

	Qty	Fresh Meal Options 22/07 to 26/07 (29/07 to 2/08 overleaf)	Frozen Meals (No. & Qty)
MONDAY 22/07/2024		Meal A - Classic maple and mustard chicken tray bake with roasted root vegetables, tomato, red onion and broccoli - GF / NF / LF	
		Meal B - Beef sausages in with rich onion gravy, served with a sweet potato and potato cake, cheesy cauliflower, beans and peas - GF / NF	
		Meal C - Oven roasted pickled pork served with potato and parsley mash, honey carrots, steamed beans and seeded mustard sauce - GF / NF	
		Vegetarian Option - Falafel patties with roasted root vegetables, tomato, red onion and broccoli - NF / LF	
TUESDAY 23/07/2024		Meal A - Roast turkey and cranberry gravy served with roasted herbed vegetables and peas - GF / NF / LF	
		Meal B - lamb rissoles with tomato and onion potato mash, rosemary infused gravy, carrots, green beans and toasted almonds - GF	
		Meal C - Vietnamese caramelised Pork with steamed jasmine rice and Asian slaw - GF / NF / LF	
WEDNESDAY 24/07/2024		Meal A - Roast beef with herb infused gravy, and a side of roasted root vegetables and broccoli - GF / NF / LF	
		Meal B - Mild Butter Chicken and mixed vegetables served with steamed basmati rice - GF / NF	
		Meal C - Tempura battered fish with crispy potato, roasted potato and sweet potato, steamed carrots and minted peas served with a lime aioli - NF	
THURSDAY 25/07/2024		Meal A - Roast lamb with caramelized garlic and fresh mint sauce, Italian herbed potatoes, spiced roast pumpkin and broccoli - GF / NF / LF	
		Meal B - Chicken and mushroom lasagna with baby broccoli, sweetcorn and roasted carrots - NF	
		Meal C - Braised Beef Ravioli pasta topped with a rich tomato and basil sugo sauce, herb roasted zucchini and crusted cauliflower - N/A	
		Vegetarian Option - Mushroom and truffle oil risotto with Italian herbed potatoes, spiced roast pumpkin and broccoli - GF / NF	
FRIDAY 26/07/2024		Meal A - Baked barramundi with zucchini slice, honey carrots, steamed broccoli and lemon butter sauce - NF	
		Meal B - Classic chicken parmigiana with crispy waffle potato, cauliflower au gratin and sliced green beans - NF	
		Meal C - Beef, mushroom and capsicum stroganoff served with steamed long grain rice, roasted sweet potato and broccoli - NF / LF	

	Qty	Fresh Meal Options 29/07 to 2/08 (22/07 to 26/07 overleaf)	Frozen Meals (No. & Qty)
MONDAY 29/07/2024		Meal A - Tuscan grilled chicken with a side of seasonal roasted vegetables and topped with balsamic beetroot relish - GF / NF / LF	
		Meal B - Traditional cottage pie served with rosemary carrots and buttered broccoli - GF / NF	
		Meal C - Corned beef fritters served with potato and sweet potato hash, crispy green beans and brown sugar glazed carrots - NF	
		Vegetarian Option - Cheesy polenta zucchini slice with a side of seasonal roasted vegetables and topped with balsamic beetroot relish - GF	
TUESDAY 30/07/2024		Meal A - Roast pork and crackling with herbed roasted vegetables, peas and apple gravy - GF / NF / LF	
		Meal B - Crispy chicken breast served with oven roasted potato, sweet potato, carrot and green peas topped with classic Dianne sauce - GF / NF	
		Meal C - Chicken Tortellini Pasta with creamy pumpkin sauce, baby spinach, red onion and feta cheese - NF	
WEDNESDAY 31/07/2024		Meal A - Pork Goulash served with pappardelle pasta, steamed broccoli, cauliflower and baked zucchini - NF	
		Meal B - Crumbed Beef schnitzel with potato and onion mash, glazed carrots and steamed broccoli - NF	
		Meal C - Hand rolled sushi selection of tuna salad and cucumber, karaage chicken and avocado and sweet chilli crumbed prawn - Cold Meal / NF	
THURSDAY 01/08/2024		Meal A - Lamb casserole with potato and leek mash, carrots and buttered peas - GF / NF	
		Meal B - Grilled Pork sausages served with tomato rigatoni pasta bake, crusted cauliflower and green beans - NF	
		Meal C - Crispy lemon chicken with bacon special fried rice and Asian vegetables - NF	
		Vegetarian Option - Chickpea bolognese with crusted cauliflower and green beans - GF / NF / LF	
FRIDAY 02/08/2024		Meal A - Crumbed fish of the day served with crispy potato, lemon peppered mixed braised vegetables and lime aioli - NF	
		Meal B - Creamy French onion chicken meatballs served with mashed potato, broccoli and roasted carrots topped with creamy cheese and onion sauce - NF	
		Meal C - Classic Beef and bacon Bourguignon served with mashed potato and herb cheese crusted broccoli - N/A	
		Vegetarian Option - Zucchini, eggplant and sweet potato slice with mashed potato, broccoli and roasted carrots topped with creamy cheese and onion sauce - GF / NF	

