



HEAT N EAT MEALS

MENU FOR MONDAY 13 JULY - SUNDAY 19 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

BRAISED PORK
served with seasonal veges and mashed potatoes

CHICKEN SCHNITZEL
with mashed potatoes and seasonal vege

ROAST LAMB
roast veges, seasonal veges, and gravy

CHICKEN LASAGNA
served with seasonal veges

STIRFRY VEGES
with egg noodles

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

DESSERT - \$6

BREAD & BUTTER PUDDING
with custard sauce

CREAMED RICE
served with poached apricots

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



HEAT N EAT MEALS

MENU FOR MONDAY 8 JUNE- SUNDAY 14 JUNE

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

BRAISED PORK SHOULDER
with seasonal vegetables

CHICKEN SCHNITZEL
with mashed potatoes and seasonal vege

ROAST LAMB
roast veges, seasonal veges, and gravy

CHICKEN LASAGNA
with parmesan cheese

STIR-FRIED VEGETABLES & NOODLES

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

DESSERT - \$6

BREAD & BUTTER PUDDING
with custard

CREAMED RICE
with apricot halves

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