

# FROZEN MEAL OPTIONS

CLIENT NAME:

(PLEASE TICK **ALL** MEALS THAT YOU LIKE, WE WILL PACK A SELECTION OF YOUR CHOICES)

| <b>CHICKEN</b>                        | <b>MINCE &amp; SAUSAGES</b> | <b>SEAFOOD</b>                           |
|---------------------------------------|-----------------------------|------------------------------------------|
| 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                 | <b>OTHER</b>                             |
| Chicken Mornay Pie & Veg              | Lasagne & Veg               | Quiche Lorraine                          |
| Asian Chicken & Fried 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                 | Curried Beef Sausages       | <b>VEGETARIAN</b>                        |
| Chicken Parmigiana & Veg              | Devilled Sausages           | Spinach & Cheese Rolls                   |
| Sweet & Sour Chicken & Rice           |                             | Vegetable Lasagne                        |
| Chicken Pumpkin Bacon Pasta           |                             | Vegetable Quiche                         |
| Chicken Tomato Basil Pasta            | <b>LAMB</b>                 | Vegetable & Chickpea Casserole           |
| <b>BEEF</b>                           | Roast Lamb & Veg            | Lentil & Vegetable Curry                 |
| Roast Beef & Veg                      | Irish Lamb Stew & Veg       | Plant Based Chicken Tenders & Vegetables |
| Beef Stroganoff & Veg                 | Sweet Lamb Curry & Rice     | Plant Based Sausages and Vegetables      |
| Beef & Red Wine Casserole             | Lambs Fry & Bacon           |                                          |
| Corned Silverside & White Sauce       |                             | <b>FROZEN SOUPS</b>                      |
| Braised Steak & Onion                 | <b>PORK</b>                 | Pumpkin Soup                             |
| Beef & Veg Casserole                  | Roast Pork & Veg            | Pea & Ham Soup                           |
| Steak & Kidney                        | Sweet & Sour Pork & Rice    | Beef & Vegetable Soup                    |
| Beef Stir Fry & Rice                  |                             | Spring Vegetable Soup                    |
| Beef Curry & Rice                     |                             | Chicken Noodle Soup                      |
| <b>FROZEN DESSERTS ALSO AVAILABLE</b> |                             |                                          |