

WEEK _____ NAME:

Run:

Pick Up:

Delivery Day & Date	Tues:		Fri:					
Mains: \$7.50 each	Qty:		Qty:					
Main Meals - POULTRY	Tues	Fri	Main Meals - BEEF	Tues	Fri	Main Meals - SEAFOOD	Tues	Fri
Chicken Casserole GF			BBQ Sausage DF GF			Barra - Lemon Butter GF		
Chicken Curry GF			Curried Sausages GF			Battered Fish & Wedges		
Chicken Mango GF			Creamy Rissoles GF			Garlic Prawns		
Chicken Mushroom GF			Beef Pot Roast DF GF			Curried Prawns GF		
Honey Soy Chicken DF GF			Beef Rissoles GF					
Roast Chicken Breast GF			Beef Stroganoff GF			Main Meals - PORK	Tues	Fri
Sweet & Sour Chicken DF GF			Corned Beef GF			Pork Sausage DF GF		
Chicken Carbonara			Cottage Pie GF			Pork Steak Diane GF		
Butter Chicken GF			Roast Beef DF GF			Roast Pork GF		
Chicken Parmigiana			Macaroni & Mince					
BBQ Chicken GF			Spaghetti Bolognaise			Main Meals - LAMB	Tues	Fri
Main Meals - VEGETARIAN	Tues	Fri				Mediterranean Lamb Bake GF		
Brown Rice Patties GF			LIMITED TIME SPECIALS WINTER	Qty:		Roast Lamb DF GF		
Coconut Dahl Vegan DF GF				Tues	Fri			
Cremy Pesto Pasta			Mexican Beef & Beans GF			WINTER DESSERT		
Mushroom Casserole GF			BBQ Beef Brisket					
Spaghetti Veganaise			Prawn & Chorizo Pasta			Bananamisu GF		
Spinach & Ricotta Tortellini			Lamb Moussaka GF					

Meal Package = 1 Main, 1 Soup, 1 Dessert, 1 Juice for \$10.

GF = Gluten Free. DF = Dairy Free.

Please turn over for Soups, Desserts, Juices, Omelettes, & snacks.

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NAME:

	Qty			Qty		NOT INCLUDED IN THE PACKAGE	
SOUPS \$2.00 each	Tues	Fri	DESSERTS \$2.50 each	Tues	Fri	FRESH Lunch & Snack Options each \$4.50	
Beef & Vegetable DF GF			Apple Crumble GF			SANDWHICH - WITH A PIECE OF FRUIT	
Chicken & Corn GF			Apple & Custard			Bread Choices: Wholemeal Multigrain	
Chicken Noodle DF			Apple Pie & Custard			Ham, Silverside, Tuna, Chicken, Egg, Cheese & salad	
Chicken & Vegetable GF			Berry Crumble with Custard				QTY
Corn & Bacon Chowder GF			Bread & Butter Pudding				TUES
Minestrone			Chocolate Mousse				
Pea & Ham GF			Custard				
Potato & Leek GF			Double Choc Pudding				
Pumpkin GF			Fruit & Custard				
Tomato GF			Fruit & Jelly				
			Fruit Pavlova GF				
NOT INCLUDED IN THE PACKAGE PRICE			Jelly & Custard			Ham, Silverside, Tuna, Chicken, Egg, Cheese & Salad	
EGG OPTIONS \$3.50 each	Qty		Lemon Cheesecake GF				Fri
Omelettes	Tues	Fri	Rice Pudding GF				
- Feta & Spinach GF			Sticky Date Puddng				
- Ham & Cheese GF			Tiramisu GF				
			Vanilla Tea Cake				
SNACKS	Qty			Qty			
\$0.75c each	Tues	Fri	JUICES \$0.50c each	Tues	Fri	SALADS With a Piece of Fruit	Tues Fri
Piece of Fruit			Apple			Green Salad & a Piece of Fruit	
Cheese & Biscuits			Orange			Salad & Meat & a piece of fruit	
			Snack Box - Gift -	1 ONLY	1 ONLY	Ham, Silverside, Tuna, Chicken, Egg, Cheese	
						Fruit Salad & Cheese & Biscuits	

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Thank you for your order, Have a Lovely Day!