

Client Name:

Please return before the **5th January** to your delivery volunteer.

All meals will be delivered Frozen on your chosen days.

	Week 1			Week 2			Week 3			Week 4			Week 5			Week 6		
	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI
Main Meals	20-Jan	22-Jan	24-Jan	27-Jan	29-Jan	31-Jan	3-Feb	5-Feb	7-Feb	10-Feb	12-Feb	14-Feb	17-Feb	19-Feb	21-Feb	24-Feb	26-Feb	28-Feb
CORNED BEEF in a white sauce with mashed potatoes, carrots, broccoli & cauliflower																		
ROAST BEEF with mashed potatoes, roasted pumpkin & peas																		
CURRIED SAUSAGES with mashed potatoes, carrots, peas and corn																		
BEEF POT ROAST with mashed potatoes, carrots & peas																		
CREAMY RISSOLES with mashed potatoes, beans, broccoli & carrots																		
ROAST CHICKEN BREAST with cream potatoes, carrots & peas																		
BUTTER CHICKEN with creamed spinach and basmati rice																		
SWEET & SOUR CHICKEN with steamed rice & mixed vegetables																		
LAMB ROAST with mint gravy, roast potatoes, baked pumpkin, broccoli & cauliflower																		
PORK ROAST in an apple gravy with pumpkin mash, cauliflower & broccoli																		
PORK SAUSAGE with onion gravy, mashed potatoes, carrots & peas																		
BARRAMUNDI LEMON BUTTER with basmati rice, broccoli, cauliflower & carrots																		
CURRY PRAWNS in a mild curry sauce, with a medley of Asian greens & rice																		
GARLIC PRAWNS creamy garlic prawns served with rice, broccoli, cauliflower & carrots																		
WHITING & WEDGES with carrots, corn, peas & tartare sauce																		

REFERENCE SYMBOLS

Low Fat	Fat reduced	Low Salt	Salt reduced	High Protein	Gluten Free	High Fibre	Diary Free	Vegan	Vegetarian

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	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI
Soups	20-Jan	22-Jan	24-Jan	27-Jan	29-Jan	31-Jan	3-Feb	5-Feb	7-Feb	10-Feb	12-Feb	14-Feb	17-Feb	19-Feb	21-Feb	24-Feb	26-Feb	28-Feb
PUMPKIN SOUP																		
HAM & PEA SOUP																		
MINISTRONE SOUP																		
CHICKEN & CORN SOUP																		
CORN & BACON CHOWDER																		
POTATO & LEEK SOUP																		

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	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI
Desserts	20-Jan	22-Jan	24-Jan	27-Jan	29-Jan	31-Jan	3-Feb	5-Feb	7-Feb	10-Feb	12-Feb	14-Feb	17-Feb	19-Feb	21-Feb	24-Feb	26-Feb	28-Feb
BREAD & BUTTER PUDDING baked with custard & topped with toasted almonds																		
STICKY DATE PUDDING with finely chopped dates, topped with sticky caramel sauce																		
FRUIT PAVLOVA with mango, kiwi, strawberries & topped with a passionfruit coulis																		
LEMON CHEESECAKE a delicious tangy cheesecake																		
TIRAMISU chocolate sponge soaked in espresso syrup layered with orange cheesecake																		
BERRY CRUMBLE WITH CUSTARD mixed berries with golden baked crumble																		
VANILLA TEA CAKE & CUSTARD traditional tea cake with a creamy custard																		
RICE PUDDING a good old fashioned rice pudding infused with vanilla & cinnamon																		
CHOCOLATE MOUSSE with dollops of cream - suitable for pureed clients																		
APPLE CRUMBLE juicy stewed apples with golden baked butter crumble																		
LEMON CHEESECAKE MOUSSE - suitable for pureed clients																		

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