

MEAL ORDER FORM
PHONE 3354 3919



Name: _____
Run No: _____

Day/Date	Qty	Fresh Meal Options 8-12 July (15-19 July overleaf)	Frozen Meals (No. & Qty)
MONDAY 8/07/2024		Meal A - Beef and Tomato Ragu served with baby spinach polenta, green beans and parmesan crusted cauliflower - <i>GF / NF</i>	
		Meal B - Pot roasted apricot chicken served with jasmine rice, and Asian vegetables - <i>GF / NF / LF</i>	
		Meal C - Coconut Lamb curry served with steamed basmati rice and tomato chutney - <i>GF / NF / LF</i>	
TUESDAY 9/07/2024		Meal A - Sweet and sour pork with mixed Asian vegetables and steamed jasmine rice - <i>NF</i>	
		Meal B - Moroccan Lamb Kofta skewers served with mediterranean vegetable pearl cous cous and minted Greek yogurt dipping sauce - <i>NF</i>	
		Meal C - Chilli Con Carne with Lemon rice, baked cauliflower and green beans - <i>GF / NF / LF</i>	
WEDNESDAY 10/07/2024		Meal A - Roast lamb with caramelized garlic and fresh mint sauce, Italian herbed potatoes, spiced roast pumpkin and broccoli - <i>GF / NF / LF</i>	
		Meal B - Sticky Hoisin Pork Belly served with Asian vegetable rice noodle salad - <i>NF / LF</i>	
		Meal C - Creamy coconut chicken and vegetables served with steamed lemongrass and turmeric infused jasmine rice and shallots - <i>GF / NF / LF</i>	
		Vegetarian Option - Mushroom and truffle oil risotto with Italian herbed potatoes, spiced roast pumpkin and broccoli - <i>GF / NF</i>	
THURSDAY 11/07/2024		Meal A - Maple glazed ham with roasted vegetables, glazed pineapple gravy and broccoli - <i>GF / NF / LF</i>	
		Meal B - Traditional Spaghetti Bolognese with oven baked broccoli and parmesan crusted cauliflower - <i>NF</i>	
		Meal C - BBQ Chicken and sweet potato pizza with diced tomato, red onion, topped with tasty mozzarella cheese - <i>NF</i>	
FRIDAY 12/07/2024		Meal A - Crumbed fish of the day served with crispy potato, lemon peppered mixed braised vegetables and lime aioli - <i>NF</i>	
		Meal B - Honey soy chicken and vegetable stir fry served with steamed jasmine rice - <i>NF / LF</i>	
		Meal C - BBQ pork meatballs served with macaroni and cheese, roasted carrot with bacon and parmesan crusted broccoli - <i>NF</i>	

PLEASE PLACE YOUR ORDER BY MONDAY, 1ST JULY 2024. NB: If an order form is not returned, a meal will be automatically selected for all days of your existing meal plan, subject to any dietary restrictions.

Day/Date	Qty	Fresh Meal Options 15-19 July (8-12 July overleaf)	Frozen Meals (No. & Qty)
MONDAY 15/07/2024		Meal A - Roast pork and crackling with herbed roasted vegetables, peas and apple gravy - <i>GF / NF / LF</i>	
		Meal B - Pan-fried sweetlip with lemon myrtle roasted potatoes, zucchini, tomato and sweetcorn medley, herbed lime butter sauce - <i>GF / NF</i>	
		Meal C - Braised teriyaki chicken and vegetable stir-fry with fried rice - <i>LF</i>	
TUESDAY 16/07/2024		Meal A - Crumbed beef croquettes with potato and pumpkin mash, yellow and green beans and baked cauliflower - <i>NF</i>	
		Meal B - Curry chicken and vegetable pie served with mashed potato, buttered peas and roasted cauliflower - <i>NF</i>	
		Meal C - Mediterranean-style pork meatloaf with Tuscan buttered potatoes, carrots, and green beans and topped with caramelized Spanish onion and jus sauce - <i>GF / NF / LF</i>	
		Vegetarian Option - Fried Tofu with Tuscan buttered potatoes, carrots, and green beans and topped with caramelized Spanish onion and jus sauce - <i>GF / NF / LF</i>	
WEDNESDAY 17/07/2024		Meal A - Chicken Scallopini with creamy mashed potato, yellow and green beans and roasted carrot - <i>GF / NF</i>	
		Meal B - Greek Lamb meatballs served with Mediterranean grilled eggplant, capsicum, potato, zucchini and tomato and a minted Greek yoghurt dipping sauce - <i>GF / NF</i>	
		Meal C - Steak and mushroom open pie served with onion mash potato, peas, corn and capsicum and glazed carrots - <i>NF</i>	
		Vegetarian Option - Panko crumbed eggplant with creamy mashed potato, yellow and green beans and roasted carrot - <i>NF</i>	
THURSDAY 18/07/2024		Meal A - Beef and mushroom lasagna served with roast pumpkin, broccoli and green peas - <i>NF</i>	
		Meal B - Fennel and lemon glazed roast pork served with roasted potato, cauliflower, carrots and green beans - <i>NF / LF</i>	
		Meal C - Classic Tuna, Egg and parmesan crusted Mornay with steamed carrots, sweetcorn and buttered green beans - <i>NF</i>	
FRIDAY 19/07/2024		Meal A - Honey Mustard Grilled Salmon with garlic rosemary roasted carrots and warm baby spinach and pumpkin salad - <i>GF / NF</i>	
		Meal B - Caramelised onion and beef pie served with mashed potato and sweet potato, steamed peas and corn - <i>NF</i>	
		Meal C - Sheppard's Pie stuffed smashed jacket potatoes served with tomato and sweetcorn compote and green beans - <i>GF / NF</i>	

