

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

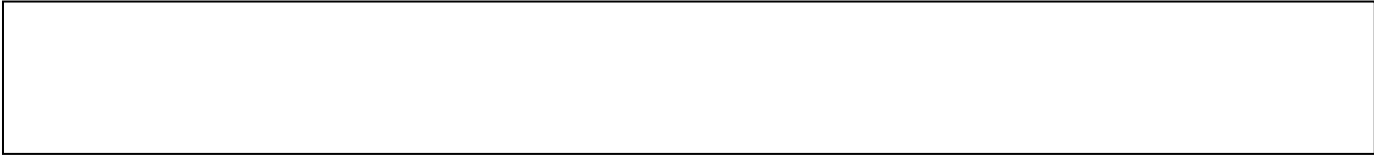
PLEASE NOTE

**We will be taking a break over
 the festive period – Our last
 Delivery day will be
 WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

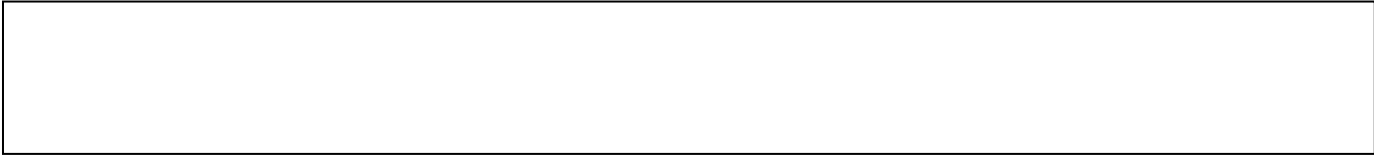
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

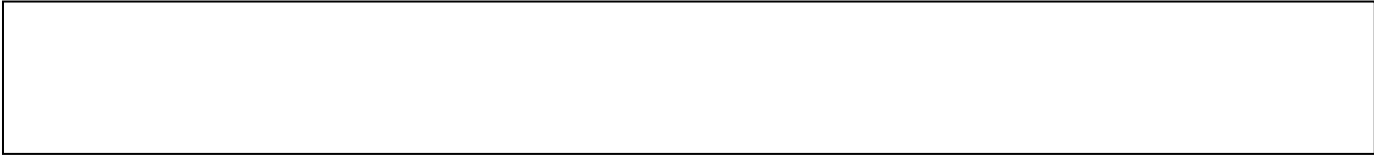
PLEASE NOTE

**We will be taking a break over
 the festive period – Our last
 Delivery day will be
 WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

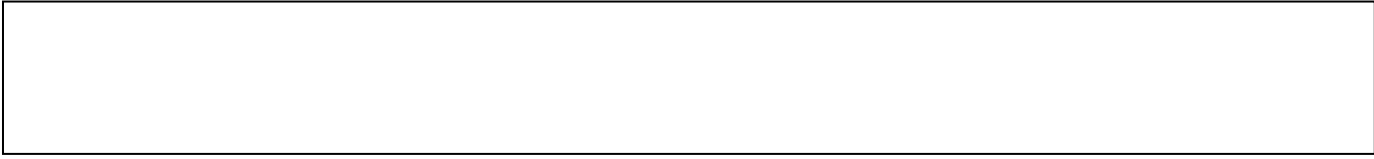
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

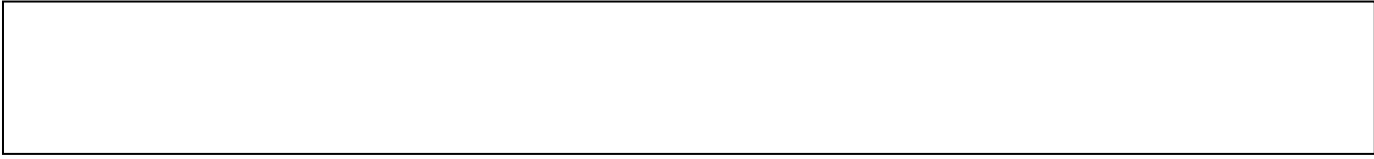
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

**We will be taking a break over
 the festive period – Our last**

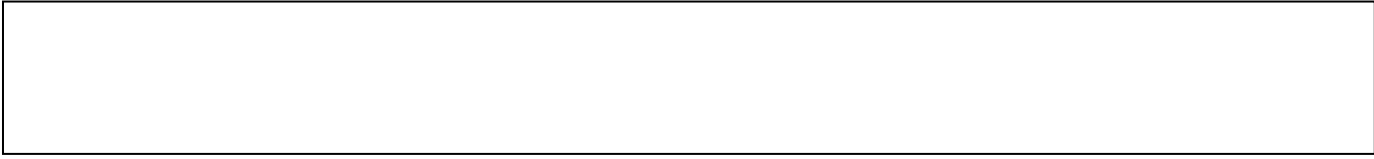
Delivery day will be

**WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

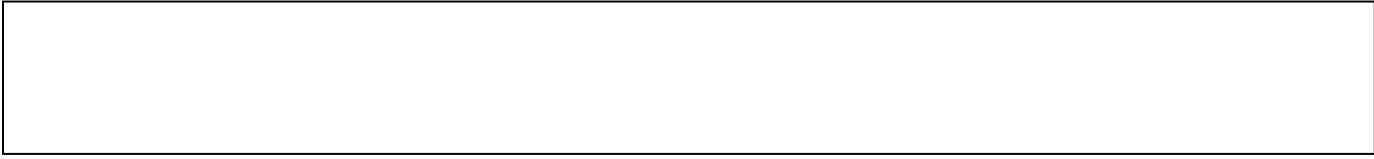
PLEASE NOTE

**We will be taking a break over
 the festive period – Our last
 Delivery day will be
 WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

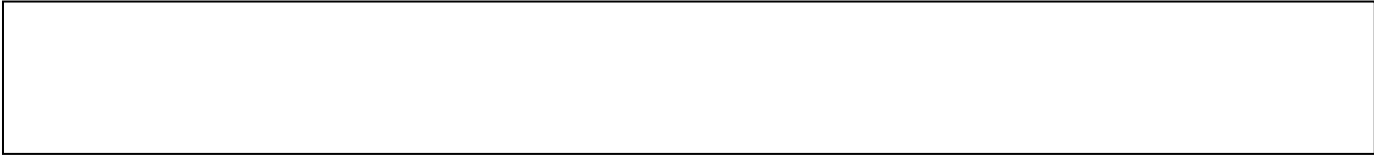
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

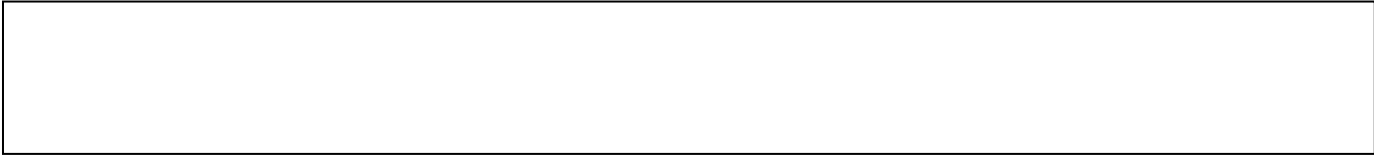
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

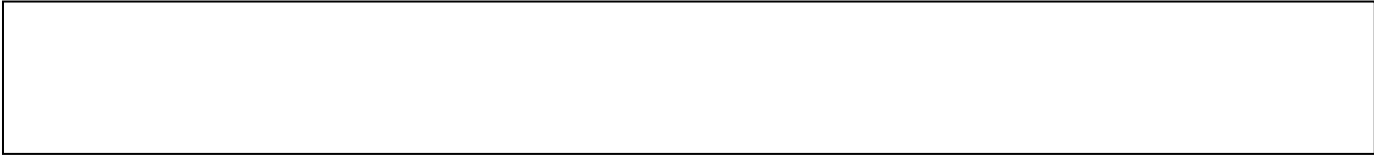
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

