



Meals in a Moment

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Quality and Convenience

Let Us Cook For You!

FROZEN MEALS DELIVERED TO YOUR HOME OR OFFICE

STANDARD MENU

MAIN MEALS	\$8.75 each
MAIN MEALS (PENSIONER/SENIORS)	\$8.45 each
GOURMET	\$10.95 each
MINI MEALS	\$6.95 each
SIDES AND SALADS	\$4.00 each
EXTRAS SAUCES	\$2.50 each
SOUP	\$3.75 each
DESSERTS / CAKES	\$3.95 each
Special Requests e.g. "no peas"	50c per meal
All prices are GST inclusive; prices are subject to change. Delivery charges also apply. Please contact us for a price to your area. DELIVERY STATE WIDE. Meals are served with seasonal vegetables or rice.	

* NEW MEALS ON MENU

NAME: _____

ADDRESS: _____

TELEPHONE: _____

DELIVERY DATE: _____

PLEASE CALL AND WE WILL ADVISE YOU OF YOUR DELIVERY DAY & WHEN WE NEED YOUR ORDER.

SOUPS

- 1 MINISTRONE
- 2 CHICKEN
- 3 PEA AND BACON
- 4 POTATO AND BACON
- 5 CREAM OF PUMPKIN
- 6 TOMATO
- 7 MUSHROOM
- 8 VEGETABLE AND BARLEY
- 9 CREAM OF BROCCOLI
- 10 CREAM OF CAULIFLOWER
- 11 FRENCH ONION
- 12 CHICKEN AND LEEK
- 13 LENTIL

SEAFOOD

- 14 TUNA MORNAY
- 15 SALMON PATTIES & TARTARE
- 16 GRILLED FISH WITH LEEK & 3 CHEESE*
- 17 BAKED FISH WITH LEMON SAUCE
- 18 SALMON & RICE CASSEROLE
- 19 FISH & CHIPS
- 20 BAKED FISH WITH PARSLEY SAUCE
- 21 GRILLED FISH & TARTARE
- 22 CRUMBED FISH & TARTARE

ROASTS (Served with roast potato & veg)

- 23 CHICKEN
- 24 CHICKEN AND CHIPS
- 25 BEEF
- 27 PORK
- 145 CHICKEN WITH LEMON SAUCE*

PIES (Served with potato chips)

- 61 BEEF & BACON
- 62 CHICKEN & VEG
- 64 STEAK & M'ROOM
- 65 STEAK & KIDNEY
- 66 BEEF
- 67 CURRY BEEF & RICE*
- 68 PEPPER BEEF*
- 69 ROAST LAMB & VEG*

CASSEROLES

- 30 CHICKEN MARSALA & RICE
- 31 BEEF GOULASH & RICE
- 32 BEEF STROGANOFF & RICE
- 33 LAMB & BARLEY STEW
- 34 BEEF STEW
- 35 STEAK & ONION STEW & RICE
- 36 BEEF & NOODLE
- 37 APRICOT CHICKEN & RICE
- 38 BEEF & VEGETABLES IN PLUM SAUCE & RICE
- 39 FRICASSEE OF CHICKEN & RICE
- 40 CHICKEN CACCIATORE & RICE
- 41 SPANISH SPICY PORK HOT POT & RICE

VEGETARIAN

- 43 VEGETABLE LASAGNE
- 44 FALAFEL PITA*
- 45 CAULIFLOWER & CHEESE ROLLS
- 46 BASIL CASHEW & PUMPKIN PESTO PASTA*
- 47 VEGETABLE BURGERS
- 48 CHEESE & VEGETABLE FRITATA
- 49 LENTIL PATTIES
- 50 STUFFED EGGPLANT AUBERGINES*
- 52 MUSHROOM & POTATO PANCAKE
- 56 SPINACH & RICOTTA PARCELS
- 57 VEGETABLE STIRFRY
- 58 TOMATO & ONION PIE
- 154 MACARONI CHEESE

QUICHES (Served with mash potato & veg)

- 71 SALMON
- 72 EGG & BACON
- 76 ASPARAGUS & MUSHROOM
- 77 PUMPKIN & SEMI DRIED TOMATO*

OLD FAVOURITES (Served with mash potato & veg)

- 81 SILVERSIDE & MUSTARD SAUCE
 82 SILVERSIDE & PARSLEY SAUCE
 83 SHEPHERDS PIE
 84 GRILLED STEAK & ONIONS
 85 RISSOLES & GRAVY
 86 SAUSAGES IN BATTER
 87 SAUSAGES IN GRAVY
 88 CRUMBED SAUSAGES
 89 SLOW COOKED BEEF IN FRENCH ONION SAUCE*
 90 LAMBS FRY & BACON
 92 BRAINS & BACON
 93 PORK SAUSAGES & APPLE SAUCE
 94 MIXED GRILL
 95 HAM STEAK & PINEAPPLE
 96 CURRIED SAUSAGES
 98 COUNTRY MEATLOAF
 99 RISSOLES WITH CHILLI SAUCE
 100 CHICKEN PATTIES
 101 BEEF & VEGETABLE PASTIE

