HOW TO ORDER YOUR FROZEN MEAL-

To order our **FROZEN MEALS**, please enter the number next to the meal **on the menu**.

Example:

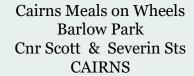


Frozen Meal No ...3..

Sometimes the frozen meal chosen is not available. If so, it will be substituted

FROZEN MEALS

- 1. Roast Pork & Gravy GF/DF
- 2. Roast Beef & Gravy GF/DF
- 3. Roast Chicken & Gravy GF/DF
- 4. Beef Goulash GF/DF
- 5. Chicken Korma GF
- 6. Irish Lamb Stew GF/DF
- 7. Savoury Mince GF/DF
- 8. Meatloaf & Onion Gravy
- 9. Braised Steak & Onions GF/DF
- 10. Apricot Chicken GF/DF
- 11. Silverside with Onion & Parsley Sauce
- 12. Sweet & Sour Fish GF/DF
- 13. Pasta Carbonara
- 14. Bacon & Cheese Quiche GF
- 15. Vegetarian Mains
- 16. Spaghetti Bolognese
- 17. Lamb Koftas
- 18. Roast Lamb & Gravy GF/DF
- 19. Fish & Vegetable Pie GF/DF
- 20. Beef Lasagna



Ph: 40 511 300 Fax: 40 511 522

Email: cnsmow@westnet.com.au

OFFICE HOURS

8.00am-4.00pm Monday-Friday

IF YOU HAVE ANY
PROBLEMS WITH THE
MENU OR WHAT FOOD
CHOICES ARE ON OFFER,
PLEASE CONTACT THE
OFFICE ON
40 511 300
AND CHAT TO ONE OF
OUR STAFF





Name:

Run:

PUBLIC HOLIDAY MENU

Lest We Forget



For fortnight:

Monday 22nd April 2024 to Friday 3rd May 2024 Weeks 5 & 6

PLEASE RETURN BY
THURSDAY
28th March 2024

!!!ATTENTION!!!

PLEASE ANSWER YES OR NO
TO REQUIRING FROZEN MEALS
WE DON'T DELIVER ON A PUBLIC
HOLIDAY. BY TICKING BOXES IT
WILL SAVE A LOT OF WORK FOR
OUR OFFICE STAFF

ALL HOT, CHILLED, FROZEN & VEGETARIAN MEALS COME WITH POTATO, PASTA OR RICE AND THREE VEGETABLES MARK CLEARLY YOUR MEAL CHOICES. IF YOU DON'T MAKE A CHOICE YOU WILL BE SENT MEAL OF THE DAY.

Monday 22nd April ☐ Chicken Korma & Rice ☐ Beef Sausages W/Onion Gra ☐ Vege - Tomato, Spinach & B Quiche ☐ Frozen Meal # ☐ Salad - Egg & Cheese ☐ Sandwich - Egg, Mayo & Sal	roccoli GF
Tuesday 23rd April ☐ Shepherds Pie	GF
☐ Beef Goulash ☐ Vegetarian-Cauliflower Chee Frozen Meal # ☐ Salad - Tomato, Spinach & I Quiche ☐ Sandwich - Salmon & Salad	
Wednesday 24th April	
 □ Roast Beef with Gravy □ Apricot Chicken & Rice □ Vegetarian - Falafels with To Capsicum Sauce □ Frozen Meal # □ Salad - Roast Beef □ Sandwich - Roast Beef & Sala 	DF/GF —
Thursday 25th APRIL ANZ	ZAC
DAY PUBLIC HOLIDAY	
□ NO MEAL REQUIRED	
☐ YES FROZEN MEAL REQUIFOR DELIVERY FROM 18.4.2 24.4.24	
☐ FROZEN MEAL #	

Friday 26th April	
☐ Savoury Mince	DF/GF
☐ Fish & Vege Pie	GF
 □ Vegetarian - Pumpkin, Leek & Lasagna □ Frozen Meal # □ Frozen Meal # 	Spinach
☐ Frozen Meal #	
☐ Salad - Ham & Cheese	
☐ Sandwich - Ham, Cheese & Salad	
Monday 29th April	
☐ Spaghetti Bolognese☐ Tandoori Chicken & Rice☐ C	GF/DF
 □ Vegetarian - Macaroni Cheese □ Frozen Meal # □ Salad - Egg & Cheese □ Sandwich - Egg, Mayo & Salad 	
Tuesday 30th April	
 □ Meatloaf with Onion Gravy □ Gluten Free Tuna Pasta Bake □ Vegetarian - Zucchini Fritters □ Frozen Meal # □ Salad - Meatloaf □ Sandwich - Meatloaf & Salad 	-
Wednesday 1st May	
 □ Roast Pork/Apple &Sage Gravy □ Lamb Koftas with Mint Gravy □ Vegetarian - Vegetable Omelette □ Frozen Meal # □ Salad - Roast Pork 	DF
□ Sandwich - Roast Pork & Salad	

Thursday 2nd May	
☐ Cottage Pie G	F
☐ Lambs Fry, Bacon & Onion Gravy DF	
☐ Vegetarian-Cheese, Tomato, Spinach Tartlets	1
☐ Frozen Meal #	
□ Salad - Ham & Cheese	
☐ Sandwich - Ham, Cheese & Salad	
Friday 3rd May	
☐ Silverside W/Onion & Parsley Sauce	
☐ Baked Fish W/Lemon Butter Sauce GF	
□ Vegetarian - Vegetable Bolognese □ Frozen Meal # □ Frozen Meal # □ Frozen Meal # □ Salad— Baked Fish □ Sandwich - Silverside & Salad	GF
Sandwich - Shverside & Salad	

SANDWICHES can also be ordered as an extra at a cost of \$4.00 if you have a full meal package on the same day.

FROZEN MEAL choices are
listed on the following page.
Space has been provided on Friday
menus to order two frozen meals for
the weekend if needed.