

**CLIENT COPY**

**NAME –**

**RUN -**

**Two Week Rotating Winter Menu**

**22/04/2024 – 20/10/2024**

**MAIN MEALS ARE SERVED WITH W/ 3 VEGETABLES**

**DF – DAIRY FREE LG – LOW GLUTEN VEG – VEGETARIAN**

**PLEASE CIRCLE MEAL SIZE**

**MAIN OR MINI AND MEAL CHOICE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK ONE | MONDAY  Potato, Sweet Potato, Beans | TUESDAY  Potato, Carrot, Peas | WEDNESDAY  Potato, Carrot, Peas | THURSDAY  Potato, Sweet Potato, Broccoli | FRIDAY  Potato, Carrot, Cauliflower |
| MAIN MEAL $8.00  MINI MEAL  $4.50 | Curried Pork Sausages w/ Rice  Greek Chicken **LG** | Pepper Steak Pie  Swedish Chicken Meatballs | Roast Lamb w/ Gravy **LG**  Roast Beef w/ Gravy **LG** | Vegetable Quiche **VEG/DF**  Lamb Stroganoff w/ Pasta | Silverside w/ Mustard Sauce  Seafood Cake |
| DESSERT $2.50  FRUIT $2.00 | Apple Crumble  Fruit | Vanilla Cheesecake  Fruit | Poached Pear  Fruit | Mango Pannacotta **LG**  Fruit | Black Forest Slice  Fruit |
| SALAD  MAIN $8.00  MINI $4.50 | Ham, Chicken,  Salmon | Ham, Chicken,  Salmon | Ham, Chicken,  Salmon | Ham, Chicken,  Salmon | Ham, Chicken,  Salmon  Chicken Ceasar |
| SANDWICH $3.50 | Ham, Cheese & Mustard | Curried Egg & Lettuce | Chicken, Mayo & Cucumber | Cheese & Tomato | Turkey, Tomato & Lettuce |
| SOUP $2.00 | Creamy Pumpkin **LG** | Tomato **LG** | Pea & Ham **DF/LG** | Broccoli & Cheddar | Beef & Vegetables **DF/LG** |

**Alternative Daily Options Include:** Crumbed Fish, Chicken Schnitzel & Gravy, Chicken Parmigiana, Chicken Cordon Bleu, Meatballs & Spaghetti, Meatballs & Gravy, Meat Pie & Gravy, Bangers & Mash.

**Alternative Daily Sandwich Options:** Ham Cheese Tomato, Egg Lettuce Mayo, Chicken Lettuce Mayo.

**Drinks Menu**

**Fruit Juice $.50 -** Apple ◊ Orange ◊ Mixed ◊ – Or Complimentary when more than one meal ordered same day.

**UP & GO Protein Drinks $2.00 -** Vanilla ◊ Chocolate ◊ Mixed ◊

**PLEASE TURN OVER AND FILL OUT MENU FOR WEEK TWO**

A blue and purple text on a black background

Description automatically generated

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**DF – DAIRY FREE LG – LOW GLUTEN VEG – VEGETARIAN**

**PLEASE CIRCLE MEAL SIZE**

**MAIN OR MINI AND MEAL CHOICE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK TWO | MONDAY  Potato, Sweet Potato, Beans | TUESDAY  Potato, Carrot, Peas | WEDNESDAY  Potato, Pumpkin, Beans | THURSDAY  Potato, Sweet Potato, Broccoli | FRIDAY  Potato, Carrot, Cauliflower |
| MAIN MEAL  $8.00  MINI MEAL  $4.50 | Coconut Pork Steak **DF/LG**  Beef & Vegetable Meatloaf | Madras Beef Meatballs **DF/LG**  Fish Pot Pie | Roast Turkey w/ Gravy **LG**  Roast Pork w/ Gravy **LG** | Vegetable Curry w/ Rice **VEG/DF/LG**  Tuscan Chicken **LG** | Lamb Stew  **LG**  Carbonara Pasta Bake |
| DESSERT $2.50  FRUIT $2.00 | Custard Tart  Fruit | Coconut Strawberry Mousse & Fruit **LG/DF**  Fruit | Lazy Daisy Cake  Fruit | Choc Tart  Fruit | Banana Date Slice  Fruit |
| SALAD  MAIN $8.00  MINI $4.50 | Ham, Chicken,  Salmon | Ham, Chicken,  Salmon | Ham, Chicken,  Salmon | Ham, Chicken,  Salmon | Ham, Chicken,  Salmon  Quiche |
| SANDWICH $3.50 | Chicken, Lettuce & Ranch | Corned Meat & Pickle | Tuna & Lettuce | Curried Egg & Lettuce | Chicken, Cheese & Tomato |
| SOUP $2.00 | Sausage & Bean | Chicken & Corn Chowder **LG** | Mediterranean Cauliflower **LG** | German Potato **LG** | Beef Lasagna |