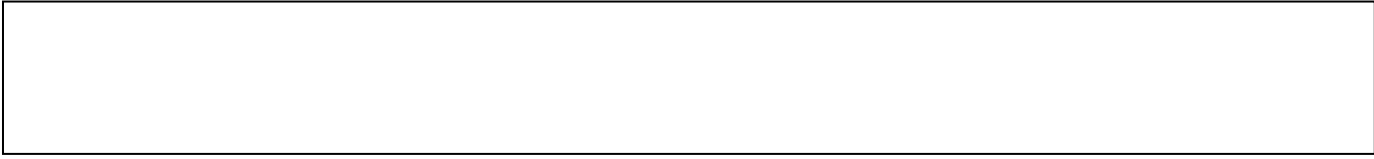
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

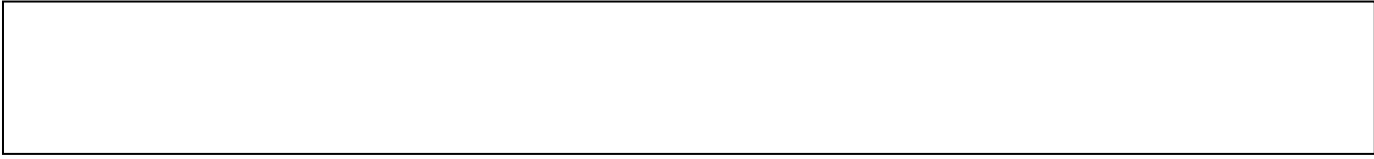
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

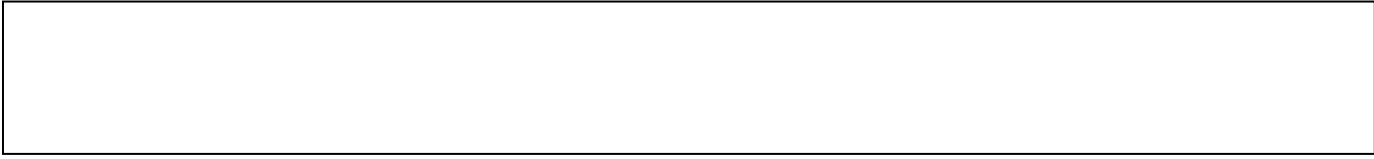
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

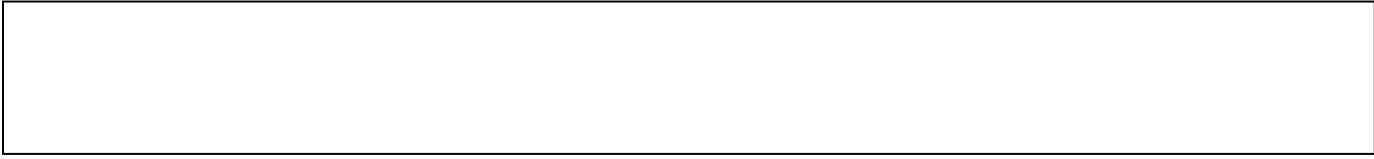
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

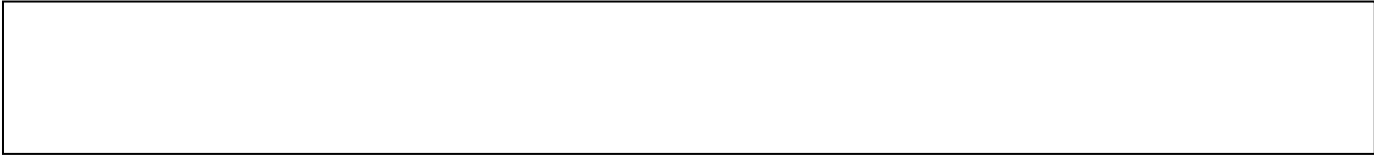
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

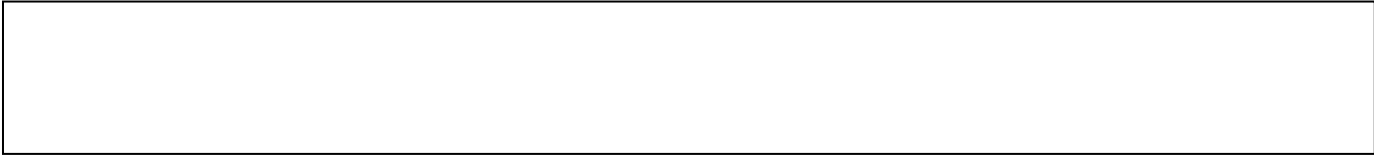
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

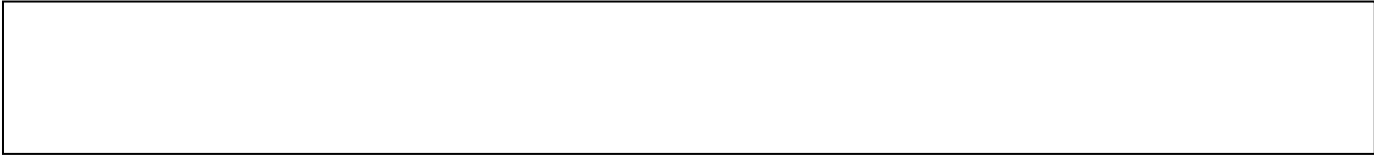
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

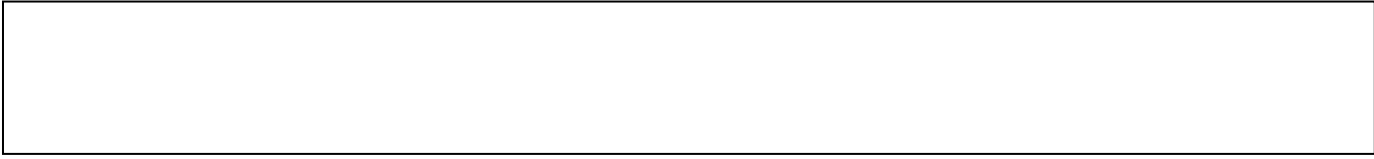
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

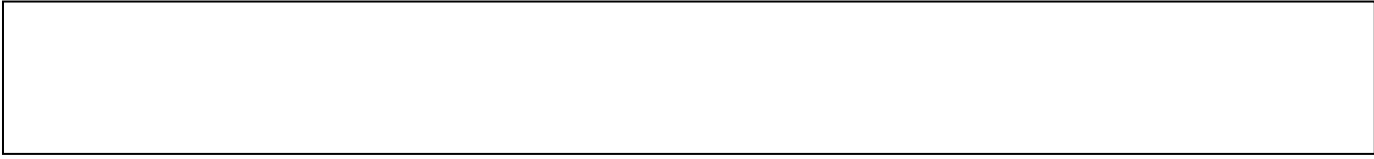
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

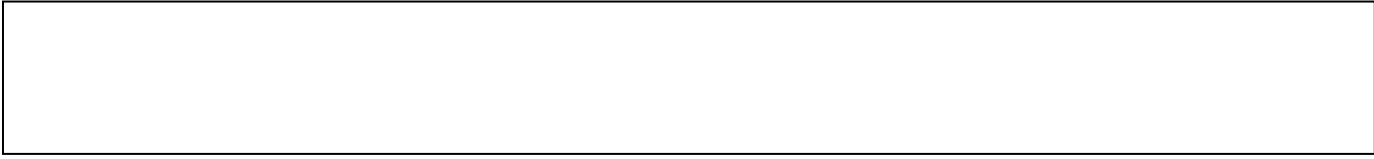
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

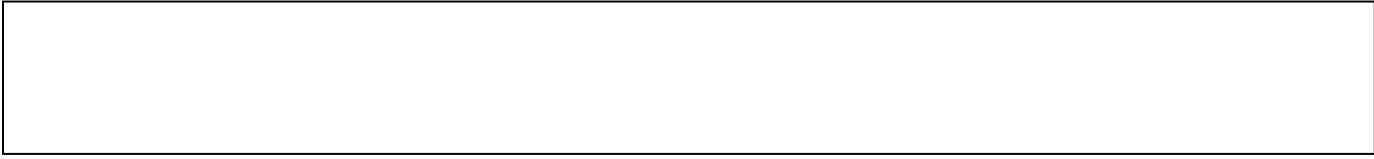
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

