



Home  
delivered  
bread and  
milk available

**9762 1023**

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### Menu & Prices Effective July 2021

#### VEGETARIAN

Small	Large
\$10.70	\$12.10

- Pumpkin Frittata - GF LS**  
Roast pumpkin baked with egg and served with fresh vegetables
- Fried Rice - GF LS**  
Fresh vegetables tossed with rice and egg
- Spinach and Ricotta Ravioli - LS**  
Ravioli in a tomato and basil sauce
- Pasta and Red Lentil Bolognese - GF DF LS**  
Red lentil Bolognese served on pasta
- Vegetarian Lasagne - LS**  
Pumpkin, ricotta, and spinach lasagne topped with cheese served with fresh vegetables
- Roast Vegetable Pasta - GF LS**  
Roast vegetables and black olives served with penne pasta in a tomato sauce

#### ROAST MEALS

Small	Large
\$10.70	\$12.10

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

#### BREAD, MILK & CAKES

- |    |                             |        |
|----|-----------------------------|--------|
| 12 | White Bread Sliced Loaf     | \$3.70 |
| 13 | Wholemeal Bread Sliced Loaf | \$3.70 |
| 14 | Full Cream Milk 1 Litre     | \$2.00 |
| 15 | Low Fat Milk 1 Litre        | \$2.00 |
| 16 | Tea Cake                    | \$5.00 |
| 17 | Fruit Cake                  | \$5.00 |

#### MAIN MEALS

Small	Large
\$10.70	\$12.10

- Beef Casserole - GF DF LS**  
Braised beef served with mashed potato and vegetables
- Cottage Pie - GF DF LS**  
Premium beef topped with mashed potato and served with fresh vegetables
- Homemade Beef Rissoles - GF DF LS**  
Tasty beef rissoles served with gravy, mashed potato and fresh vegetables
- Traditional Meatloaf - GF DF LS**  
Meatloaf made the traditional way served with gravy, mashed potato and fresh vegetables
- Classic English Beef Hotpot - GF DF LS**  
A beef casserole cooked with loads of vegetables
- Lambs Fry and Bacon - GF DF LS**  
Tender lambs fry and bacon in gravy and served with mashed potato and fresh vegetables
- Ham Steak and Pineapple - GF DF LS**  
Australian ham steak topped with pineapple served with mashed potato and vegetables
- Beef Stroganoff - GF LS**  
Slow cooked beef and mushrooms served with mashed potato and fresh vegetables
- Pork Sausage (contains Onion and Garlic)**  
Pork Sausage on Sweet Potato mash served with onion gravy.
- Swedish Meatballs - LS**  
Beef Meatballs in Mushroom sauce served with veg
- Curried Sausages - GF DF**  
Beef sausages in a mild curry sauce served with mashed potato and fresh vegetables
- Bangers and Mash - GF DF**  
Sausages and gravy, served with mashed potato and fresh vegetables
- Crumbed Sausages - DF (contains Onion)**  
Skinless sausages crumbed and served with onion gravy, mashed potato and fresh vegetables
- Stuffed Potatoes**  
Mashed potato stuffed with minced beef, crumbed and fried, served with fresh vegetables and gravy

#### QUICHE

Small	Large
\$10.70	\$12.10

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

## POULTRY

Small	Large
\$10.70	\$12.10

- 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 (contains Onion)**  
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

## SEAFOOD

Small	Large
\$10.70	\$12.10

- 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 (Small Only)**  
Battered fish with chips
- 45 **Crumbed fish Sweet and Sour**  
Crumbed Fish fillet topped with sweet and sour sauce served with mash and fresh vegetables
- 46 **Salmon Fillet - GF DF LS LARGE ONLY \$12.70**  
Baked salmon with a citrus sauce served with mashed potato and fresh vegetables

## OMELETTES

\$10.70

- 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**

## PASTA

Small	Large
\$10.70	\$12.10

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

## GOURMET

\$13.40

- 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

\$5.00

- 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 MEATS

Small	Large
\$10.70	\$12.10

- 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: \$6.00 per order**

**Any changes to order: \$4 fee**