**Alternative Daily Options Include:** Crumbed Fish, Chicken Schnitzel & Gravy, Chicken Parmigiana, Chicken Cordon Bleu, Meatballs & Spaghetti, Meatballs & Gravy, Meat Pie & Gravy, Bangers & Mash.

**Alternative Daily Sandwich Options:** Ham Cheese Tomato, Egg Lettuce Mayo, Chicken Lettuce Mayo.

**CHANGES TO MENU CAN BE DONE OVER THE PHONE**

**6765 8999**



**NAME –**

**RUN -**

**FROZEN WINTER MENU**

**WEEKEND MEALS DELIVERED FRIDAY**

HOW MANY MEALS FOR WEEK ONE? MAINS …. MINIS .... DESSERTS …. SOUPS …. PIES ….

HOW MANY MEALS FOR WEEK TWO? MAINS .… MINIS …. DESSERTS …. SOUPS …. PIES ….

|  |  |
| --- | --- |
| MAIN MEALS $8.00  MINI MEALS $4.50 | DESSERTS $2.50 |
| ALL MAIN MEALS ARE SERVED W/ 3 SET VEGETABLES DF – DAIRY FREE LG – LOW GLUTEN VEG – VEGETARIAN   * Curried Pork Sausages w/ Rice * Greek Chicken LG * Pepper Steak Pie * Swedish Chicken Meatballs * Roast Lamb w/ Gravy LG * Roast Beef w/ Gravy LG * Vegetable Quiche DF/VEG * Lamb Stroganoff w/ Pasta * Silverside w/ Mustard Sauce * Seafood Cake * Coconut Pork Steak DF/LG * Beef & Vegetable Meatloaf * Madras Beef Meatballs DF/LG * Fish Pot Pie * Roast Turkey w/ Gravy LG * Roast Pork w/ Gravy LG * Vegetable Curry w/ Rice DF/LG/VEG * Tuscan Chicken LG * Lamb Stew LG * Carbonara Pasta Bake * Crumbed Fish * Chicken Schnitzel * Chicken Parmigiana * Chicken Cordon Bleu * Meatballs & Gravy * Meatballs & Spaghetti DF * Meat Pie w/ Gravy * Bangers & Mash | * Apple Crumble * Vanilla Cheesecake * Poached Pear * Mango Pannacotta **LG** * Black Forrest Slice * Custard Tart * Coconut Strawberry Mousse & Fruit **DF/LG** * Lazy Daisy Cake * Choc Tart * Banana Date Slice |
| **SOUP $2.00** |
| * Creamy Pumpkin **LG** * Tomato **LG** * Pea & Ham **DF/LG** * Broccoli & Cheddar * Beef & Vegetables **DF/LG** * Sausage & Bean * Chicken & Corn Chowder **LG** * Mediterranean Cauliflower **DF/LG** * German Potato **LG** * Beef Lasagna   **PIES & SAUSAGE ROLLS $4.50**   * Plain Beef * Chicken & Leek * Creamy Potato, Onion & Cheese * Steak & Kidney * Cottage * Beef, Bacon & Cheese * Curried Beef * Pepper Steak * Lamb & Rosemary * Plain Sausage Roll |