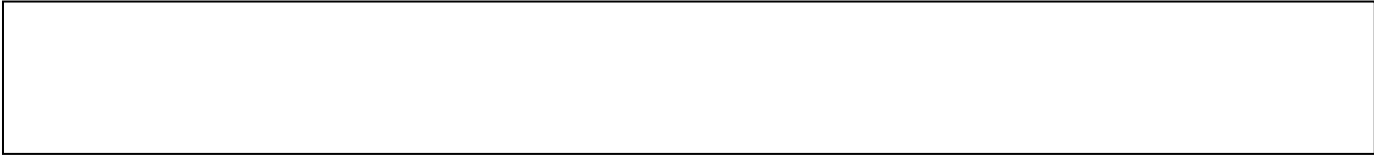
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

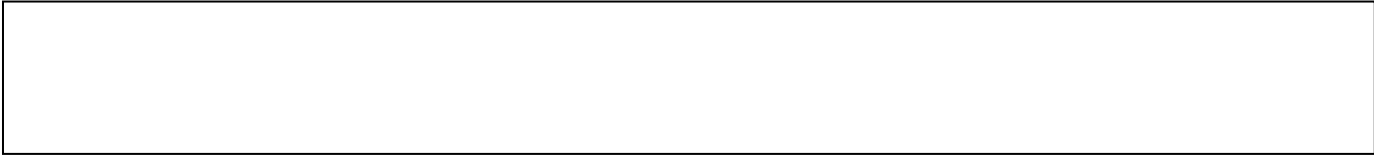
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

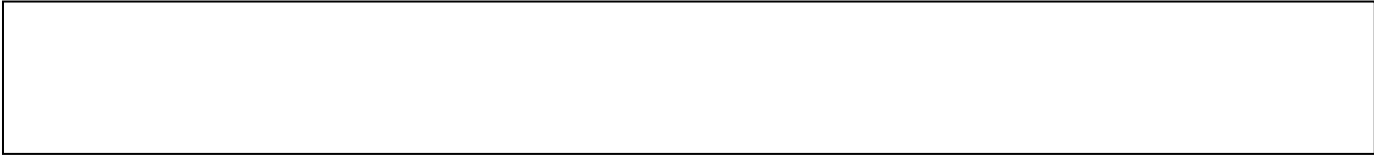
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

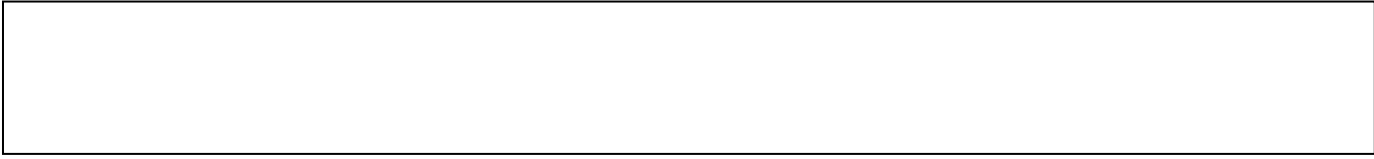
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

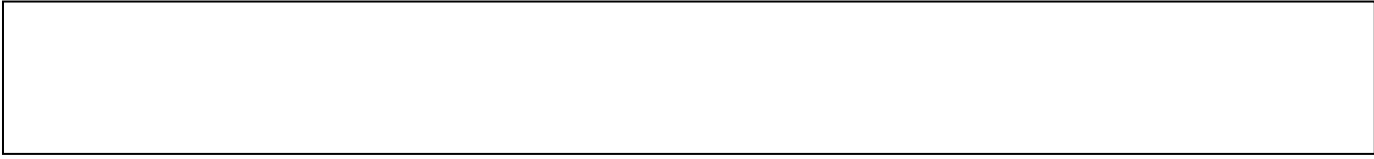
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

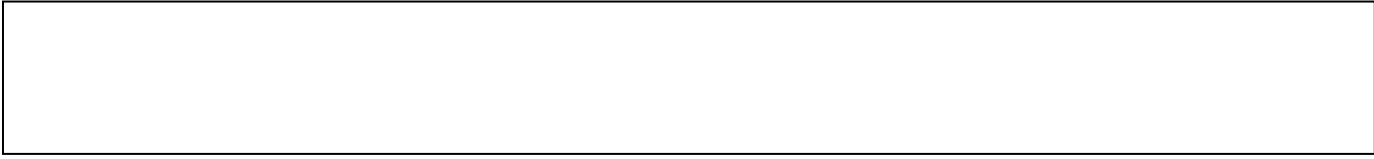
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

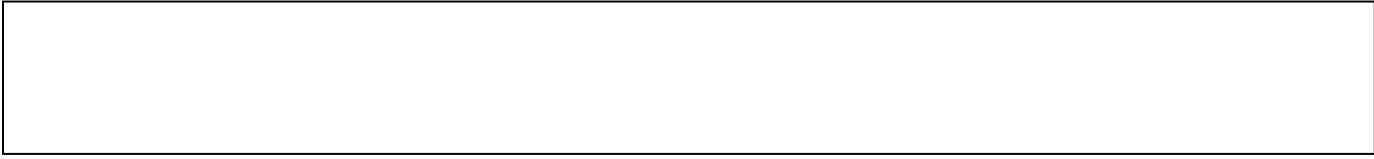
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

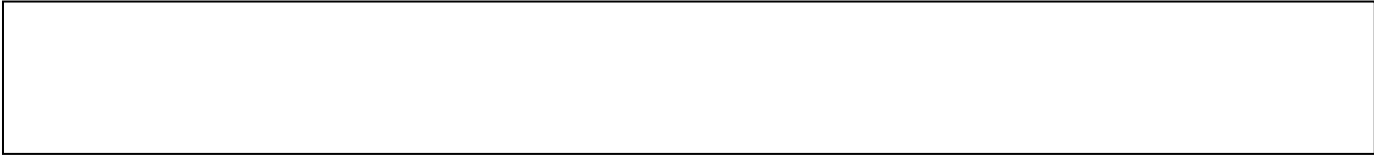
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....

Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

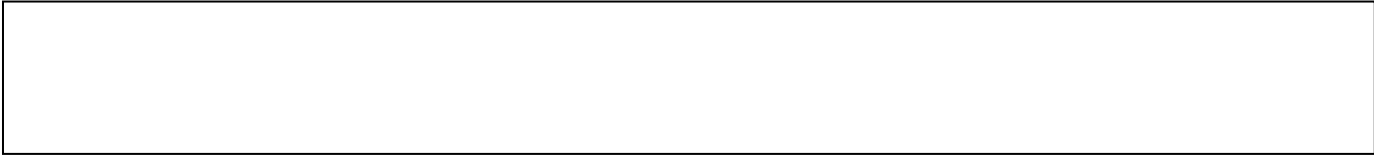
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

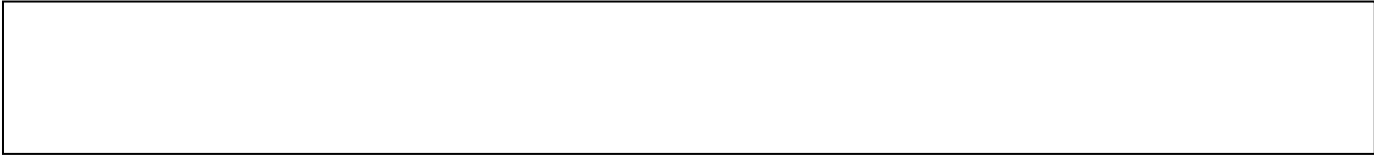
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

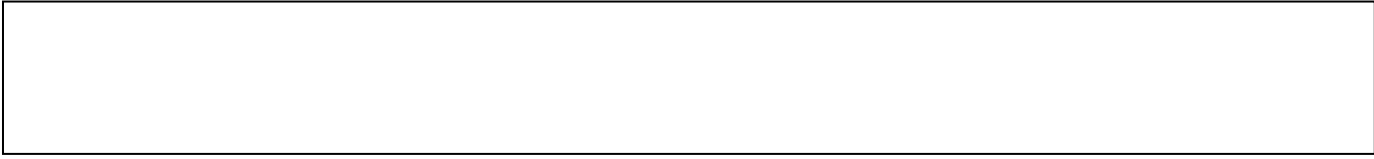
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

