



91 Queen Street, Campbelltown NSW 2560

P.O. Box 685, Campbelltown NSW 2560

Phone: 4645 4523

Please Indicate, ALL Meal Preferences by marking tick box

Client Name \_\_\_\_\_

Run Number \_\_\_\_\_

<b>Beef - Main Meals - 360g</b>	Tick Box	Office Use
BBQ Marinated Beef Stir Fry with Rice		RK
Beef & Green Bean Casserole		F
Beef & Potato Hot Pot		F
Beef & Vegetable Stir Fry		B
Beef Bourguignon & Vegetables		S
Beef Lasagne		B
Beef Stroganoff with Macaroni		MY
Braised Steak & Onion Gravy		B
Cottage Pie & Vegetables		B
Curried Sausages & Vegetables		B
Meatballs & Spaghetti in Napoli Sauce		S
Meatloaf with Vegetables		B
Rissole, Vegetables & Gravy		B
Roast Beef, Vegetables & Gravy		B
Sausage, Mash, Vegetables & Gravy		B
Savoury Mince & Vegetables		B
Silverside, Vegetables & Parsley sauce		B
Spaghetti Bolognese		F
Steak & Kidney Pie		B
Steak & Mushroom Pie		MCS
Veal Schnitzel & Gravy		F
<b>Chicken - Meals - 360g</b>	Tick Box	Office Use
Apricot Chicken & Vegetables		B
Butter Chicken & Vegetables		S
Chicken & Mushroom Pie		F
Chicken Casserole		B
Chicken Fettuccine		B
Chicken Lasagne		F
Chicken Parmigiana & Vegetables		S
Chinese Chicken & Vegetables		B
Crumbed Chicken Tenders & Vegetables		B
Curried Chicken Mild & Vegetables		B
Honey Soy Chicken & Rice		RK
Lemon Chicken & Vegetables		F
Lemon Chicken Schnitzel & Vegetables		B
Roast Chicken, Vegetables & Gravy		B
Roast Turkey, Vegetables & Gravy		B

Delivery Day /s \_\_\_\_\_

Quantities \_\_\_\_\_

Start Date: \_\_\_\_\_

<b>Lamb - Meals - 360g</b>	Tick Box	Office Use Only
Irish Lamb Stew		F
Lamb & Rosemary Pie		MCS
Lamb Casserole		B
Lambs Fry, Bacon & Gravy		B
Lancashire Hot Pot		B
Mild Lamb Curry & Vegetables		F
Roast Lamb, Vegetables & Gravy		S, B
Shepherds Pie & Vegetables		F
<b>Pork - Meals - 360g</b>	Tick Box	Office Use
Bacon & Potato Slice		F
Honey Pork & Pineapple Casserole		B
Macaroni Ham & Cheese		F
Pork Meatball with Creamy Mushroom Sauce		F
Roast Pork, Vegetables & Gravy		S, B
Smothered Pork in Apple Sauce		B
Sweet & Sour Pork		B
<b>Seafood - Meals - 360g</b>	Tick Box	Office Use
Cheesy Tuna Bake		B
Crumbed Fish & Chips		S,
Crumbed Fish & Potato Bake		B
Curried Prawns, Rice & Vegetables		RK
Salmon Patties & Vegetables		B
Smoked Cod & Parsley Sauce		B
Steamed Fish & Lemon Sauce		B
Tempura Fish Bites, Chips & Vegetables		B
<b>Vegetarian - Meals - 360g</b>	Tick Box	Office Use
Mixed Vegetable Curry		F
Pumpkin & Spinach Frittata		B
Pumpkin & Spinach Risotto		F
Spinach & Ricotta Cannelloni		B
Vegetable Pasta Bake		B
Vegetable Patties		B
Vegetable Quiche		B
<b>Premium Meal Range</b>		
	Tick Box	Office Use Only
Braised Lamb with Fruit Chutney & Steamed Potato		
Grilled Lamb Chump Chop with Homemade Onion Gravy		
Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice		
Pan Grilled Chicken Breast, with Grain Mustard Cream Sauce		
Honey Curry Chicken with Steamed Rice		
Quiche with Bacon, Spinach & Cheese with Seasonal Vegetables		
Pulled Pork with Potato Gratin & Seasonal Vegetable		
Lamb Shanks with Mashed Potato & Seasonal Vegetables		
Vegetable Lasagne with Seasonal Vegetables		

