



Meals in a Moment

27 Bond St, Mordialloc VIC 3195
PH: (03) 7036 6516

Email: orders@mealsinamoment.com.au
Web: www.mealsinamoment.com.au

Quality and Convenience
Let Us Cook For You!
**FROZEN MEALS DELIVERED TO
YOUR HOME OR OFFICE**

STANDARD MENU

MAIN MEALS	\$10.75 each
MAIN MEALS (PENSIONER/SENIORS)	\$10.45 each
GOURMET	\$12.95 each
MINI MEALS	\$8.95 each
SIDES AND SALADS	\$5.00 each
EXTRAS SAUCES	\$2.50 each
SOUP	\$5.25 each
DESSERTS / CAKES	\$5.50 each
Special Requests e.g. "no peas"	\$1.50 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.

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
- 16 GRILLED FISH WITH LEEK & 3 CHEESE
- 17 BAKED FISH WITH LEMON SAUCE
- 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
- 66 BEEF
- 68 PEPPER BEEF
- 69 ROAST LAMB & VEG

CASSEROLES

- 30 CHICKEN MARSALA & RICE
- 31 BEEF GOULASH & RICE
- 32 BEEF STROGANOFF & RICE
- 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

- 45 CAULIFLOWER & CHEESE PIE
- 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
- 233 MIXED SEASONAL VEGETABLES

QUICHES (Served with mash potato & veg)

- 72 EGG & BACON
- 77 PUMPKIN LEEK & FETA

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
- 94 MIXED GRILL
- 95 HAM STEAK & PINEAPPLE
- 96 CURRIED SAUSAGES (with Rice)
- 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
- 161 BACON & VEGETABLE FRITTATA
- 163 CHICKEN PARMAGIANA
- 172 GREEK MEAT BALLS WITH RICE
- 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)

- 218 CHICKEN
- 220 BEEF
- 219 PORK
- 228 SILVERSIDE

SIDES AND SALAD

- 215 PASTA
- 216 GREEN
- 230 CHIPS
- 229 SCALLOP POTATOES
- 234 SEASONAL VEGETABLES

GOURMET

- 15 SALMON PATTIES & TARTARE
- 18 SALMON & RICE CASSEROLE
- 160 OSSO BUCCO (Braised veal shanks)
- 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
- 201 CRUMBED PRAWNS & FRIED RICE
- 203 HONEYED PRAWNS & FRIED RICE
- 204 GARLIC PRAWNS WITH FRIED NOODLES
- 28 ROAST TURKEY WITH CRANBERRY SAUCE

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
- 111 STRAWBERRY CHEESECAKE
- 121 PASSIONFRUIT CHEESECAKE
- 112 BREAD & BUTTER PUDDING
- 113 BUTTERSCOTCH PUDDING
- 114 PASSIONFRUIT PARFAIT
- 115 CHOCOLATE BAVARIAN
- 116 RASPBERRY MOUSSE
- 117 LEMON MOUSSE
- 119 STICKY DATE PUDDING
- 120 PINEAPPLE UPSIDE DOWN CAKE
- 122 APPLE CRUMBLE
- 123 APPLE & CINAMMON SPONGE
- 128 RICE CUSTARD

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	\$5.00
JUICE	\$6.50
EGGS	\$3.00
CEREAL	\$6.95

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