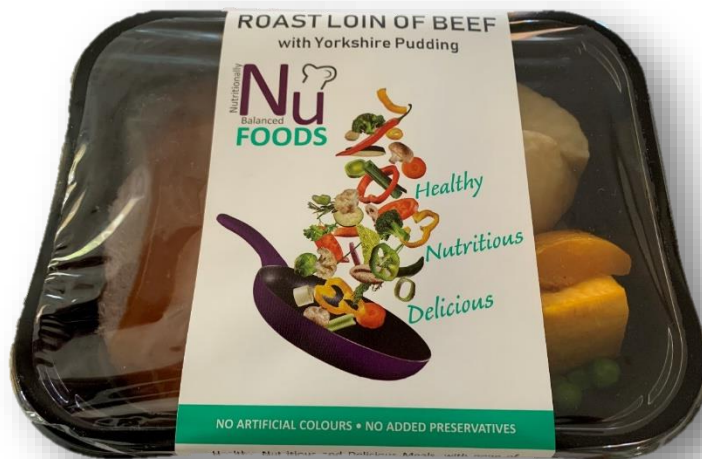




FROZEN MEALS

MENU



CODE	DESCRIPTION	DIETARY	PRICE
NFSM001	Roast Beef Loin and Roast Vegetables	H	\$6.80
NFSM002	Roast Chicken Breast, Stuffing and Roast Vegetables	H	\$6.80
NFSM003	Roast Leg of Lamb with Roast Vegetables	GF/ H	\$6.80
NFSM004	Roast Loin of Pork with Apple Sauce	GF	\$6.80
NFSM005	Beef Madras Curry with Pilaf Rice	GF/ H	\$6.80
NFSM006	Butter Chicken with Steamed Rice	GF/ H	\$6.80
NFSM007	Lamb Rogan Josh with Pilaf Rice	GF/ H	\$6.80
NFSM008	Beef Lasagne with Napoli Sauce and Spinach	H	\$6.80
NFSM009	Chicken Carbonara with Penne Pasta	H	\$6.80
NFSM010	Smoked Salmon Lasagne with Spinach	H	\$6.80
NFSM011	Sweet and Sour Chicken with Fried Rice		\$6.80
NFSM012	Pork Malaysian, Pilaf Rice and Vegetables	GF	\$6.80
NFSM013	Mongolian Lamb Stir Fry, Fried Rice and Vegetables	GF/ H	\$6.80
NFSM014	Corned Silverside with Parsley Sauce and Vegetables	GF/ H	\$6.80
NFSM015	Meat Loaf, Mashed Potatoes, Vegetables and Gravy	GF/ H	\$6.80
NFSM016	Cottage Pie, Vegetables and Gravy	GF/ H	\$6.80
NFSM017	Smoked Cod with Parsley Sauce and Vegetables	GF/ H	\$6.80
NFSM018	Grilled Kingfish, Dill Sauce, Potatoes and Vegetables	GF/ H	\$6.80
NFSM019	Salmon Patties with Seasonal Vegetables and Napoli	H	\$6.80
NFSM020	Vegetable Lasagne with Napoli and Spinach	H/ V	\$6.80



CODE	DESCRIPTION	DIETARY	PRICE
NFSM021	Pumpkin and Corn Risotto	GF/ H/ VG	\$6.80
NFSM022	Vegetable Stir Fry with Rice Noodles	GF/ H/ VG	\$6.80
NFSM023	Thai Yellow Curry Tofu with Rice	GF/ H/ VG	\$6.80
NFSM024	Creamy Mushroom Risotto	GF/ H/ VG	\$6.80
NFSM025	Vegetable Ravioli with Charred Zucchini	H/ VG	\$6.80
NFSM026	Green Thai Vegetable Curry with Chickpeas	GF/ H/ VG	\$6.80
NFSM027	Beetroot and Dill Patties with Napoli Sauce	GF/ H/ VG	\$6.80
NFSM028	Falafel, Rice and Avocado Sauce	GF/ H/ VG	\$6.80
NFSM029	Vegan Penne Bolognese	GF/ H/ VG	\$6.80
NFSM030	Savoury minced Beef with Mashed Potatoes	GF/ H	\$6.80
NFSM031	Chicken Risotto	GF/ H	\$6.80
NFSM032	Beef Sausage with Mash and Gravy	GF/ H	\$6.80
NFSM033	Beef Penne Bolognese	GF/ H	\$6.80



Texture Modified Menu

Our specialised range of Texture Modified Meals comply to the new IDDSI Standards and are categorised as Soft and Bite Size (SB6), Minced and Moist (MM5) and Puree (PU4). Our meals are nutritionally balanced and made using fresh local ingredients.

Soft and Bite Sized (SB6)

NFSB601	Beef Madras with Rice and seasonal Vegetables	\$7.50
NFSB602	Beef ragout with Mashed Potatoes and Vegetables	\$7.50
NFSB603	Braised Beef in Guinness with Mash and Vegetables	\$7.50
NFSB604	Butter Chicken with Rice and seasonal Vegetables	\$7.50
NFSB605	Coq au vin with Mashed Potatoes and Vegetables	\$7.50
NFSB606	Pork Goulash with Cous Cous and Vegetables	\$7.50
NFSB607	Lamb Ragout with Mashed Potatoes and Vegetables	\$7.50

Minced and Moist (MM5)

NFMM501	Beef Madras, Minced Rice and Seasonal Vegetables	\$8.50
NFMM502	Chicken Curry, Minced Rice and Seasonal Vegetables	\$8.50
NFMM503	Beef Bourguignonne with Mash and Vegetables	\$8.50
NFMM504	Coq au Vin with Mashed Potatoes and Vegetables	\$8.50
NFMM505	Pork Goulash with Mash and Seasonal Vegetables	\$8.50

Puree (PU4)

NFPU401	Beef Steak, Potato, Green Beans and Carrot with Gravy	\$10.50
NFPU402	Chicken, Potato Broccoli and Pumpkin with Demi Sauce	\$10.50
NFPU403	Pork Chop, Mash, Cauliflower, Carrot and Demi Sauce	\$10.50
NFPU404	Reef fish with spinach, Carrots and Seafood Veloute	\$10.50
NFPU405	Beef Sausage, Mash, Green Beans, Carrots and Gravy	\$10.50
NFPU406	Thai Yellow Curry chicken with Sweet Potato and Veg	\$10.50
NFPU407	Lamb Chop, Mash, Green Beans, Carrot and Gravy	\$10.50

