







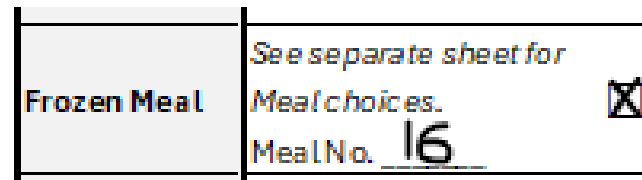




MEAL NO.	FROZEN MEAL DESCRIPTION
1	Beef & Vegetable Stew (GF)
2	Beef Lasagne
3	Beef Rissoles & Gravy
4	Beef Sausages & Gravy (GF)
5	Beef Stroganoff & Pasta
6	Creamy Chicken & Bacon Pasta
7	Chicken Curry & Rice (GF)
8	Chicken Parmigiana
9	Corned Beef & Mustard White Sauce (GF)
10	Cottage Pie (GF)
11	Crumbed 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:



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