

NAME _____

SOUPS 200-250 g	\$3.00
Warming Chicken & Vegetable	
Traditional Pea & Ham	
Creamy Pumpkin	
NEW Hearty Beef & Veg	
NEW Cream of Mushroom	
Classic Potato & Leek	

FLAGSTAFF MINI MEALS 200g	\$5.00
Curried Chicken with Rice	
Sausages with Mashed Potato	
Roast Lamb with Potato and Gravy	
Roast Pork with Potato and Gravy	

MY CHEF MINI MEALS 300g	\$5.00
Pork & Apple Casserole with Mash	
Beef & Red Wine Casserole with Mash	
NEW Sweet & Sour Pork with Steamed Rice	
Creamy Chicken & Mushroom with Couscous	
NEW Beef Curry with Steamed Rice	
Tuna Mornay with Mashed Potato	
Shepherd's Pie with Seasonal Vegetables	
Apricot Chicken with Mashed Potato	
Curried Prawns with Steamed Rice	

GOOD MEAL Co. MINI MEALS 300g	\$5.00
Honey Mustard Chicken with Roast Potato	
Traditional Roast Beef with Roast Potato	
Slow Cooked Beef Bourguignon with Mash	
Butter Chicken with Rice	
NEW Penne with Meatballs in Napolitana Sauce	

GOOD MEAL Co. MAINS 400 - 425 g	\$7.00
Honey Mustard Chicken with Roast Potato	
Traditional Roast Beef with Potato and Gravy	
NEW Slow Cooked Beef Bourguignon with Mash	

FLAGSTAFF MAINS 360 g	\$7.00
Roast Pork with Potato and Gravy	
Beef Rissole with Onion Gravy	
Crumbed Fish & Chips	
Sausages with Mashed Potato	
Honey Soy Chicken with Fried Rice	
Curried Sausages with Mashed Potato	
Crumbed Lamb Patties with Mashed Potato	
FLAGSTAFF MAINS 360g	\$7.50
Roast Lamb with Potato and Gravy	

MY CHEF MAINS 400g	\$7.50
Baked Fish Fillet with Parsley Lemon Butter	
Sweet & Sour Pork with Steamed Rice	
Apricot Chicken with Mashed Potato	
French Chicken Casserole with Mash	
NEW Beef & Red Lentil Curry	
NEW Roast Chicken with Potato & Gravy	

MY CHEF MAINS 400g	\$8.00
Shepherd's Pie with Seasonal Vegetables	
Spaghetti Bolognaise with Seasonal Veg	
Beef Lasagne with Seasonal Vegetables	
Curried Prawns with Steamed Rice	

MY CHEF GOURMET MEALS 400g	\$9.00
King Prawns with Garlic Cream Sauce	
Grilled Atlantic Salmon with Lemon and Dill	

VEGETARIAN MINI MEALS	\$5.00
Spinach & Fetta Omelette 200g	
Macaroni & Cheese 200g	
Vegetable & Lentil Cottage Pie 300g	
Spring Vegetable Rissotto 300g	
Pasta & Vegetable Bake 300g	

VEGETARIAN MAIN MEALS	\$7.00
Pasta Bake 360g	
Macaroni Cheese 360g	
Vegetarian Cottage Pie 360g	



Prices from August 2020

All main meals come with Vegetables

Soups	
Mini Meals	
Meals	
Pantry Items	
Desserts	

PUREED MEALS 360g \$7.50

Chicken & Asparagus	
Chicken & Veg	
Curried Veg	
Pork Apple & Cranberry	
Beef and Veg	
Pork and Veg	

PANTRY ITEMS

Diced Fruit in Natural Juice \$1.00 ea	
Fruit Juice 100% Juice \$1.00 ea	
Full Cream Milk 1L UHT \$1.50 ea	

DESSERTS 100-160g \$3.50

Lemon Cheesecake	
NEW Baked Lemon Pudding	
Apple Pie with Cream	
Tropical Pavlova with Cream	
Apple Rhubarb Crumble with Custard	
Sticky Date Pudding with Butter Scotch Sauce	
Apricot Pie with Cream	
Vanilla Slice	



TUESDAY DELIVERIES

Broulee
Mogo
Tomakin
Moruya NORTH of TAFE

WEDNESDAY DELIVERIES

Batemans Bay and surrounding areas

THURSDAY DELIVERIES

Moruya SOUTH of TAFE
Moruya Head
Tuross Head
Bodalla
Potato Point

FRIDAY DELIVERIES

Narooma and surrounding areas



MENU WINTER 2020

Please place your order
by 3pm Friday before
your next delivery.
Phone 4474 4464



Prices are at a subsidised rate for people who have registered
with My Aged Care or NDIS.
Non registration occurs additional fees.