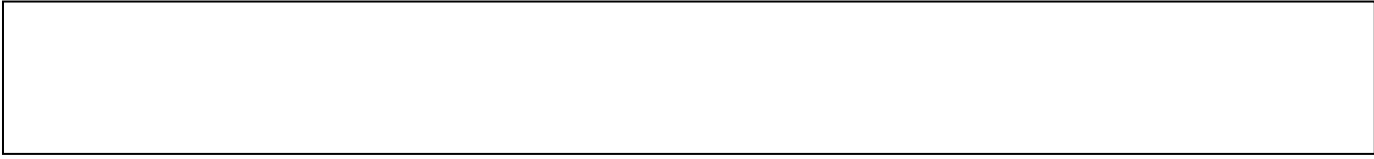
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

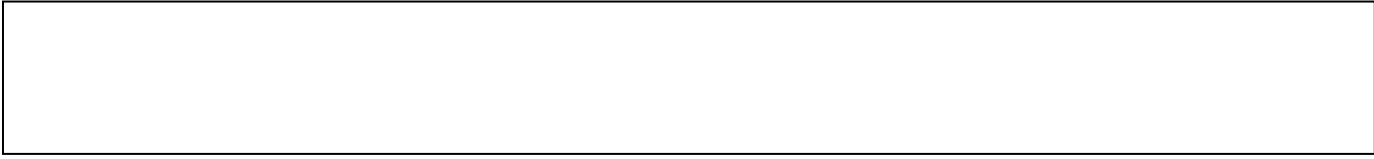
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

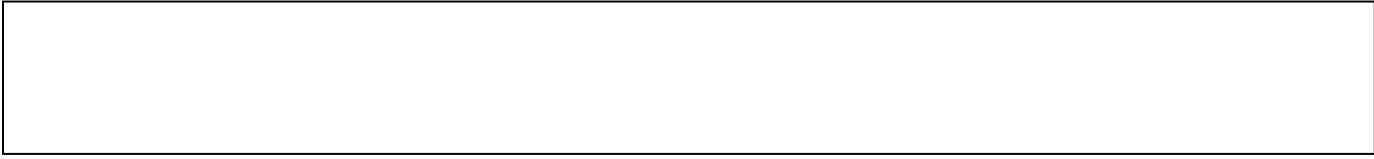
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

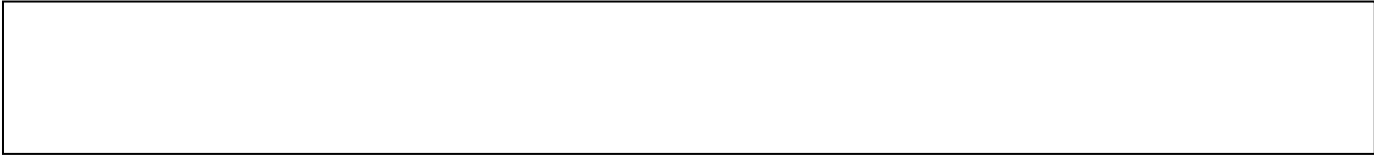
PLEASE NOTE

**We will be taking a break over
 the festive period – Our last
 Delivery day will be
 WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....

Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

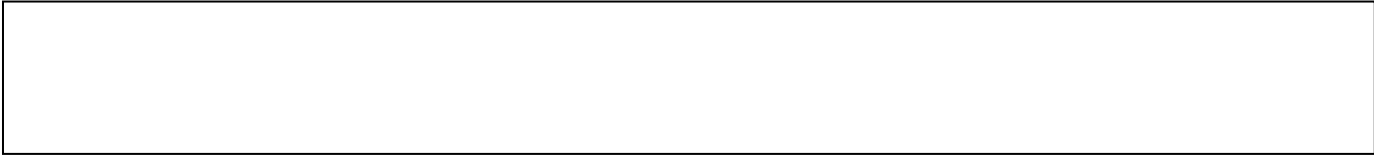
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

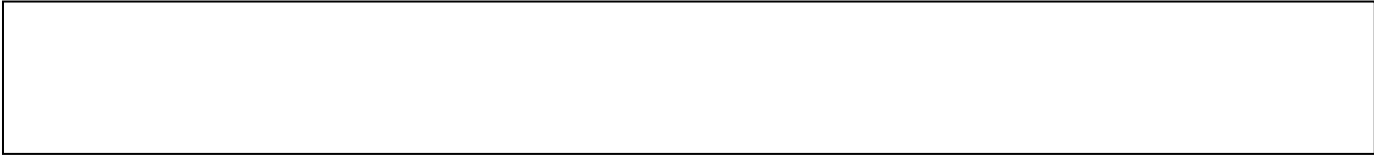
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

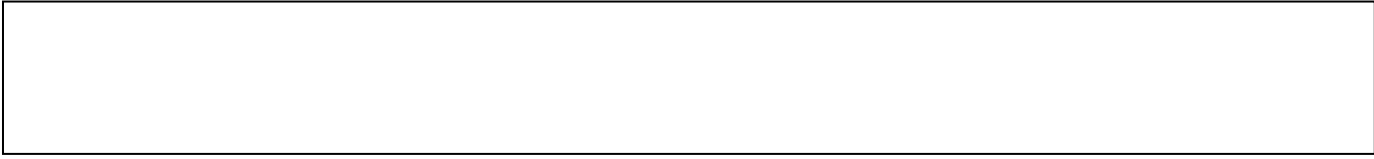
PLEASE NOTE

**We will be taking a break over
 the festive period – Our last
 Delivery day will be
 WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....

Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

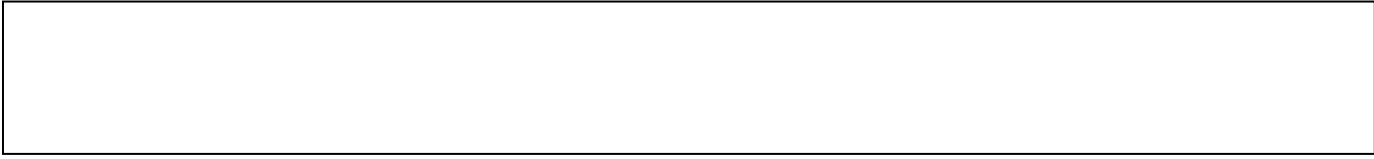
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

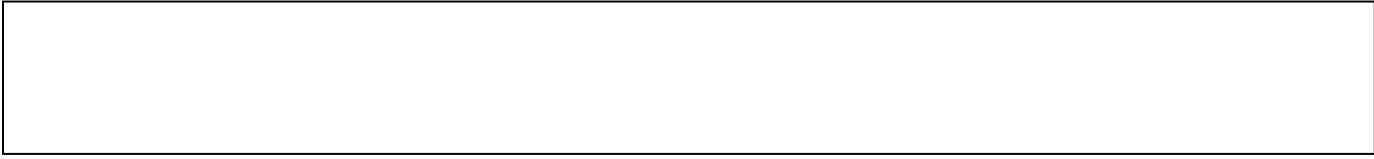
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

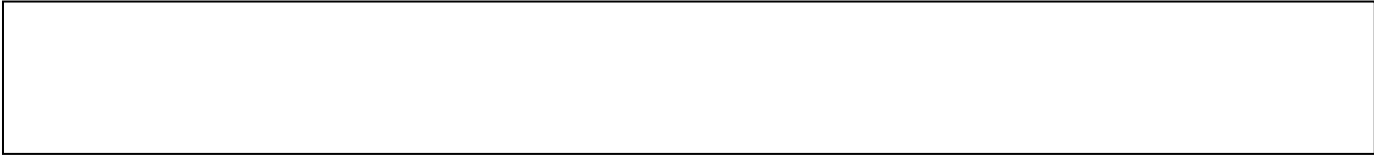
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