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FM#01	Grilled Pork sausages served with tomato rigatoni pasta bake, crusted cauliflower and green beans - NF (Ingredients: pork sausage, onion, red capsicum, oregano, crushed tomato, rigatoni pasta, parmesan cheese, cauliflower, green beans, salt, pepper)
FM#02	Crumbed fish of the day served with crispy potato, lemon peppered mixed braised vegetables and lime aioli - NF (Ingredients: fish, flour, egg, milk, breadcrumbs, potato, carrot, onion, capsicum, beans, broccoli, lemon pepper, aioli, lemon, salt, pepper)
FM#03	Lamb rissoles with tomato and onion potato mash, rosemary infused gravy, carrots, green beans and toasted almonds - GF (Ingredients: lamb mince, garlic, rosemary, mustard, egg, salt, pepper, potato, onion, tomato, butter, carrots, beans, almond flakes, rosemary, red wine, gravy, salt, pepper)
FM#04	Oven baked snapper fillet with potato and pumpkin bake, broccoli and sweetcorn, silverbeet cream sauce - GF / NF (Ingredients: snapper, potato, pumpkin, cream, nutmeg, broccoli, sweetcorn, silverbeet, salt, pepper, lemon, shallots)
FM#05	Traditional cottage pie served with rosemary carrots and buttered broccoli - GF / NF (Ingredients: beef mince, onion, carrot, beef stock, gravy, peas, carrots, broccoli, butter, salt, pepper, shallots, rosemary, tasty cheese)
FM#06	Pork Goulash served with pappardelle pasta, steamed broccoli, cauliflower and baked zucchini - NF (Ingredients: pork, onion, garlic, mushrooms, capsicum, paprika, white wine, sour cream, parsley, pappardelle pasta, broccoli, zucchini, salt, pepper)
FM#07	Roast turkey and cranberry gravy served with roasted herbed vegetables and peas - GF / NF / LF (Ingredients: turkey breast, cranberry sauce, gravy, sweet potato, carrot, salt, pepper, peas potato, parsley, shallots)
FM#08	Classic Beef and bacon Bourguignon served with mashed potato and herb cheese crusted broccoli - N/A (Ingredients: beef, carrot, onion, bay leaf, thyme, red wine, vegetable oil, salt, pepper, mushroom, capsicum, bacon, flour, butter, cloves, tomato paste, flour, beef stock, parsley, potato, cream, Italian herbs, tasty cheese, broccoli)
FM#09	Steak and mushroom open pie served with onion mash potato, peas, corn and capsicum and glazed carrots - NF (Ingredients: beef steak, mushroom, salt, pepper, flour, vegetable oil,, onion, carrot, potato, rosemary, thyme, bay leaf, beef stock, tomato, short crust pastry, egg, butter, green peas, sweetcorn, red capsicum)
FM#10	Creamy Pesto chicken gnocchi with zucchini, sundried tomatoes and baby spinach - N/A (Ingredients: chicken, basil pesto (pinenuts, basil, parmesan, lemon, olive oil, garlic) potato, flour, egg, cream, zucchini, sundried tomato, baby spinach, salt, pepper)
FM#11	Tuscan Grilled Chicken with a side of seasonal roasted vegetables and topped with balsamic beetroot relish – GF / NF / LF (Ingredients: chicken thigh, Tuscan seasoning, salt, pepper, olive oil, potato, sweet potato, carrot, beetroot relish, shallots)
FM#12	Lemon herb and parmesan crusted Barramundi fillet served with creamy mashed potato and cauliflower, baby broccoli and chunky tomato and Spanish onion compote - NF (Ingredients: barramundi, breadcrumbs, lemon, parmesan, parsley, salt, pepper, butter, potato, cream, cauliflower, broccoli, tomato, red onion)
FM#13	Satay Pork and vegetables served with brown rice and crispy shallots - GF / LF (Ingredients: Pork, satay sauce (peanut butter, coconut milk, soy sauce, chilli flakes, brown sugar, fish sauce, coriander) onion, carrot, capsicum, broccoli, cauliflower, brown rice, shallots, salt, pepper)

