



Name:
Run:

Date:

Choose up to 3 Delivery Days:

Mon Tue Wed Thu Fri (Friday includes Saturday & Sunday)

Monday - Tuesday

	Code	Mon	Tue
SOUP (FROZEN ONLY)			
Pea & Ham Soup	LNE21003		
Creamy Tomato Soup	LNE21000		

MAIN

Steak with Garlic Prawns	LNE6529		
Beef Lasagne with Vegetables	LNE6532		
Grilled Sausages with Onion Gravy and Mashed Potato	NF036		
Chicken Parmigiana	LNE6537		
Apricot Chicken	LNE6511		
Roast Chicken with Roast Vegetables & Gravy	NF014		
Chargrilled Lamb with Spinach & Pine Nuts	LNE6503		
Quiche Lorraine with Roast Vegetable & Potato	NF012		
Spinach & Ricotta Quiche with Roasted Vegetable and Potato	NF017		
Roast Veg Pasta with Napoli	LNE6533		

DESSERT

Carrot Cake	NF028		
Chocolate and Raspberry Pudding	NF029		
Rhubarb & Custard Muffin	NF027		
Fruit Salad Cup	LNE3876		

Wednesday - Friday

	Code	Wed	Thur	Fri
SOUP				
Chicken, barley & Vegetable Broth	HH166			
Pea & Ham Soup	HH164			
Minestrone Soup	HH163			
Cream of Mushroom Soup	HH165			

MAIN

Beef Rissole, Mashed Potato, Vegetables & Peppercorn Gravy	HH168			
Beef Goulash, Spinach Mash & Vegetables	HH172			
Thai Chicken with Vegetable Rice	NF020			
Chicken Pesto Penne Pasta	NF026			
Chicken & Vegetable Pie with Potato & Vegetables	NF005			
Baked Fish Gratin, Potato Gems & Vegetables	HH173			
Roast Lamb with Roast Vegetables & Gravy	NF015			
Roast Pork, Roast Potato, Vegetables & Apple Gravy	HH171			
Honey Mustard Pork Chop, Potato Wedges & Vegetables	HH169			
Roast Turkey, Roast Potato, Vegetables & Cranberry Gravy	HH167			
Mushroom, Leek & Spinach Risotto with Parmesan	HH170			
Tofu, Vegetable & Hokkien Noodle Stir Fry with Blackbean Sauce	HH174			

DESSERT

Hummingbird Cake & Custard	HH175			
Flourless Baked New York Cheesecake & Berry Coulis	HH176			
Vanilla Pudding & Mixed Berries	HH177			
Meringue with Lemon Curd & Mango	HH178			
Almond Chia Pudding & Cinnamon Pears	HH179			
Rhubarb & Custard Muffin	NF027			
Carrot Cake	NF028			
Fruit Salad Cup	LNE3876			





Name:
Run:

Date:






Choose up to 3 Delivery Days:

Mon Tue Wed Thu Fri (Friday includes Saturday & Sunday)





Monday - Tuesday

	Code	Mon	Tue
 SOUP (FROZEN ONLY)			
Chicken Noodle Soup	LNE21002		
Potato & Leek Soup 	LNE 21004		










MAIN

Grilled Sausages with Onion Gravy and Mashed Potato 	NF036		
Shepherd's Pie topped with Potato Mash and Vegetables	NF038		
Meatballs with Tomato & Onion Gravy	LNE6539		
Chicken & Avocado Salad 	LNE6517		
Chicken Schnitzel with Gravy	LNE6519		
Tandoori Chicken with Vegetable Rice	NF019		
Crumbed Fish with Sweet Potato Wedges	LNE6536		
Roast Lamb with Roast Vegetables & Gravy 	NF037		
Pumpkin, Leek & Feta Quiche with Roast Veg & Potato 	NF011		
Vegan Shepherds Pie 	NF021		














DESSERT

Glazed Flourless Orange Tea Cake 	NF039		
Carrot Cake	NF028		
Rhubarb and Custard Muffin 	NF027		
Fruit Salad Cup  	LNE3876		