ASIAN

- 131 SWEET & SOUR PORK & RICE
 132 BATTERED CHICKEN WITH LEMON SAUCE*
 133 BATTERED CHICKEN WITH SWEET & SOUR SAUCE
 134 NASI GORENG (Malaysian fried rice)
 135 SPRING ROLLS & FRIED RICE*
 136 STEAMED FISH WITH GINGER SAUCE
 137 GREEN CURRY CHICKEN & VEGETABLES
 138 SWEET & SOUR CHICKEN & RICE
 139 MALAYSIAN CURRY BEEF & RICE
 140 CHOW MEIN & RICE
 141 MARINATED CHICKEN WINGS & FRIED RICE
 142 BEEF IN BLACK BEAN SAUCE & RICE
 143 SINGAPORE NOODLES*
 144 CHICKEN & NOODLE STIRFRY
 206 BUTTER CHICKEN & RICE
 224 TANDOORI CHICKEN

MEDITERRANEAN

- 150 FETTUCCHINE CARBONARA
 151 SPAGHETTI & MEATBALLS
 152 LASAGNE
 153 SPAGHETTI BOLOGNAISE
 155 CHICKEN SCHNITZEL
 156 BEEF SCHNITZEL
 157 MEATBALLS IN M'ROOM & MUSTARD SAUCE
 158 RAVIOLI IN NAPOLI SAUCE
 159 PERI PERI CHICKEN & RICE*
 160 OSSO BUCCO (Braised veal shanks)
 161 BACON & VEGETABLE FRITTATA
 163 CHICKEN PARMAGIANA
 172 GREEK MEAT BALLS WITH RICE
 177 GREEK LAMB & RICE CASSEROLE
 179 GREEK ROAST CHICKEN & POTATOES
 182 BEEF & PASTA CASSEROLE

EXTRA SAUCES*

- 221 GRAVY
 222 SWEET CHILLI
 223 MINT GRAVY
 225 CHEESY WHITE SAUCE
 226 MUSHROOM
 227 CUSTARD
 231 ROSEMARY SAUCE
 232 SWEET & SOUR SAUCE

FRESH SALADS (Cold cuts with mixed salad)

- 217 LAMB
 220 BEEF
 218 CHICKEN
 228 SILVERSIDE
 219 PORK

SIDES AND SALADS

- 214 COLESLAW
 215 PASTA
 216 GREEN
 229 SCALLOP POTATOES*
 230 CHIPS*

GOURMET

- 192 CURRIED PRAWNS & RICE
 193 CHICKEN KIEV
 194 GR. STEAK IN MUSHROOM & GARLIC SAUCE
 195 PRAWNS WITH CHILLI JAM*
 196 SPAGHETTI MARINARA
 197 BATTERED BARRAMUNDI WITH CHIPS & VEG*
 198 CURRIED SCALLOPS WITH RICE
 199 LAMB, GARLIC & M'ROOM CASSEROLE
 200 HONEYED RACK OF LAMB
 201 CRUMBED PRAWNS & FRIED RICE
 202 CRUMBED LAMB CUTLETS
 203 HONEYED PRAWNS & FRIED RICE
 204 GARLIC PRAWNS WITH FRIED NOODLES
 26 TRADITIONAL ROAST LAMB & GRAVY
 28 ROAST TURKEY WITH CRANBERRY SAUCE
 91 LOIN CHOPS WITH MASH & VEG
 178 GREEK ROAST LAMB WITH POTATOES

DESSERT

- 102 TRIFLE
 103 APPLE PIE & CUSTARD
 104 STEWED FRUITS & CUSTARD
 105 CHOCOLATE PUDDING
 106 JELLIED FRUIT
 107 CHOCOLATE MOUSSE
 108 APRICOT CRUMBLE
 109 JAM ROLY POLY
 110 FRUIT DANISH PASTRY
 111 STRAWBERRY CHEESECAKE
 112 BREAD & BUTTER PUDDING
 113 BUTTERSCOTCH PUDDING
 114 PASSIONFRUIT PARFAIT
 115 CHOCOLATE BAVARIAN
 116 RASPBERRY MOUSSE
 117 LEMON MOUSSE
 118 BLACKBERRY PUDDING
 119 STICKY DATE PUDDING
 120 PINEAPPLE UPSIDE DOWN CAKE
 122 APPLE CRUMBLE
 123 APPLE & CINAMMON SPONGE
 128 RICE CUSTARD

CAKES AND MUFFINS

- 126 CARROT CAKE
 124 BLUEBERRY MUFFIN*
 125 BANANA CAKE
 129 APPLE & CINN.MUFFIN*
 127 CHOC. CAKE
 130 CHOC. CHIP MUFFIN*

GROCERIES*

- 2001 MILK 2L (Full Cream)
 2008 EGGS (1/2 dozen)
 2004 MILK 2L (Lite)
 2007 TOMATO JUICE (2L)
 2002 BREAD (Sandwich)
 2006 APPLE JUICE (2L)
 2005 BREAD (Toast)
 2003 ORANGE JUICE (2L)
 2009 CEREAL (Variety Pack)

MILK	\$4.50
BREAD	\$2.25
JUICE	\$6.50
EGGS	\$3.00
CEREAL	\$6.95

USE THE NUMBERS NEXT TO THE MEALS FOR EASY ORDERING.
 ORDER WEEKLY, FORTNIGHTLY, MONTHLY OR AS YOU REQUIRE