

WINTER 2019 MENU

ALL MEALS COME WITH VEGETABLES

Name: _____

HOT BREAKFAST 260 g	\$5.00 QTY
Full English Breakfast	
Hot Breakfast Bowl	

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

FLAGSTAFF MINI MEALS 200g	\$5.00
Curried Chicken with Rice	
Sausages with Mashed Potato	
Spaghetti Bolgnaise with Pumpkin & Peas	
Corned Silverside with Parsley Sauce	
Cottage Pie with Pumpkin & Beans	
Roast Lamb with Potato and Gravy	
Steak & Kidney Pie with Mashed Potato	
Crumbed Fish & Chips	
Roast Pork with Potato and Gravy	

MY CHEF MINI MEALS 300g	\$5.00
Pork & Apple Casserole with Mash	
Beef & Red Wine Casserole with Mash	
Creamy Chicken & Mushroom with Couscous	
Tuna Mornay with Mashed Potato	

GOOD MEAL Co. MINI MEALS 300g	\$5.00
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	

Breakfast	0
Soups	0
Mini Meals	0
Meals	0
Desserts	0

Total cost of order \$0.00

FLAGSTAFF MAINS 360 - 370 g	\$7.00 QTY
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	
GOOD MEAL Co. MAINS 400gm	\$7.00
Honey Mustard Chicken with Roast Potato	
Traditional Roast Beef with Potato and Gravy	
MY CHEF MAINS 300 - 400g	\$7.00
Lambs 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	
MY CHEF GOURMET MEALS 400g	\$8.50
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	

DESSERTS 100-160g	\$3.00
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 with Cream	
Bread & Butter Pudding with Custard	
Apple & Cinnamon Pudding with Custard	

FOR VEGETARIAN, BLENDS AND PANTRY ITEMS PLEASE TURN OVER

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.