Wednesday - Friday

	Code	Wed	Thur	Fri
 SOUP				
Chicken & Corn Broth  	HH195			
French Onion & Turkey Soup  	HH198			
Cauliflower, Cumin & Mixed Bean Soup   	HH197			
Thai Pumpkin & Coconut Soup   	HH196			

MAIN

Braised Beef and Ale Pie, Potato Mash and Vegetables	NF031			
Beef Lasagne with Napoli & Parmesan	NF032			
Chicken & Leek Casserole with Vegetables & Baked Potato	NF030			
Roast Chicken, Potato & Veg with Creamy Mushroom Sauce 	HH187			
Chicken Parmigiana, Potato Wedges & Vegetables	HH188			
Fish Fillet, Thai Green Curry Coconut Sauce, Rice & Veg  	HH191			
Lamb Rogan Josh Curry, Steamed Rice & Veg  	HH189			
Sweet & Sour Pork, Steamed Rice & Vegetables  	HH190			
Pork Sausages, Onion gravy, Mash Potato & Vegetables 	HH192			
Vegan Eggplant Parmigiana, Potato Wedges & Vegetables   	HH193			
Spinach & Ricotta Roll, Roast Potato & Vegetables 	HH194			
Roasted Vegetable Quiche with Roast Vegetable and Potato 	NF016			

DESSERT

Coffee Cake with Caramel Glaze	HH180			
Flourless Walnut Fudge Slice & Cream 	HH181			
Coconut Chia Pudding & Mango  	HH182			
Vanilla Yoghurt, Stewed Apple & Biscuit Crumb	HH183			
Lemon Cake & Berry Compote	HH184			
Chocolate Pudding 	HH185			
Tiramisu	HH186			
Fruit Salad Cup  	LNE3876			


Name:
Run:

Date:



Choose up to 3 Delivery Days:

Mon Tue Wed Thu Fri (Friday includes Saturday & Sunday)





Monday - Tuesday

Code	Mon	Tue
SOUP (FROZEN ONLY)		
Pea & Ham Soup	LNE21003	
Creamy Tomato Soup	 LNE21000	








MAIN

Steak with Garlic Prawns	LNE6529	
Beef Lasagne with Vegetables	LNE6532	
Crumbed Chicken with Garlic Sauce	LNE6545	
Chicken Parmigiana	LNE6537	
Southern Chicken Tenders with Smash & Gravy	LNE6548	
Chargrilled Lamb with Spinach & Pine nuts	LNE6503	
Slow Cooked Roast Pork with Vegetables and Apple Gravy	 NF035	
Roast Veg Pasta with Napoli	LNE6533	
Gratinated Cauliflower, Cheese, Herb Crumbs	 NF007	
Spinach & Ricotta Quiche with Roasted Vegetable and Potato	 NF017	














DESSERT

Rhubarb & Custard Muffin	 NF027	
Carrot Cake	NF028	
Chocolate and Raspberry Pudding	 NF029	
Fruit Salad Cup	  LNE3876	

Wednesday - Friday

Code	Wed	Thur	Fri
SOUP			
Chicken, Vegetable & Brown Rice Broth	  HH200		
Vegetable, Risoni & Bacon Broth	 HH202		
Sweet Potato, Carrot & Ginger Soup	  HH199		
Potato & Leek Soup	  HH201		

MAIN

Beef Lasagne, Roast potato & Vegetables	HH203		
Roast Beef, Roast Potato, Vegetables & Gravy	 HH205		
Grilled Sausages with Onion Gravy and Mashed Potato	 NF033		
Chicken, Leek & Mushroom Casserole, Potato Gems & Veg	 HH206		
Chicken Satay, Steamed Rice & Vegetables	  HH208		
Creamy Tuna & Vegetable Pasta Bake	HH209		
Lamb Rosemary Casserole with Scallop Potatoes & Veg	 NF030		
Persian Spiced Savoury Lamb Mince, Lentil Rice Pilaf, Veg	  HH204		
Cajun Pork Chop, Corn, Capsicum & Kidney Bean Warm Salad, Spiced Tomato Sauce	  HH207		
Vegetarian Lasagne, Roast Potato & Vegetables	 HH210		
Zucchini, Tomato & Caramelised Onion Tart, Roast potato & Veg	 HH211		
Roasted Vegetable Quiche with Roast Vegetable and Potato	 NF016		

