



| MEAL NO. | FROZEN MEAL DESCRIPTION |
|----------|---|
| 1 | Beef & Vegetable Stew (GF) |
| 2 | Beef Lasagne |
| 3 | Beef Rissoles & Gravy |
| 4 | Beef Sausages & Gravy (GF) |
| 5 | Beef Stroganoff & Pasta |
| 6 | Creamy Chicken & Bacon Pasta |
| 7 | Chicken Curry & Rice (GF) |
| 8 | Chicken Parmigiana |
| 9 | Corned Beef & Mustard White Sauce (GF) |
| 10 | Cottage Pie (GF) |
| 11 | Crumbed Fish & Tartare Sauce |
| 12 | Curried Sausages & Rice (GF) |
| 13 | Curried Vegetables & Rice (GF) |
| 14 | Grilled Fish & Parsley White Sauce (GF) |
| 15 | Meatloaf & Gravy |
| 16 | Pork Dim Sum & Soy Sauce |
| 17 | Roast Beef & Gravy (GF) |
| 18 | Roast Chicken & Gravy (GF) |
| 19 | Roast Pork & Apple Sauce (GF) |
| 20 | Roast Vegetable Lasagne |
| 21 | Savoury Mince (GF) |
| 22 | Spaghetti Bolognese |
| 23 | Sweet & Sour Pork & Rice (GF) |
| 24 | Teriyaki Chicken & Rice (GF) |
| 25 | Tuna Bake (GF) |

HOW TO ORDER FROZEN MEALS

On your Choice Menu form, place a **tick** or **cross** in the box to indicate you'd like a frozen meal for one or more days, then write the **Meal No.** you'd like (from the list on this page) in the space provided as shown in the example below:

| | |
|--------------------|---|
| Frozen Meal | See separate sheet for Meal choices. <input checked="" type="checkbox"/> Meal No. <u>16</u> |
|--------------------|---|

Of course, once we've delivered your frozen meals, you can have them on any day you like!

BREAKFAST PACK DETAILS

Our Breakfast Packs include:

- 7 mini packets of cereal
- 1 litre of milk
- 1 litre of juice
- Half loaf bread
- 3 x tinned fruit

SNACK PACK DETAILS

Our Snack Packs include:

Four items in total, usually:

- Yoghurt
- Piece of fruit
- Muesli bar/ Chocolate bar
- Dried fruit and nuts