Caring Cuisine Frozen Menu

8 – 19 July 2024

FM#14	Chicken and mushroom lasagna with baby broccoli, sweetcorn and roasted carrots - NF (Ingredients: chicken, onion, mushroom, butter, flour, milk, tasty cheese, broccoli, sweetcorn, carrot, salt, pepper, Italian parsley)		
FM#15	Crispy lemon chicken with bacon special fried rice and Asian vegetables - NF (Ingredients: chicken, rice flour, corn flour, lemon sauce, flour, egg, breadcrumbs, honey, bacon, jasmine rice, peas, corn, capsicum, shallots)		
FM#16	Angus Beef sausage rolls with Italian herbed mash potato, oven glazed carrots, and buttered green peas - NF (Ingredients: beef mince, onion, carrot, egg, pastry, milk, potato, Italian herbs, butter, salt, pepper, carrots, peas, butter)		
PLEASE NOTE – the following meals are lower in stock and may be subject to substitutions.			
FM#17	Corned beef silverside topped with seeded mustard sauce, served with a side of potato and chive mash, green beans and steamed carrots - Contains Gluten, Nuts, and Lactose products (Ingredients: corned silverside, seeded mustard, cream, salt, pepper, carrot, honey, beans, butter, potato, chives, milk)		
FM#18	Roast pork and crackling with herbed roasted vegetables, peas and apple gravy - GF / NF / LF (Ingredients: pork, salt, pepper, gravy, potato, sweet potato, carrot, peas)		
FM#19	Beef and Tomato Ragu served with baby spinach polenta , green beans and parmesan crusted cauliflower - GF / NF (Ingredients: beef, red onion, crushed tomato, tomato paste, mixed herbs, polenta, baby spinach, milk, salt, pepper, green beans, cauliflower, parmesan)		
FM#20	Coconut Lamb curry served with steamed basmati rice and tomato chutney - GF / NF / LF (Ingredients: lamb, onion, garlic, ginger, turmeric, chili, curry leaves, tomato, beef stock, coconut cream, coriander, basmati rice, curry powder, tomato chutney, salt, pepper)		
Frozen meals selected by Caring Cuisine from stock on hand, subject to dietary restrictions:			
#AB	**Any Beef Meal**	#AC	**Any Chicken Meal**
#AF	**Any Fish Meal**	#AL	**Any Lamb Meal**
#AP	**Any Pork Meal**	#AV	**Any Vegetarian Meal**

Caring Cuisine's frozen menu options are updated fortnightly and include recurring favourites as well as several rotating options. To order a frozen meal, please add the frozen menu item code (**FM#--** or **#A-**) to the column on the right-hand side of your main meal order form, next to the relevant delivery day.

Sandwich Options

Please indicate below if you would like us to add sandwiches to your **recurring meal plan** (i.e., for delivery on the indicated day each week from now on).

Sandwich Filling	MON	TUE	WED	THU	FRI
Roast Beef, Cheese & Salad					
Chicken, Cheese & Salad					
Ham, Cheese & Salad					
Cheese & Salad					
Chicken, Cheese, Mayo & Lettuce					
Egg & Lettuce					
Corned Beef & Pickle					
Ham, Cheese & Tomato					

Bread type (please circle): White Wholemeal Multigrain Gluten Free