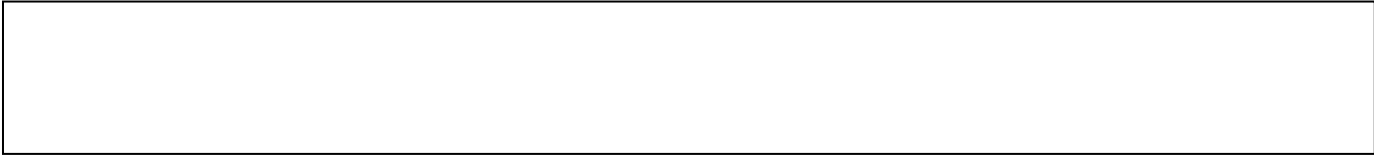
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

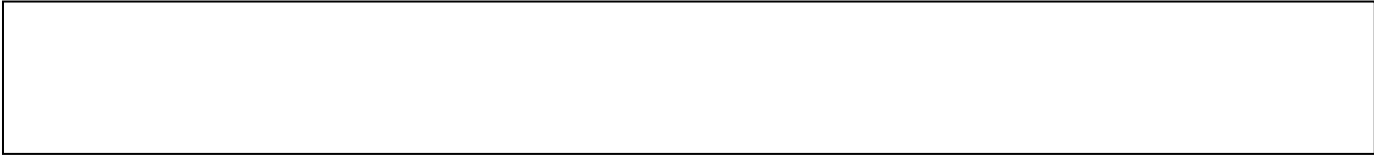
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

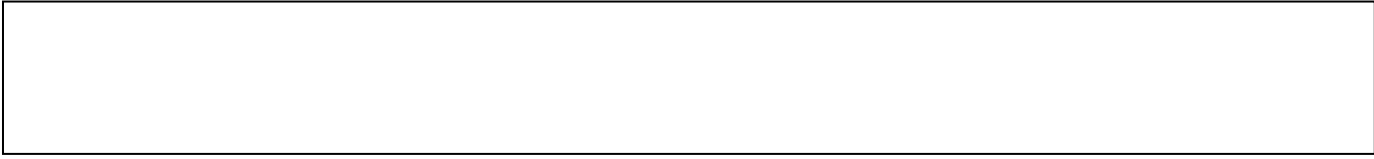
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

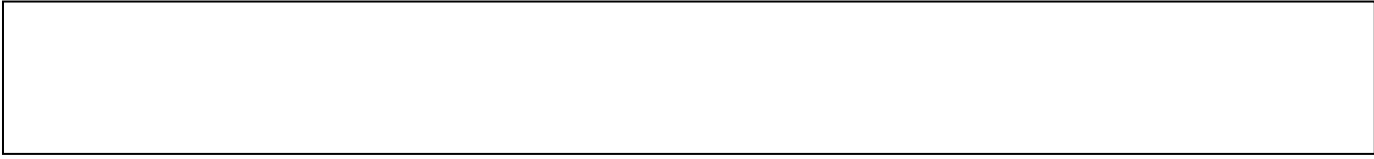
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

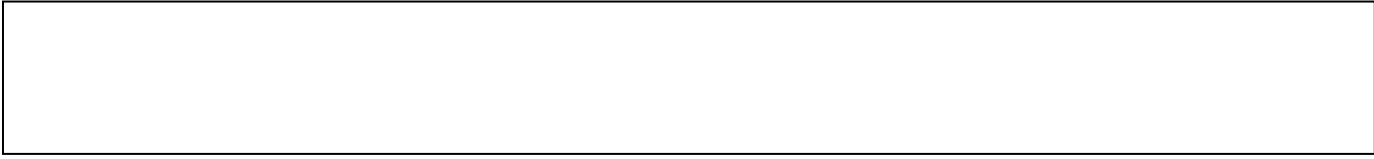
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

**We will be taking a break over
 the festive period – Our last
 Delivery day will be
 WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

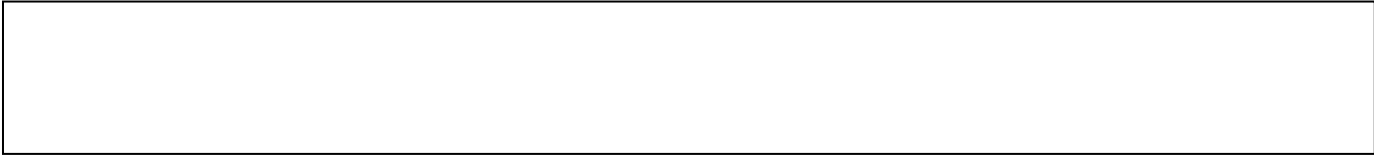
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

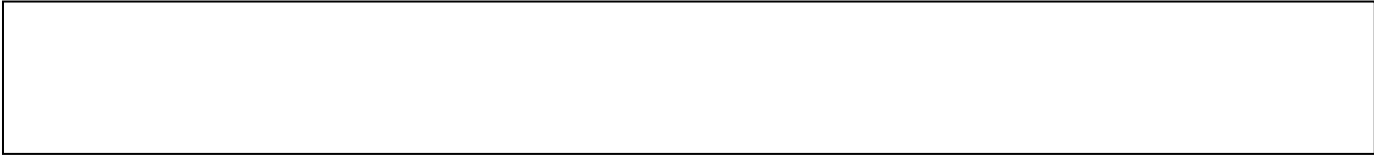
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

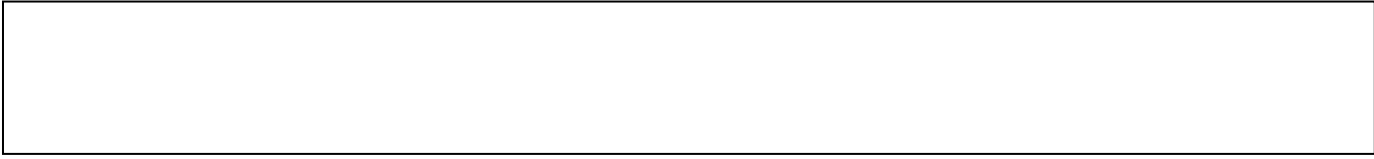
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

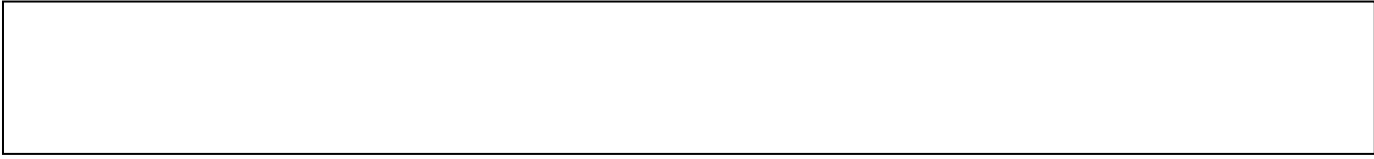
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

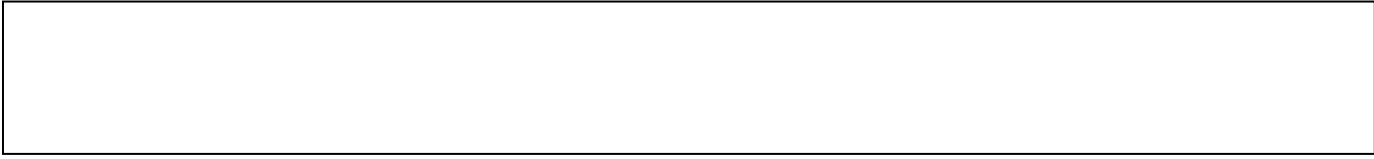
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

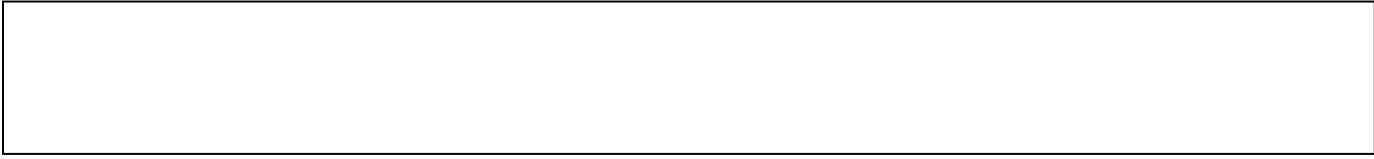
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

