

ALL MINI, PETITE & MAIN MEALS COME WITH VEGETABLES

	QTY
BREAKFAST PACK w UHT milk & fruit pack	\$4.00
Corn Flakes	
Weet Bix	

SOUPS 200 gm	\$2.50
Pea & Ham	
Pumpkin	
Chicken & Vegetable	
NEW Minestrone Soup	
Beef & Vegetable	

FLAGSTAFF MINIS 200gm	\$4.70
Curried Chicken w rice	
Grilled Sausages & gravy	
Spinach & Fetta Omelette	
Macaroni and Cheese	
NEW Cottage Pie	
Roast Lamb	
NEW Steak & Kidney Pie	
NEW Crumbed Fish & Chips	
Roast Pork	

MY CHEF PETITE MEAL 300gm	\$4.30
Pork & Apple Casserole	
Chicken Mornay with Pasta	
Sweet & Sour Pork w steam rice	
Steak & Kidney w mash	
Tuna Mornay w mash	

Prices from 1 SEPTEMBER 2017	QTY
MY CHEF MAINS 375 - 420gm	\$6.20
Lambs Fry & Bacon w onion gravy	
Baked Fish Fillet, parsley lemon butter	
Braised Lamb, fruit chutney	
Sweet & Sour Pork, steamed rice	
Shepherd's Pie	
Apricot Chicken w mash potato	
Irish Lamb Stew w steamed potato	
Spaghetti Bolognese	
Quiche w bacon, spinach & cheese	
Beef Lasagne	
Curried Prawns w steamed rice	\$6.80
King Prawns & garlic sauce	\$7.50
Grilled Atlantic Salmon lemon&dill cream sauce & steam potato	\$7.90

FLAGSTAFF MAINS Av. weight 360gm	\$5.80
Roast Chicken & gravy	
Roast Pork & gravy	
Steak & Kidney Pie	
Rissoles w onion gravy	
Crumbed Fish & Chips	
NEW Thai Green Chicken Curry w Rice	
Sausages & gravy	
Honey Soy Chicken	
FLAGSTAFF MAINS Av. weight 360gm	\$6.30
Roast Lamb & gravy	
Chicken Schnitzel w gravy & chips	

Please turn over for varieties of:

VEGETARIAN MEALS	\$5.80	
BLENDED MEALS	\$5.80	

DESSERTS	\$2.80
Strawberry Swirl Cheesecake	
Tropical Pavlova	
Sticky Date Pudding	
Lemon Cheesecake	
NEW Bread & Butter Pudding	
Chocolate Bavarian Cream Pie	

DESSERTS	\$2.40
Apple Pie and Cream	
Apple Rhubarb Crumble	
Mango Flavoured Mousse	
Apricot Pie	

Fruit Juice 100% Juice	\$1.00 ea	
NEW Diced Fruit in Natural Juice	\$1.00 ea	

Soups	0
Meals	0
Desserts	0
Breakfast packs	0
Juice / Fruit	0

Total cost of order **0.00**