

## Frozen Meals Order Form

**Delivery or Pick Up Service available.**

**Please telephone your order by 9.30am on the day you wish to have your meals delivered or collected.**

**We can cater for most dietary requirements including having the food **Chopped** or **Pureed****

| <b>BEEF</b>                    | <b>Main</b>      | <b>Qty</b> | <b>Mini</b> | <b>Qty</b> | <b>CHICKEN</b>                     | <b>Main</b>      | <b>Qty</b> | <b>Mini</b> | <b>Qty</b> |
|--------------------------------|------------------|------------|-------------|------------|------------------------------------|------------------|------------|-------------|------------|
| Beef & Bacon Casserole         | Y                |            | Y           |            | Apricot Chicken                    | Y                |            | Y           |            |
| Beef Lasagne                   | Y                |            | Y           |            | Chicken & Asparagus Mornay         | Y                |            | Y           |            |
| Beef Rissole & Gravy           | Y                |            | Y           |            | Chicken & Cheese Pie               |                  |            | Y           |            |
| Beef Stroganoff                | Y                |            | Y           |            | Chicken & Vegetable Pie            |                  |            | Y           |            |
| Braised Steak with Onion Gravy | Y                |            | Y           |            | Chicken Fettuccini                 | Y                |            | Y           |            |
| Corned Silverside              | Y                |            | Y           |            | Chicken Parmigiana                 | Y                |            |             |            |
| Cottage Pie                    | Y                |            | Y           |            | Chicken Scaloppini                 | Y                |            | Y           |            |
| Curried Sausages               | Y                |            | Y           |            | Chicken Schnitzel                  | Y                |            | Y           |            |
| Meat Pie, Mash & Veg           | Y                |            | Y           |            | Chicken Wings in BBQ Sauce         |                  |            | Y           |            |
| Meatloaf with Gravy            | Y                |            | Y           |            | Curried Chicken                    | Y                |            | Y           |            |
| Roast Beef & Gravy             | Y                |            | Y           |            | Honey Soy Chicken                  | Y                |            |             |            |
| Sausages & Gravy               | Y                |            | Y           |            | Lemon Chicken Schnitzel            | Y                |            | Y           |            |
| Savoury Mince & Vegetables     | Y                |            | Y           |            | Lemon Chicken with Rice            | Y                |            |             |            |
| Steak & Kidney Pie             | Y                |            | Y           |            | Roast Chicken & Gravy              | Y                |            | Y           |            |
| <b>LAMB</b>                    | <b>Main</b>      | <b>Qty</b> | <b>Mini</b> | <b>Qty</b> | <b>PORK</b>                        | <b>Main</b>      | <b>Qty</b> | <b>Mini</b> | <b>Qty</b> |
| Lamb & Fruit Curry             | Y                |            |             |            | BBQ Chinese Pork & Rice            | Y                |            |             |            |
| Lamb Chops & Gravy             | Y                |            |             |            | Ham Steak & Pineapple Glaze        | Y                |            |             |            |
| Lamb Rissoles                  | Y                |            | Y           |            | Pork in BBQ Sauce                  | Y                |            | Y           |            |
| Roast Lamb & Gravy             | Y                |            | Y           |            | Pork Steak & Honey Soy Sauce       | Y                |            | Y           |            |
| Shepherds Pie                  | Y                |            |             |            | Pork, Apple & Cranberry Cass.      | Y                |            |             |            |
|                                |                  |            |             |            | Roast Pork & Gravy                 | Y                |            | Y           |            |
| <b>CHINESE</b>                 | <b>Main</b>      | <b>Qty</b> | <b>Mini</b> | <b>Qty</b> | <b>ITALIAN</b>                     | <b>Main</b>      | <b>Qty</b> | <b>Mini</b> | <b>Qty</b> |
| BBQ Chinese Pork & Rice        | Y                |            |             |            | Chicken Fettuccini                 | Y                |            | Y           |            |
| Beef & Black Bean Sauce        | Y                |            |             |            | Chicken Parmigiana                 | Y                |            |             |            |
| Lemon Chicken with Rice        | Y                |            |             |            | Fettuccini Alfredo                 | Y                |            |             |            |
| Sweet & Sour Pork              | Y                |            | Y           |            | Spaghetti Bolognaise               | Y                |            | Y           |            |
| <b>SEAFOOD</b>                 | <b>Main</b>      | <b>Qty</b> | <b>Mini</b> | <b>Qty</b> | <b>DESSERT</b>                     | <b>Available</b> | <b>Qty</b> |             |            |
| Cheesy Tuna Bake               | Y                |            | Y           |            | Apple, Rhubarb Crumble             | Y                |            |             |            |
| Crumbed Fish                   | Y                |            | Y           |            | Apple Pie with Cream               | Y                |            |             |            |
| Curried Prawns                 | Y                |            | Y           |            | Blueberry Sponge Crumble & Custard | Y                |            |             |            |
| Fish & Chips                   | Y                |            | Y           |            | Bread & Butter Pudding             | Y                |            |             |            |
| Salmon Fish Cakes              | Y                |            | Y           |            | Choc Mud Cake & Cream              | Y                |            |             |            |
| <b>VEGETARIAN</b>              | <b>Main</b>      | <b>Qty</b> | <b>Mini</b> | <b>Qty</b> | <b>Drinks</b>                      | <b>Available</b> | <b>Qty</b> |             |            |
| Macaroni Cheese                | Y                |            | Y           |            | Apple and Blackcurrant Juice       | Y                |            |             |            |
| <b>SOUP</b>                    | <b>Available</b> | <b>Qty</b> |             |            |                                    |                  |            |             |            |
| Beef & Vegetable               | Y                |            |             |            |                                    |                  |            |             |            |
| Chicken & Sweet Corn           | Y                |            |             |            |                                    |                  |            |             |            |
| Chicken & Vegetable            | Y                |            |             |            |                                    |                  |            |             |            |
| Minestrone                     | Y                |            |             |            |                                    |                  |            |             |            |
| Pea & Ham                      | Y                |            |             |            |                                    |                  |            |             |            |
| Potato & Leek                  | Y                |            |             |            |                                    |                  |            |             |            |
| Pumpkin                        | Y                |            |             |            |                                    |                  |            |             |            |
| Thick Vegetable                | Y                |            |             |            |                                    |                  |            |             |            |
| Cream of Tomato                | Y                |            |             |            |                                    |                  |            |             |            |

**Prices:**

**Main Meals (350gm): \$6.85 - Mini Meals (200gm): \$5.55**  
**Desserts & Soups: \$2.70 - Drinks (110mls): \$0.90**