetables		\$	5.00	
Curry Prawns with Steamed Rice		\$	5.00	
Fish with Willow Sauce		\$	5.00	
Grilled Sausages and Gravy		\$	5.00	
Hi-Fibre Rissoles		\$	5.00	
Lemon Chicken Schnitzel		\$	5.00	
Meat Pie, Mash and Vegetables		\$	5.00	

Pork Loin with Apricots, Prunes and Tangy Apricot Sauce		\$	5.00	
Roast Beef with Gravy		\$	5.00	
Roast Chicken with Gravy		\$	5.00	
Roast Lamb with Gravy	GF	\$	5.00	
Roast Pork with Gravy	LF, RS, GF	\$	5.00	
Roasted Chicken Wings		\$	5.00	
Savoury Beef Mince with Mashed Potato	LF, GF	\$	5.00	
Spaghetti Bolognese	LF, RS	\$	5.00	
Steak and Bacon Casserole with Steamed Potato & Vegetables		\$	5.00	
Steak and Kidney with Mashed Potato	LF	\$	5.00	
Sweet and Sour Pork	LF, GF	\$	5.00	
Tuna Mornay with Mashed Potato & Veg	LF	\$	5.00	
Vegetable Curry Pie		\$	5.00	
SNACK MEALS				
Creamy Bacon and Cheese Pasta		\$	3.00	
Fried Rice (chicken)	GF	\$	3.00	
Spirali Bolognese		\$	3.00	

(GF) Suitable for Gluten Free

(V) Suitable for Vegetarian

(LS) Suitable for Low Sugar

(DF) Diabetic Friendly

(RS) Reduced Sodium

(LF) <10g/100 Suitable for Low Fat