

ALL MINI, PETITE & MAIN MEALS COME WITH VEGETABLES

SOUPS 200 gm	\$2.60
Pea & Ham	
Pumpkin	
Chicken & Vegetable	
Minestrone Soup	
Beef & Vegetable	

FLAGSTAFF MINIS 200gm	\$4.90
Curried Chicken w rice	
Grilled Sausages & gravy	
Spinach & Fetta Omelette	
Macaroni and Cheese	
Cottage Pie	
Roast Lamb	
Steak & Kidney Pie	
Crumbed Fish & Chips	
Roast Pork	

MY CHEF PETITE MEAL 300gm	\$4.80
Pork & Apple Casserole	
Chicken Mornay with Pasta	
Sweet & Sour Pork w steam rice	
Steak & Kidney w mash	
Tuna Mornay w mash	

Please turn menu over for varieties of:

VEGETARIAN MAIN MEALS	\$6.10
BLENDED MAIN MEALS	\$6.70

Prices from 16 MARCH 2018	QTY
MY CHEF MAINS 375 - 420gm	\$6.70
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 Bolognaise	
Quiche w bacon, spinach & cheese	
Beef Lasagne	
Curried Prawns w steamed rice	\$7.30
King Prawns & garlic sauce	\$8.00
Grilled Atlantic Salmon lemon&dill cream sauce & steam potato	\$8.60

FLAGSTAFF MAINS Av. weight 360gm	\$6.10
Roast Chicken & gravy	
Roast Pork & gravy	
Steak & Kidney Pie	
Rissoles w onion gravy	
Crumbed Fish & Chips	
Thai Green Chicken Curry w Rice	
Sausages & gravy	
Honey Soy Chicken	
FLAGSTAFF MAINS Av. weight 360gm	\$6.60
Roast Lamb & gravy	
Chicken Schnitzel w gravy & chips	

DESSERTS	\$3.00
Strawberry Swirl Cheesecake	
Tropical Pavlova	
Sticky Date Pudding	
Lemon Cheesecake	
Bread & Butter Pudding	
Chocolate Bavarian Cream Pie	

DESSERTS	\$2.50
Apple Pie and Cream	
Apple Rhubarb Crumble	
Mango Flavoured Mousse	
Apricot Pie	

PANTRY ITEMS

Diced Fruit in Natural Juice	\$1.00 ea
Fruit Juice 100% Juice	\$1.00 ea
Full Cream Milk 1L UHT	\$1.00 ea
Coffee 50g	\$5.00 ea
Sugar 500g	\$2.00 ea
Weetbix 575g box	\$4.00 ea

Soups	0
Meals	0
Desserts	0
Pantry Items	0

Total cost of order **0.00**