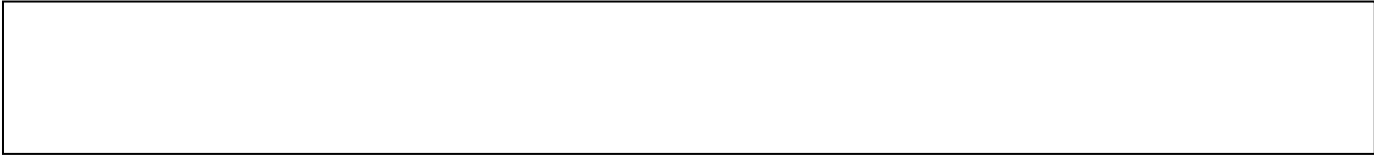
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

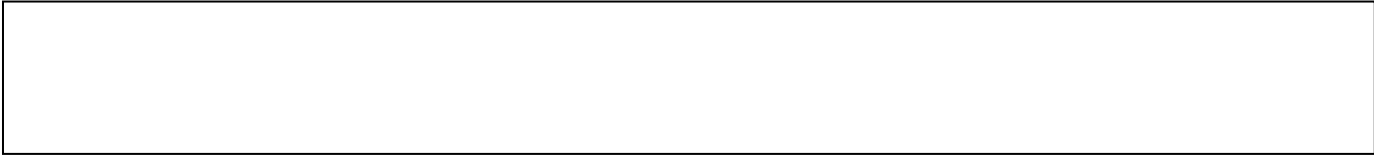
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

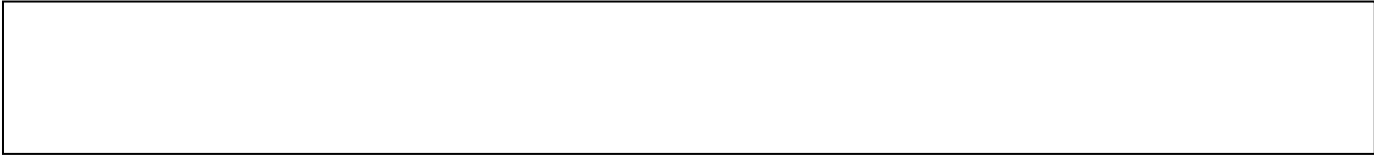
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

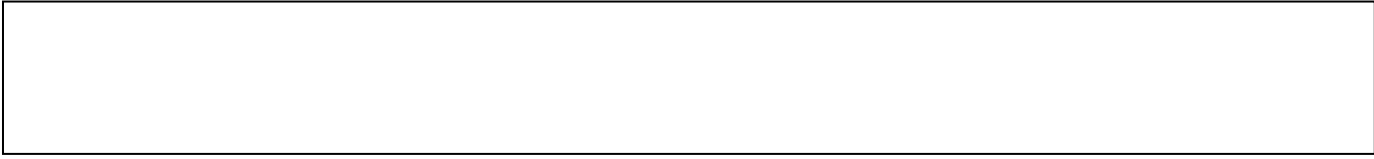
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

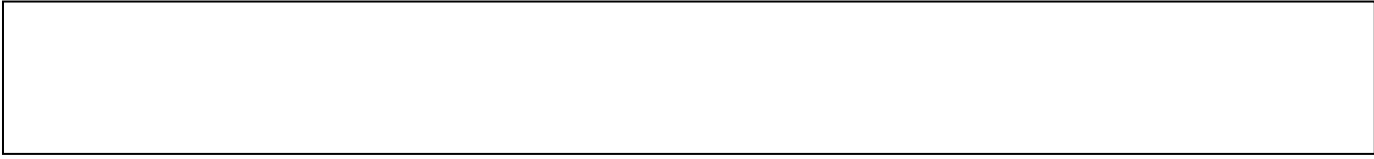
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....

Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

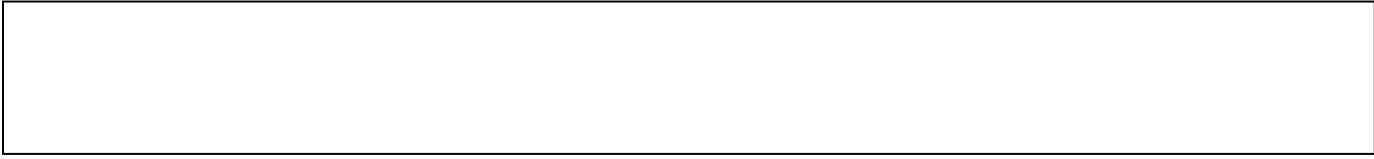
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

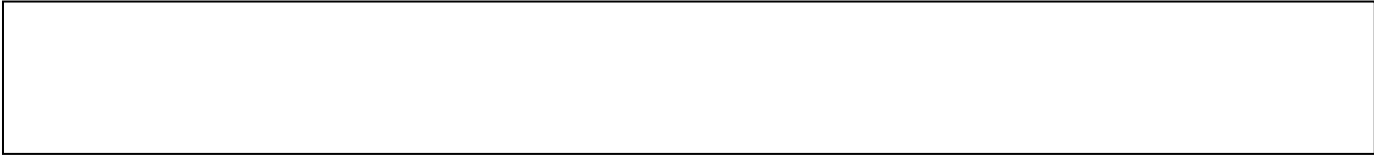
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

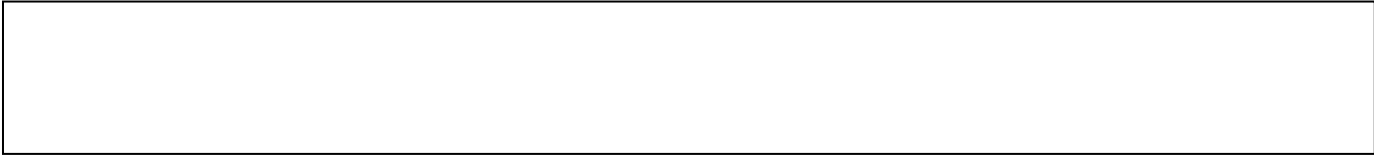
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

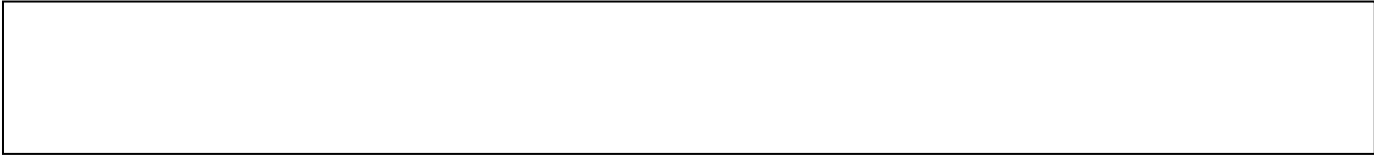
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

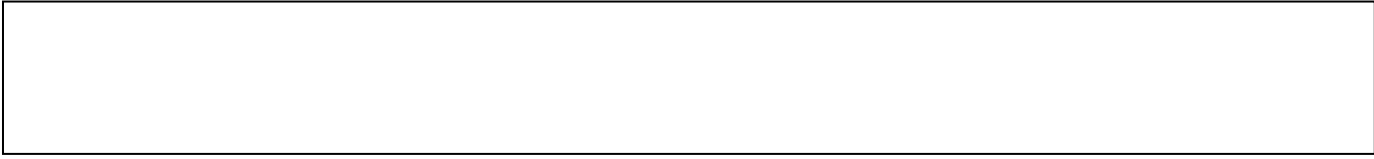
PLEASE NOTE

**We will be taking a break over
 the festive period – Our last
 Delivery day will be
 WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

