



Home delivered bread and milk available

9762 1023

FODMAP AND IBS-FRIENDLY

www.grantsmeals.com.au
 grant@grantsmeals.com.au
 114 – 122 Westall Road, Springvale
 ABN 59 608 660 340

Menu & Prices Effective May 2023

VEGETARIAN	Small \$11.70	Large \$12.70
------------	------------------	------------------

- 1 **Pumpkin Frittata** - GF LS
Roast pumpkin baked with egg and served with fresh vegetables
- 2 **Fried Rice** – GF LS
Fresh vegetables tossed with rice and egg
- 3 **Spinach and Ricotta Ravioli** - LS
Ravioli in a tomato and basil sauce
- 4 **Thai Vegetable Curry** - GF DF LS
Traditional Thai Curry Vegetables served with rice
- 5 **Vegetarian Lasagne** - LS
Pumpkin, ricotta and spinach lasagne topped with cheese served with fresh vegetables
- 6 **Roast Vegetable Pasta** - GF LS
Roast vegetables and black olives served with penne pasta in a tomato sauce

ROAST MEALS	Small \$11.70	Large \$12.70
-------------	------------------	------------------

- 7 **Roast Beef** - GF DF LS
Slow roasted beef served with roast potatoes fresh vegetables and gravy - (Add Yorkshire Pudding: \$1)
- 8 **Roast Lamb** - GF DF LS
Leg of lamb served with roast potatoes fresh vegetables and gravy
- 9 **Roast Pork** - GF DF LS
Succulent pork served with roast potatoes fresh vegetables and gravy
- 10 **Oven Baked Chicken** - GF DF LS
Tender chicken breast served with roast potatoes fresh vegetables and gravy
- 11 **Silverside** - GF DF LS
Silverside served with mashed potatoes, vegetables, and white sauce

BREAD, MILK & CAKES

12	White Bread Sliced Loaf	\$3.80
13	Wholemeal Bread Sliced Loaf	\$3.80
14	Full Cream Milk 1 Litre	\$2.50
15	Low Fat Milk 1 Litre	\$2.50
16	Tea Cake	\$5.00
17	Fruit Cake	\$5.00

MAIN MEALS	Small \$11.70	Large \$12.70
------------	------------------	------------------

- 18 **Beef Casserole** - GF DF LS
Braised beef served with mashed potato and vegetables
- 19 **Cottage Pie** - GF DF LS
Premium beef topped with mashed potato and served with fresh vegetables
- 20 **Homemade Beef Rissoles** - GF DF LS
Tasty beef rissoles served with gravy, mashed potato and fresh vegetables
- 21 **Traditional Meatloaf** - GF DF LS
Meatloaf made the traditional way served with gravy, mashed potato and fresh vegetables
- 22 **Classic English Beef Hotpot** - GF DF LS
A beef casserole cooked with loads of vegetables
- 23 **Beef Pie**
Traditional meat pie served with mashed potato and vegetables
- 24 **Ham Steak and Pineapple** - GF DF LS
Australian ham steak topped with pineapple served with mashed potato and vegetables
- 25 **Beef Stroganoff** - GF LS
Slow cooked beef and mushrooms served with mashed potato and fresh vegetables
- 26 **Pork Stir Fry**
Slices of pork served with vegetables and noodles.
- 27 **Swedish Meatballs** - LS
Beef Meatballs in Mushroom sauce served with veg
- 28 **Curried Sausages** - GF DF
Beef sausages in a mild curry sauce served with mashed potato and fresh vegetables
- 29 **Bangers and Mash** - GF DF
Sausages and gravy, served with mashed potato and fresh vegetables
- 30 **Crumbed Sausages** - DF (contains Onion)
Skinless sausages crumbed and served with onion gravy, mashed potato and fresh vegetables
- 31 **Stuffed Potatoes**
Mashed potato stuffed with minced beef, crumbed and fried, served with fresh vegetables and gravy

QUICHE	Small \$11.70	Large \$12.70
--------	------------------	------------------

