

Name: _____

ALL MINI, PETITE & MAIN MEALS COME WITH VEGETABLES

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| SOUPS 200 gm | \$3.00 |
| Pea & Ham | |
| Pumpkin | |
| Chicken & Vegetable | |
| Minestrone | |
| Beef & Vegetable | |

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| FLAGSTAFF MINIS 200gm | \$5.00 |
| Curried Chicken w rice | |
| Sausages & Mashed Potato | |
| Spaghetti Bolognese | |
| Corned Silverside | |
| Cottage Pie | |
| Roast Lamb | |
| Steak & Kidney Pie | |
| Crumbed Fish & Chips | |
| Roast Pork | |

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| MY CHEF PETITE MEAL 300gm | \$5.00 |
| Pork & Apple Casserole | |
| NEW Beef & Red Wine Casserole | |
| NEW Creamy Chicken & Mushroom | |
| Steak & Kidney w mash | |
| Tuna Mornay w mash | |

VEGETARIAN MEALS **PLEASE TURN OVER**
 BLENDED MEALS **PLEASE TURN OVER**

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| FLAGSTAFF MAINS Av. weight 360gm | \$7.00 |
| Roast Chicken & gravy | |
| Roast Pork & gravy | |
| Steak & Kidney Pie | |
| Rissole w onion gravy | |
| Crumbed Fish & Chips | |
| Sausages & Mushed Potato | |
| Honey Soy Chicken | |
| Roast Lamb & gravy | |
| Chicken Schnitzel w gravy & chips | |

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| MY CHEF MAINS 375 - 420gm | \$7.00 |
| Lambs Fry & Bacon w onion gravy | |
| Baked Fish Fillet, parsley lemon butter | |
| Braised Lamb, fruit chutney | |
| Sweet & Sour Pork, steamed rice | |
| Shepherd's Pie | |
| Apricot Chicken w mash potato | |
| Spaghetti Bolognese | |
| Quiche w bacon, spinach & cheese | |
| Beef Lasagne | |
| MY CHEF GOURMET MEALS \$8.50 | |
| Curried Prawns | |
| King Prawns & garlic sauce | |
| Grilled Atlantic Salmon | |
| NEW Sittee's Lebanese Chicken | |
| NEW BBQ Pulled Pork | |

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| DESSERTS | \$3.00 |
| Strawberry Swirl Cheesecake | |
| Tropical Pavlova | |
| Sticky Date Pudding | |
| Lemon Cheesecake | |
| Bread & Butter Pudding | |
| Chocolate Bavarian Cream Pie | |
| Apple Pie and Cream | |
| Apple Rhubarb Crumble | |
| Mango Flavoured Mousse | |
| Apricot Pie | |

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| PANTRY ITEMS | |
| Diced Fruit in Natural Juice \$1.00 ea | |
| Fruit Juice 100% Juice \$1.00 ea | |
| Full Cream Milk 1L UHT \$1.00 ea | |
| Coffee 50g \$5.00 ea | |
| Sugar 500g \$2.00 ea | |
| Weetbix 575g box \$4.00 ea | |

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| Soups | 0 |
| Meals | 0 |
| Desserts | 0 |
| Pantry Items | 0 |

Total cost of order **0.00**

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.

Prices from 3 SEPTEMBER 2018