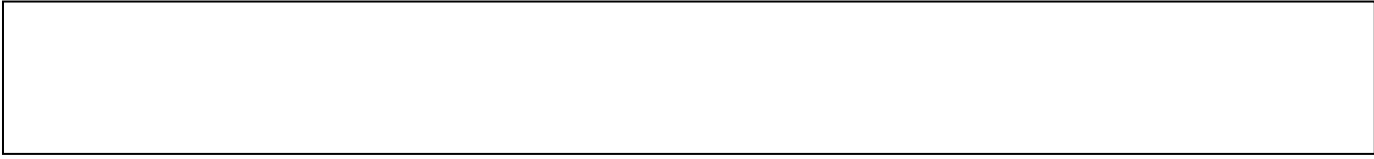
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

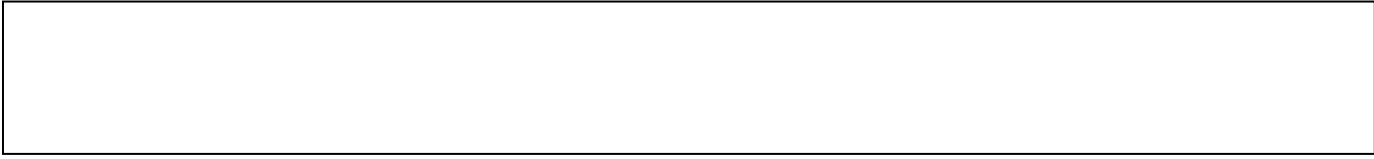
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

**We will be taking a break over
 the festive period – Our last**

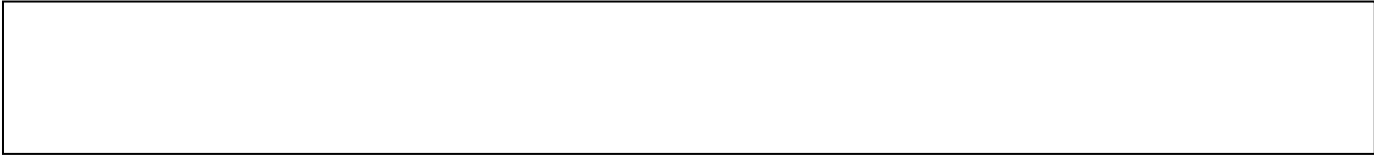
Delivery day will be

**WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

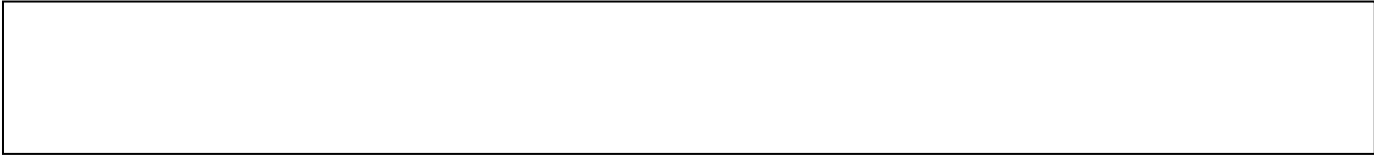
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

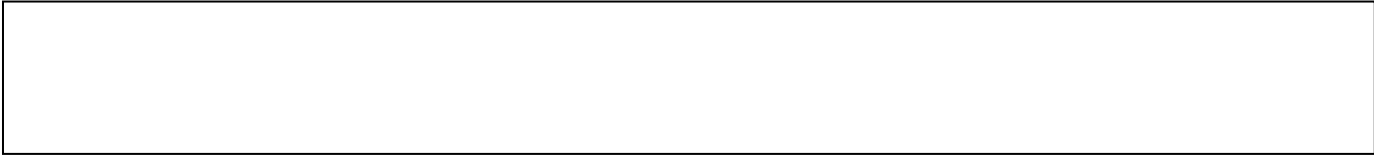
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

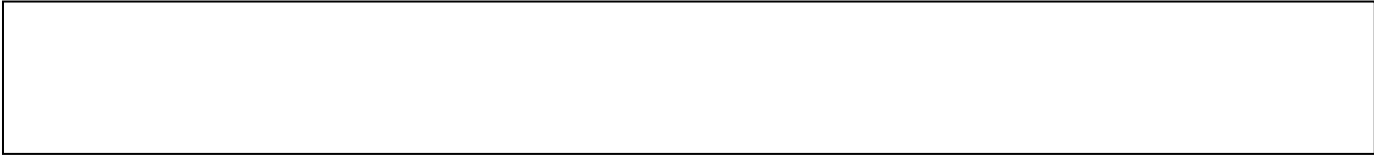
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

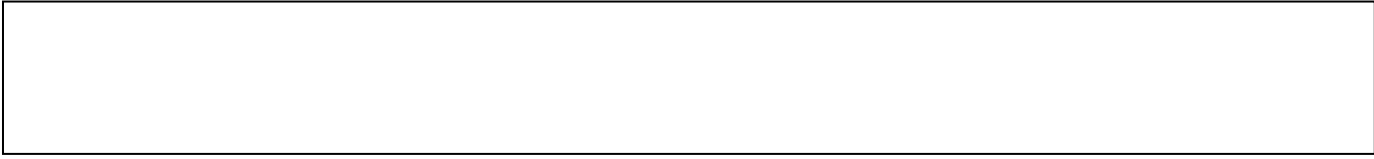
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

**We will be taking a break over
 the festive period – Our last**

Delivery day will be

WEDNESDAY 22nd December

and our Regular Service will

resume on Friday 21st January.

Please consider ordering

extra meals for your freezer to

cover our absence.

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

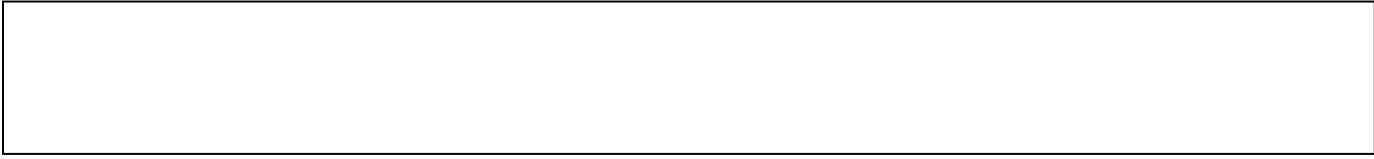
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

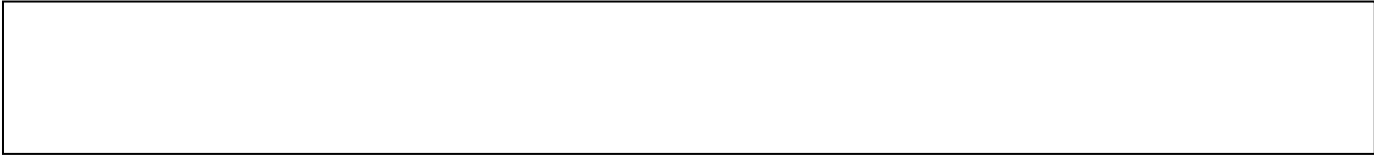
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

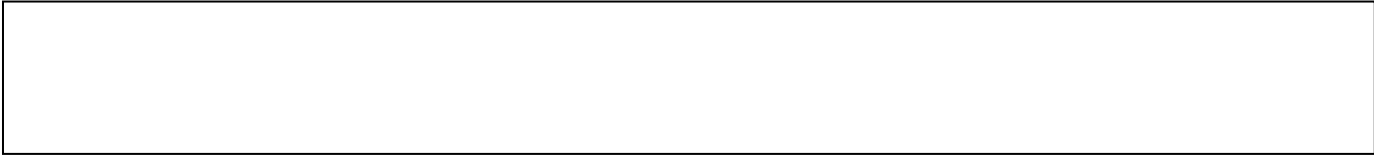
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

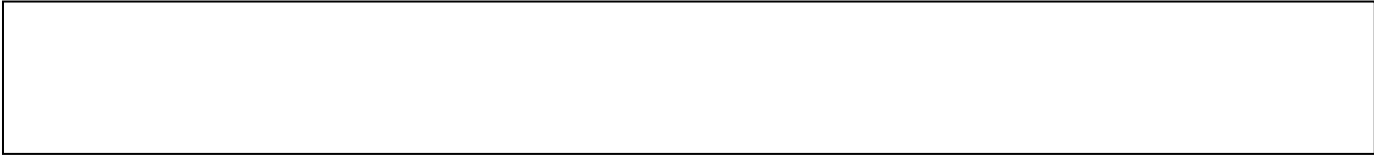
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

