

FROZEN MEAL OPTIONS (PLEASE TICK ALL MEALS THAT YOU LIKE)

CHICKEN	MINCE & SAUSAGES	SEAFOOD
Roast Chicken & Veg	Savoury Mince & Veg	Battered Fish & Veg
Honey Mustard Chicken & Veg	Chinese Mince & Veg	Crumbed Fish & Veg
Chicken Sausages & Veg	Meatballs & Spaghetti	Steamed Fish & Veg
Chicken Casserole & Veg	Sausages & Gravy	Salmon Patties & Veg
Curried Chicken & Rice	Spaghetti Bolognese	Curried Prawns & Rice
Chicken Schnitzel & Veg	Beef Rissoles & Veg	Tuna Mornay Pasta
Chicken Rissole & Veg	Meatloaf & Veg	
Coconut Chicken Curry & Rice	Cottage Pie	OTHER
Chicken Mornay Pie & Veg	Lasagne & Veg	Quiche Lorraine
Asian Chicken & Rice	Meat Pie & Mushy Peas	Spinach Pie with Bacon
Apricot Chicken & Rice	Curried Mince	Zucchini Slice with Bacon
Honey Soy Chicken & Rice	Sausage & Vegetable Hot Pot	Bacon & Egg Pie
Butter Chicken & Rice	Sausage & Onion Gravy	VEGETARIAN
Chicken Parmigiana & Veg	Curried Beef Sausages	Spinach & Cheese Rolls
Sweet & Sour Chicken & Rice	Devilled Sausages	Vegetable Lasagne
BEEF		Vegetable Quiche
Roast Beef & Veg	LAMB	Vegetable & Chickpea Casserole
Beef Stroganoff & Veg	Roast Lamb & Veg	Lentil & Vegetable Curry
Beef & Red Wine Casserole	Irish Lamb Stew & Veg	Plant Based Chicken Tenders & Vegetables
Corned Silverside & White Sauce	Sweet Lamb Curry & Rice	Plant Based Sausages and Vegetables
Braised Steak & Onion	Lambs Fry & Bacon	
Beef & Veg Casserole	Lamb Rissole & Veg	
Braised Steak & Mushroom	PORK	
Steak & Kidney	Roast Pork & Veg	
Beef Stir Fry & Rice	Sweet & Sour Pork	
Beef Curry & Rice	Ham Steak & Pineapple	
	FROZEN SOUPS AND DESSERTS ALSO AVAILABLE	
FROZEN SOUPS		
Pumpkin Soup		
Pea & Ham Soup	Spring Vegetable Soup	
Beef & Vegetable Soup	Chicken Noodle Soup	