

# WINTER 2019 MENU

ALL MEALS COME WITH VEGETABLES

Name: \_\_\_\_\_

<b>SOUPS</b> 200-250 g	<b>\$3.00</b>
Warming Chicken & Vegetable	
Traditional Pea & Ham	
Creamy Pumpkin	
Chinese Chicken & Corn	
Hearty Meatball & Tomato	
Classic Potato & Leek	

<b>FLAGSTAFF MINI MEALS</b> 200g	<b>\$5.00</b>
Curried Chicken with Rice	
Sausages with Mashed Potato	
Corned Silverside with Parsley Sauce	
Roast Lamb with Potato and Gravy	
Steak & Kidney Pie with Mashed Potato	
Roast Pork with Potato and Gravy	

<b>MY CHEF MINI MEALS</b> 300g	<b>\$5.00</b>
Pork & Apple Casserole with Mash	
Beef & Red Wine Casserole with Mash	
Creamy Chicken & Mushroom with Couscous	
Tuna Mornay with Mashed Potato	
Shepherd's Pie with Seasonal Vegetables	

<b>GOOD MEAL Co. MINI MEALS</b> 300g	<b>\$5.00</b>
Honey Mustard Chicken with Roast Potato	
Traditional Roast Beef with Roast Potato	
Penne Napolitana with Beef Meatballs	
Classic Chilli con Carne with Mexican Rice	
Thai Green Chicken Curry with Rice	
Nonna's Bolognese with Penne	
Crumbed Fish with Wedges & White Sauce	

FOR VEGETARIAN, PUREED MEALS AND PANTRY ITEMS PLEASE TURN OVER

Soups  
Mini Meals  
Meals  
Desserts

**Total cost of order**

<b>FLAGSTAFF MAINS</b> 360 - 370 g	<b>\$7.00 QTY</b>
Roast Chicken with Potato and Gravy	
Roast Pork with Potato and Gravy	
Beef Rissole with Onion Gravy	
Crumbed Fish & Chips	
Sausages with Mashed Potato	
Honey Soy Chicken with Fried Rice	
Roast Lamb with Potato and Gravy	
Chicken Schnitzel with Gravy & Chips	

<b>GOOD MEAL Co. MAINS</b> 400gm	<b>\$7.00</b>
Honey Mustard Chicken with Roast Potato	
Traditional Roast Beef with Potato and Gravy	

<b>MY CHEF MAINS</b> 300 - 400g	<b>\$7.00</b>
Lamb's Fry & Bacon with Onion Gravy	
Baked Fish Fillet with Parsley Lemon Butter	
Sweet & Sour Pork with Steamed Rice	
Shepherd's Pie with Seasonal Vegetables	
Apricot Chicken with Mashed Potato	
Spaghetti Bolognese with Seasonal Veg	
Quiche with Bacon, Spinach & Cheese	
Beef Lasagne with Seasonal Vegetables	

<b>MY CHEF GOURMET MEALS</b> 400g	<b>\$8.50</b>
Curried Prawns with Steamed Rice	
King Prawns with Garlic Cream Sauce	
Grilled Atlantic Salmon with Lemon and Dill	
Sittee's Lebanese Chicken with Rice	
BBQ Pulled Pork with Potato Gratin	

<b>DESSERTS</b> 100-160g	<b>\$3.00</b>
Apple Pie with Cream	
Tropical Pavlova with Cream	
Apple Rhubarb Crumble with Custard	
Sticky Date Pudding with Butter Scotch Sauce	
Apricot Pie with Cream	
Lemon Cheesecake	
Bread & Butter Pudding with Custard	
Apple & Cinnamon Pudding with Custard	

Prices are at a subsidised rate for people who have registered with MAC or NDIS. For anyone not registered please add \$4.40 for each item.