FM#01	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 (Ingredients: corned silverside, seeded mustard, cream, salt, pepper, carrot, honey, beans, butter, potato, chives, milk)
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	Sweet and sour pork with mixed Asian vegetables and steamed jasmine rice - NF (Ingredients: Pork, onion, capsicum, pineapple, vinegar, brown sugar, sweet soy, jasmine rice, egg, flour, milk, carrot, broccoli, cauliflower, salt, pepper)
FM#04	Chilli Con Carne with Lemon rice, baked cauliflower and green beans - GF / NF / LF (Ingredients: beef mince, onion, cloves, garlic, paprika, cumin, beef stock, tomato, chilli flakes, marjoram, sugar, kidney beans, long grain rice, lemon, cauliflower, green beans, salt, pepper)
FM#05	Roast lamb with caramelized garlic and fresh mint sauce, Italian herbed potatoes, spiced roast pumpkin and broccoli - GF / NF / LF (Ingredients: lamb, garlic, mint, rosemary, Italian herbs, potato, pumpkin, broccoli, salt, pepper, gravy)
FM#06	Sticky Hoisin Pork Belly served with Asian vegetable rice noodle salad - NF / LF (Ingredients: pork belly, hoisin sauce, sweet chilli sauce, brown sugar, onion, capsicum, sugar snap peas, celery, carrot, fried shallots, rice)
FM#07	Creamy coconut chicken and vegetables served with steamed lemongrass and turmeric infused jasmine rice and shallots - GF / NF / LF (Ingredients: Chicken, coconut milk, curry powder, tomato paste, garlic, onion, garam masala, turmeric, lemon grass, jasmine rice, shallots, carrot, broccoli, cauliflower, capsicum)
FM#08	Traditional Spaghetti Bolognese with oven baked broccoli and parmesan crusted cauliflower - NF (Ingredients: beef mince, onion, carrot, garlic, tomato, parmesan cheese, spaghetti pasta, Italian herbs, sugar, broccoli, cauliflower, salt, pepper)
FM#09	Braised teriyaki chicken and vegetable stir-fry with fried rice - LF (Ingredients: chicken, onion, capsicum, carrot, cauliflower, broccoli, jasmine rice, peas, corn, egg, sesame oil, oyster sauce, shallot)
FM#10	Crumbed beef croquettes with potato and pumpkin mash, yellow and green beans and baked cauliflower - NF (Ingredients: beef mince, eggs, vegetable oil, tomato, milk, flour, breadcrumbs, dried herbs, potato, pumpkin, butter, beans, cauliflower, salt, pepper)
FM#11	Classic Tuna , Egg and parmesan crusted Mornay with steamed carrots, sweetcorn and buttered green beans - NF (Ingredients: tuna, onion, butter, flour, milk, parmesan cheese, shallots, carrots, sweetcorn, beans, salt, pepper, breadcrumbs)
FM#12	Honey soy chicken and vegetable stir fry served with steamed jasmine rice - NF / LF (Ingredients: chicken thigh, onion, carrot, celery, capsicum, broccoli, cauliflower, honey, soy sauce, sweet soy sauce, jasmine rice, fried shallot, salt, pepper)
FM#13	Chicken Scallopini with creamy mashed potato, yellow and green beans and roasted carrot - GF / NF (Ingredients: Chicken, onion, garlic, maize cornflour, white wine, mushrooms, potato, cream, beans, carrot, salt, pepper)

Caring Cuisine Frozen Menu
22 July 2024 – 2 August 2024

*PLEASE NOTE – the following meals are lower in stock
and may be subject to substitutions.*

FM#14	Crumbed veal schnitzel with saffron and baby spinach, risoni pasta, roasted sweet potato, sweetcorn and zucchini tomato salsa - NF (Ingredients: veal, flour, egg, milk, breadcrumbs, cream, risoni pasta, baby spinach, saffron, sweet potato, zucchini, corn, red onion, shallots, salt, pepper)
FM#15	Crispy chicken breast served with oven roasted potato, sweet potato, carrot and green peas topped with classic Dianne sauce - GF / NF (Ingredients: chicken breast, maize cornflour, chat potato, sweet potato, carrot, green peas, salt, pepper, onion, garlic, Worcestershire sauce, gravy, tomato, cream, shallots)
FM#16	Oven roasted pickled pork served with potato and parsley mash, honey carrots, steamed beans and seeded mustard sauce - GF / NF (Ingredients: pickled pork, honey, potato, parsley, butter, salt, pepper, cream, carrots, beans, seeded mustard, shallots)
FM#17	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#18	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)

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

ORDERS MUST BE SUBMITTED BY TUESDAY 16/07/2024 If you do not return an order or a cancellation request, meals will be selected for all days of any recurring meal plan.