

NAME _____

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| SOUPS 200-250 g | \$3.00 |
| Warming Chicken & Vegetable | |
| Minestrone Italian tomato, pasta and vegetables | |
| Traditional Pea & Ham | |
| Creamy Pumpkin | |
| Classic Potato & Leek | |

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| FLAGSTAFF MINI MEALS 200g | \$5.50 |
| Curried Chicken with Rice | |
| Sausages with Mashed Potato | |
| Roast Lamb with Potato and Gravy | |
| Corned Silverside with Parsley Sauce | |
| Roast Pork with Potato and Gravy | |

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|---|---------------|
| MY CHEF MINI MEALS 300g | \$5.50 |
| Pork & Apple Casserole with Mash | |
| Beef & Red Wine Casserole with Mash | |
| Sweet & Sour Pork with Steamed Rice | |
| Creamy Chicken & Mushroom with Couscous | |
| Beef Curry with Steamed Rice | |
| Tuna Mornay with Mashed Potato | |
| Shepherd's Pie with Seasonal Vegetables | |
| Apricot Chicken with Mashed Potato | |
| Curried Prawns with Steamed Rice | |

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| GOOD MEAL Co. MINI MEALS 300g | \$5.50 |
| Honey Mustard Chicken with Roast Potato | |
| Traditional Roast Beef with Roast Potato | |
| Slow Cooked Beef Bourguignon with Mash | |
| Butter Chicken with Rice | |
| Penne with Meatballs in Napolitana Sauce | |

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| GOOD MEAL Co. MAINS 400 - 425 g | \$7.00 |
| Honey Mustard Chicken with Roast Potato | |
| Chinese-Style Chicken & Cashews with Rice | |
| Traditional Roast Beef with Potato and Gravy | |
| Fish with Mustard Sauce and Mashed Potato | |
| Slow Cooked Beef Bourguignon with Mash | |

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| FLAGSTAFF MAINS 360 g | \$7.00 |
| Roast Pork with Potato and Gravy | |
| Beef Rissole with Onion Gravy | |
| Crumbed Fish & Chips | |
| Sausages with Mashed Potato | |
| Honey Soy Chicken with Fried Rice | |
| Curried Sausages with Mashed Potato | |
| Crumbed Lamb Patties with Mashed Potato | |

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|----------------------------------|---------------|
| FLAGSTAFF MAINS 360g | \$7.50 |
| Roast Lamb with Potato and Gravy | |

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|---|---------------|
| MY CHEF MAINS 400g | \$7.50 |
| Baked Fish Fillet with Parsley Lemon Butter | |
| Sweet & Sour Pork with Steamed Rice | |
| Apricot Chicken with Mashed Potato | |

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| MY CHEF MAINS 400g | \$8.00 |
| Beef & Red Lentil Curry | |
| Shepherd's Pie with Seasonal Vegetables | |
| Spaghetti Bolognese with Seasonal Veg | |
| Beef Lasagne with Seasonal Vegetables | |
| Curried Prawns with Steamed Rice | |

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| MY CHEF GOURMET MEALS 400g | \$9.00 |
| King Prawns with Garlic Cream Sauce | |
| Grilled Atlantic Salmon with Lemon and Dill | |

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| VEGETARIAN MINI MEALS | \$5.50 |
| Spinach & Fetta Omelette 200g | |
| Macaroni & Cheese 200g | |
| Vegetable & Lentil Cottage Pie 300g | |
| Spring Vegetable Rissotto 300g | |
| Pasta & Vegetable Bake 300g | |

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| VEGETARIAN MAIN MEALS | \$7.00 |
| Pasta Bake 360g | |
| Macaroni Cheese 360g | |
| Vegetarian Cottage Pie 360g | |

Other services we provided:

Out and About
Daily Group Social Support outings

Individual Social Support
Social support services at home or outings provided by our volunteer

Palz
For people with early stage Alzheimer's and their carer

[Please call for more information](#)

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| Prices from December 2020 | |
| All meals come with Vegetables | |
| Soups | |
| Mini Meals | |
| Meals | |
| Pantry Items | |
| Desserts | |

PUREED MEALS 360g \$7.50

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| Chicken & Asparagus | |
| Chicken & Veg | |
| Curried Veg | |
| Pork Apple & Cranberry | |
| Beef and Veg | |
| Pork and Veg | |

PANTRY ITEMS

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| Diced Fruit in Natural Juice \$1.00 ea | |
| Fruit Juice 100% Juice \$1.00 ea | |
| Full Cream Milk 1L UHT \$1.50 ea | |

DESSERTS 100-160g \$3.50

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| Lemon Cheesecake | |
| Baked Lemon Pudding | |
| Tiramisu coffee-flavoured Italian dessert | |
| Apple Pie with Cream | |
| Tropical Pavlova with Cream | |
| Apple Rhubarb Crumble with Custard | |
| Sticky Date Pudding with Butter Scotch Sauce | |
| Vanilla Slice | |



TUESDAY DELIVERIES

Broulee
Mogo
Tomakin
Moruya NORTH of TAFE

WEDNESDAY DELIVERIES

Batemans Bay and surrounding areas

THURSDAY DELIVERIES

Moruya SOUTH of TAFE
Moruya Head
Tuross Head
Bodalla
Potato Point

FRIDAY DELIVERIES

Narooma and surrounding areas



**MENU WINTER
2021**

Please place your order
by 3pm Friday before
your next delivery.
Phone 4474 4464



Prices are at a subsidised rate for people who have registered
with My Aged Care or NDIS.
Non registration occurs additional fees.