



# HEAT N EAT MEALS

MENU FOR MONDAY 6 JULY - SUNDAY 12 JULY

*Freshly cooked, vacuum sealed and chilled. Our Heat & Eat Meals are designed for our members who want to enjoy a home cooked meal without all the fuss. Smaller servings to keep that price and wastage low for you.*

## MAINS - \$12

BEEF CASSEROLE  
with mashed potato and seasonal veges

COTTAGE PIE  
with seasonal vegetables

CHICKEN SCHNITZEL  
with mashed potatoes and seasonal vege

ROAST BEEF  
roast veges, seasonal veges, and gravy

FETTUCCINE CARBONARA  
with parmesan cheese

VEGE FRITTER  
with seasonal veges and tomato salsa

GREEN SALAD  
tossed with tomato, cucumber, radish and vinaigrette  
*small \$3    large \$6*

## DESSERT - \$6

MIXED BERRY CRUMBLE  
with custard

STICKY DATE PUDDING  
with caramel sauce

*Phone 07 865 8705 ext. 3 to place your order. Order must be made one day prior of intended delivery/pick up date.*

*Delivery fee - \$1 per item, maximum \$5 per delivery day.*

*Delivery available Wednesday, Friday & Sunday between 3-5pm*

*Pre-Order and Pick up available Wednesday and Friday only between 3-5pm*