DESSERT

Cheese & Biscuits with Dates & Apricots	HH238		
Upside Down Sticky Pear Cake	HH212		
Strawberry Sponge Cheesecake & Cream	HH213		
Chocolate Mud Cake & Cream	HH214		
Belgian Waffle & Custard	HH215		
Meringue with Peaches & Cream	 HH216		
Mango Cheesecake	 HH217		
Fruit Salad Cup	  LNE3876		



Name:
Run:

Date:






Choose up to 3 Delivery Days:

Mon Tue Wed Thu Fri (Friday includes Saturday & Sunday)






Monday - Tuesday

	Code	Mon	Tue
SOUP (FROZEN ONLY)			
Beef & Barley Soup	LNE 21006		
Pumpkin Soup 	LNE21001		










MAIN

Meatballs with Tomato & Onion Gravy	LNE6539		
Grilled Sausages with Onion Gravy and Mashed Potato 	NF036		
Chicken Schnitzel with Gravy	LNE6519		
Chicken & Avocado Salad	LNE6517		
Crumbed Fish with Sweet Potato Wedges	LNE6536		
Roast Lamb with Roast Vegetables & Gravy	NF015		
Turkey, Cranberry & Walnut Salad 	LNE6505		
Roast Veg Pasta with Napoli 	LNE6533		
Roasted Vegetable Quiche with Roast Vegetable and Potato 	NF016		
Vegan Shepherds Pie 	NF021		













DESSERT

Rhubarb and Custard Muffin 	NF027		
Chocolate and Raspberry Pudding 	NF029		
Glazed Flourless Orange Tea Cake 	NF039		
Fruit Salad Cup  	LNE3876		





Wednesday - Friday

	Code	Wed	Thur	Fri
SOUP				
Sausage, Kale, Tomato & Vegetable Broth  	HH220			
French Onion Soup   	HH218			
Broccoli & Potato Soup  	HH219			
Creamy Spinach & Celery Soup  	HH221			

MAIN

Braised Beef Steak, Onion Gravy, Mash & Veg 	HH223			
Beef & Kidney Bean Chilli Con Carne, Rice, Corn & Capsicum  	HH228			
Honey Soy Chicken, Sesame & Veg Stir Fry with Hokkien Noodles 	HH224			
Butter Chicken with Veg Pilaf Rice	NF031			
Creamy Chicken, Spinach & Semi Sundried Tomato, Penne, Parmesan	HH229			
Curried Pork Sausages, Mash Potato & Veg 	HH230			
Slow Cooked Roast Pork with Vegetables and Apple Gravy 	NF035			
Creamy Garlic Prawns, Steamed Rice & Veg 	HH227			
Roast Turkey, Roast Potato, Veg & Gravy 	HH222			
Vegan Shepherds Pie 	NF021			
Spinach & Ricotta Cannelloni, Napoli & Veg 	HH225			
Falafel, Sumac Roast Zucchini, Baba Ghanouj & Brown Rice  	HH226			

DESSERT

Apple Crumble Slice & Cream	HH231			
Caramel Glazed Sticky Date Cake & Cream	HH232			
Chocolate Lamington & Cream	HH233			
Creamy Rice Pudding, Stewed Apple & Caramel 	HH234			
Overnight Oats with Vanilla Yoghurt & Chocolate	HH235			
Strawberry Pudding 	HH236			
Cinnamon Roast Pears & Custard 	HH237			
Fruit Salad Cup  	LNE3876			