<b>Beef - Mini Meals - 220g</b>	Tick Box	Office Use
Beef Lasagne		B
Beef Stir Fry		B
Braised Steak & Onion Gravy		B
Cottage Pie & Vegetables		B
Curried Sausages & Vegetables		B
Meatloaf, Vegetables & Gravy		B
Rissole, Vegetables & Gravy		B
Roast Beef, Vegetables & Gravy		B
Sausage, Mash, Vegetables & Gravy		B,
Savoury Mince & Vegetables		B
Silverside, Vegetables & Parsley Sauce		B
Spaghetti Bolognese		MCS
Steak & Kidney Pie		B
Steak & Mushroom Pie & Vegetables		MCS
<b>Chicken - Mini Meals - 220g</b>	Tick Box	Office Use
Apricot Chicken & Vegetables		B
Chicken Casserole & Vegetables		B
Chicken Fettuccini & Vegetables		B
Chinese Chicken & Vegetables		B
Lemon Chicken Schnitzel		B
Mild Chicken Curry & Vegetables		B
Roast Chicken, Vegetables & Gravy		B
Roast Turkey, Vegetables & Gravy		B
<b>Lamb - Mini Meals - 220g</b>	Tick Box	Office Use
Lamb Casserole		B
Lamb & Rosemary Pie		MCS
Lambs Fry, Bacon & Gravy		B
Lancashire Hot Pot		B
Roast Lamb, Vegetables & Gravy		B
<b>Seafood - Mini Meals - 220g</b>	Tick Box	Office Use
Cheesy Tuna Bake		B
Crumbed Fish & Potato Bake		B
Salmon Patties		B
Smoked Cod With Parsley Sauce		B
Steamed Fish & Lemon Sauce		B
<b>Pork - Mini Meals - 220g</b>	Tick Box	Office Use
Honey Pork & Pineapple Casserole		B
Pork Roast, Gravy & Vegetables		B
Smothered Pork in Apple Sauce		B
Sweet & Sour Pork		B
<b>Vegetarian - Mini Meals - 220g</b>	Tick Box	Office Use Only
Macaroni Cheese		MCS
Pumpkin & Spinach Frittata		B
Spinach & Ricotta Cannelloni		B
Vegetable Pasta Bake		B
Vegetable Patties		B
Vegetable Quiche		B

<b>Desserts - 120g</b>	Tick Box	Office Use
Apple Pie & Cream		B
Apple Rhubarb Brown Betty & Custard		B,
Apple, Sultana Crumble with Custard		MCS
Apricot Crumble & Custard		B
Banana Pudding & Caramel Sauce		MY
Black forest Cheesecake		MCS
Blueberry Crumble with Custard		M
Bread & Butter Pudding		B,M
Butterscotch, Sultana Pudding & Custard		B
Chocolate Mousse		S,
Chocolate Mud Cake & Cream		S
Chocolate Mud Cake & Custard		M
Chocolate Steamed Pudding & Custard		B
Creamy Rice		B
Creamy Rice with a Fruit Puree		MCS
Frozen Fruit Compote		M
Fruit Salad & Cream		B
Fruit Trifle & Cream		B
Golden Syrup Dumpling		MY
Lemon Pudding & Custard		MCS
Peaches Jelly with Custard		MCS
Sticky Date with Caramel Sauce		MCS
Strawberry Mousse		S
Tiramisu		MCS
Vanilla Pancotta & Mixed Berries		B,
<b>Breggie Bake - 140g</b>	Tick Box	Office Use
Egg ,Bacon & Cheese		N
Egg Fetta & Spinach		N
Three Cheeses & Black Pepper Omelette		N
<b>Snack Packs - 200g</b>	Tick Box	Office Use
Chicken Lasagne		PFD
Fried Rice		PFD
Macaroni Cheese		PFD
Potato Bake		PFD
Spaghetti Bolognese		PFD
Sweet & Sour Chicken		PFD
<b>Soups - 220g</b>	Tick Box	Office Use
Pumpkin		MY
Chicken & Vegetable		MY
Beef & Vegetable		MY
Pea & Ham		MY
<b>Sandwiches</b>	Tick Box	Office Use
Chicken & Cheese		PFD
Egg & Chives on Rye		PFD
Ham & Cheese		PFD
Roast Beef, Cheese & Onion		PFD
Silverside Cheese & Pickles		PFD
<b>Juice - 250ml</b>	Tick Box	Office Use
Apple		A
Apple & Blackcurrant		A
Orange		A