



# HEAT N EAT MEALS

MENU FOR MONDAY 25 MAY - SUNDAY 31 MAY

*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 SAUSAGES

with mashed potato and vegetables with onion gravy

STIRFRY CHICKEN

with crispy noodles

BAKED YORK HAM

with roast veges, seasonal veges and gravy

CRUMBED PORK FILLET

with mashed potatoes, seasonal veges and tomato relish

BEEF OLIVES

with sage stuffing, light gravy, mashed potatoes and seasonal veges

SWEET & SOUR VEGES

with basmati rice

GREEN SALAD

tossed with tomato, cucumber, radish and vinaigrette

*small \$3    large \$6*

## DESSERT - \$6

APPLE PIE

with custard

BERRY CHEESECAKE

with berry coulis

*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*