- 32 **Bacon and Egg** - LS
- 33 **Smoked Salmon and Asparagus** - LS

POULTRYSmall
\$11.70Large
\$12.70

- 34 **Chicken Parmigiana**
Crumbed chicken breast topped with Napoli sauce, ham and cheese, with mashed potato and veg
- 35 **Chicken Schnitzel** - DF LS
Crumbed chicken breast served with mashed potatoes, fresh vegetables and gravy
- 36 **Country Chicken Casserole** - GF DF LS
Slow cooked chicken casserole full of veg served on mash potato
- 37 **Apricot Chicken** - GF DF LS
Slow cooked chicken in an apricot sauce served with mashed potato and fresh vegetables
- 38 **Chicken with Chips and Gravy** - DF LS
Tender chicken served with chips and gravy
- 39 **Mango Chicken Curry** - DF LS
Chicken in a sweet mango curry, mixed with pumpkin and beans on a bed of rice
- 40 **Sweet and Sour Chicken** - DF LS GF
Chicken with fresh vegetables in a sweet and sour sauce, on a bed of rice
- 41 **Chicken Stir Fry** - DF GF
Chicken with fresh vegetables in a honey soy sauce served on a bed of rice

SEAFOODSmall
\$11.70Large
\$12.70

- 42 **Tuna Rissoles** - GF LS
Tuna and rice rissoles topped with parmesan cheese and served with vegetables
- 43 **Steamed Fish Fillet** - GF LS
Steamed fish fillet served with lemon butter, mash potato and fresh veg
- 44 **Fish and Chips**
Battered fish with chips
- 45 **Salmon Patties**
Crumbed salmon patties served with fresh vegetables
- 46 **Sweet & Sour Fish** - GF DF L Large only \$12.70
Crumbed fish fillets topped with sweet and sour sauce and served with mashed potato and vegetables.

OMELETTES

\$11.70

- 47 **Plain Omelette** - GF LS
- 48 **Cheese Omelette** - GF LS

DESSERTS

\$5.00

- 49 **Apple Crumble**- LS
- 50 **Trifle**- LS
- 51 **Pavlova and Cream**- LS
- 52 **Bread and Butter Pudding**- LS
- 53 **Sticky Date Pudding**- LS
- 54 **Plum Cobbler** - GF
- 55 **Pear and Peach Crumble** - GF

PASTASmall
\$11.70Large
\$12.70

- 56 **Spaghetti and Meatballs** - LS
- 57 **Penne Chicken and Bacon** - LS
- 58 **Penne pasta Bolognese** - LS
- 59 **Beef Lasagne**
- 60 **Tuna Mornay**

GOURMET

\$13.80

- 61 **Pork Medallions** - GF LS
Tender pork in a light cream sauce served with fresh vegetables
- 62 **Chicken Kiev (Contains Garlic)**
Oven baked and served with fresh vegetables
- 63 **Salmon Wellington**
Fresh salmon with a cheese and spinach sauce in a pastry shell served with fresh vegetables
- 64 **Fillet Steak** - GF LS LARGE ONLY \$15.40
Eye fillet steak served with a mushroom sauce, mashed potato and fresh vegetables

SANDWICHES

\$6.50

- 65 **Ham Cheese and Tomato Sandwich**
- 66 **Corned Beef and Pickles Sandwich**
- 67 **Chicken Lettuce and Mayo Sandwich**
- 68 **Curried Egg and Lettuce Sandwich**

SIDES

\$7.50

- 69 **Vegetable Pack** - GF DF LS
- 70 **Gravy** - GF DF LS
- 71 **Roast Potato** - GF DF LS
- 72 **Mashed Potato** - GF DF LS

SALADS & COLD MEATSLarge
\$12.70

- 73 **Baked Chicken Salad**
- 74 **Ham Salad**
- 75 **Chicken Caesar Salad**
- 76 **Traditional Coleslaw**
- 77 **Chicken Greek Salad**

GF - Gluten Free

DF - Dairy Free

LS - Low Salt

Please note: Our meals may contain allergens, including: Shellfish, egg, milk, dairy, peanuts, tree nuts, sesame, soy lupins and gluten. All meals are onion and garlic free (unless specified).

Minimum Order: \$50

Delivery fee: \$9.00 per order

Any changes to order: \$4 fee