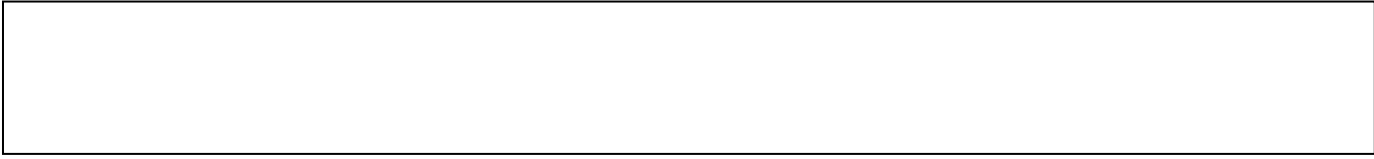
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

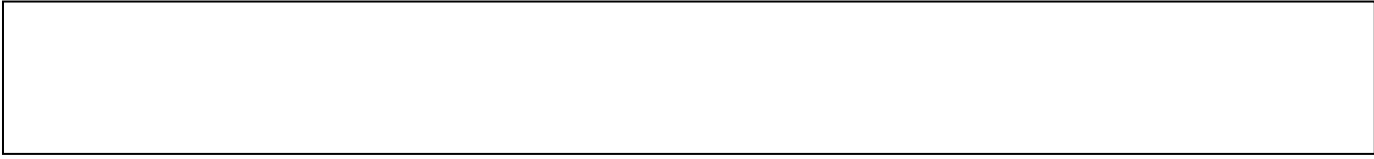
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....

Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

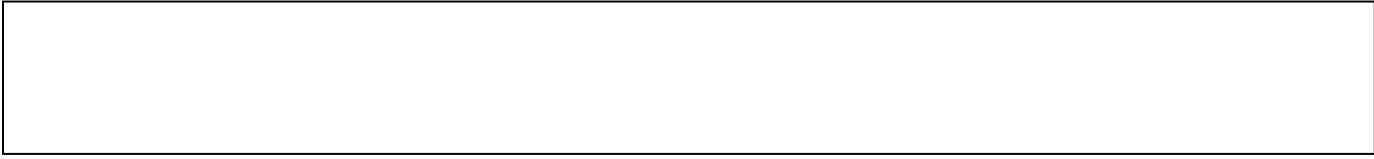
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

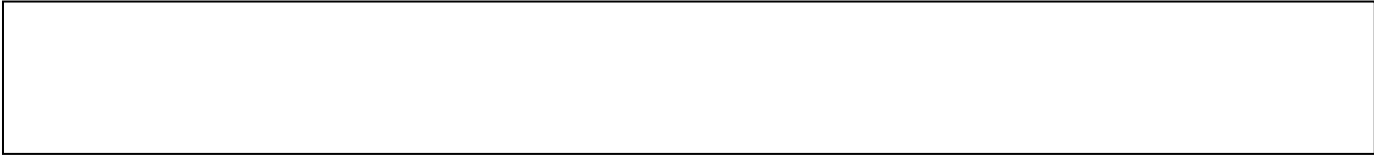
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

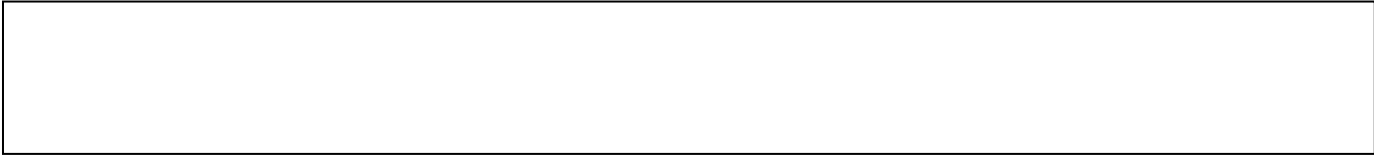
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

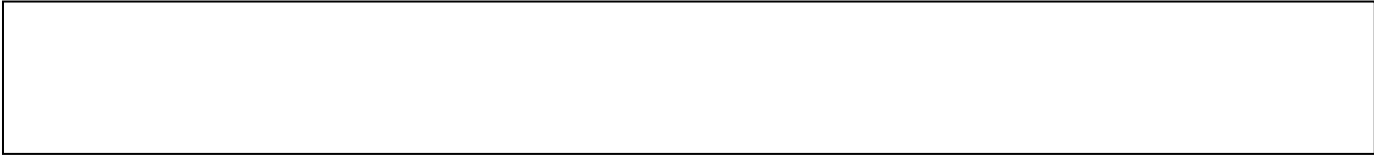
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

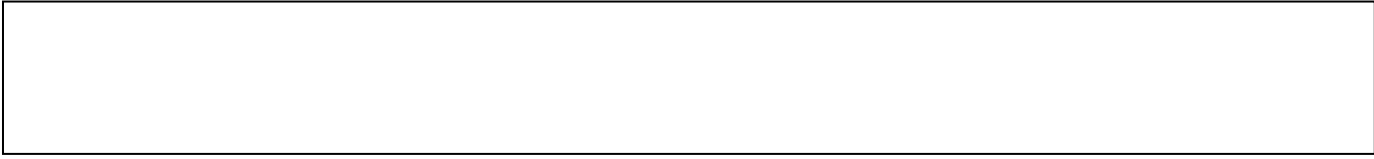
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

**We will be taking a break over
 the festive period – Our last**

Delivery day will be

WEDNESDAY 22nd December

and our Regular Service will

resume on Friday 21st January.

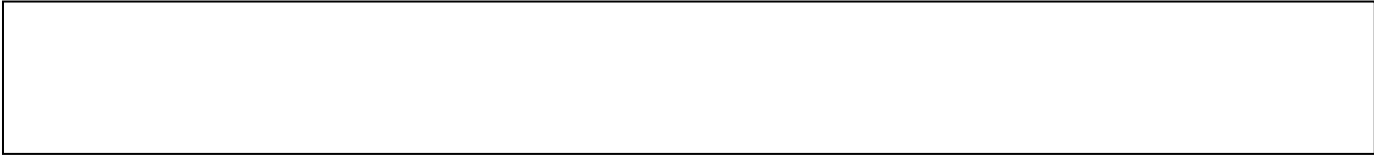
Please consider ordering

extra meals for your freezer to

cover our absence.

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

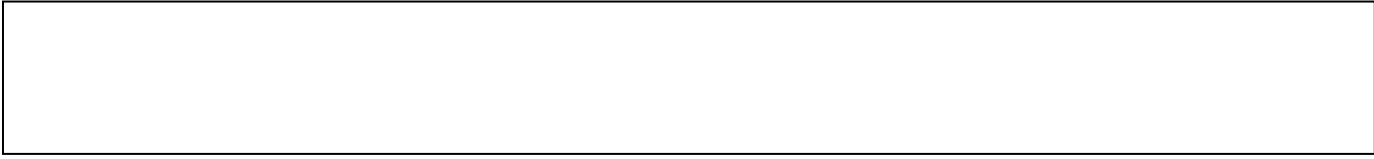
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

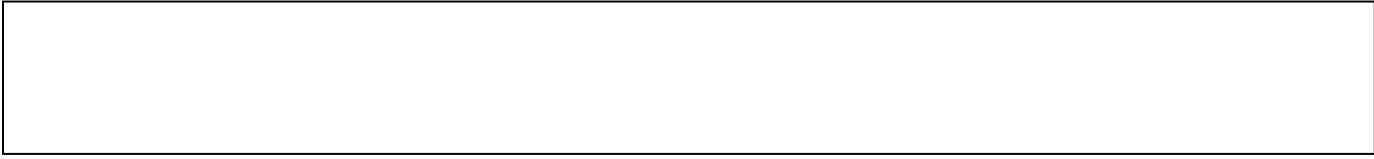
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

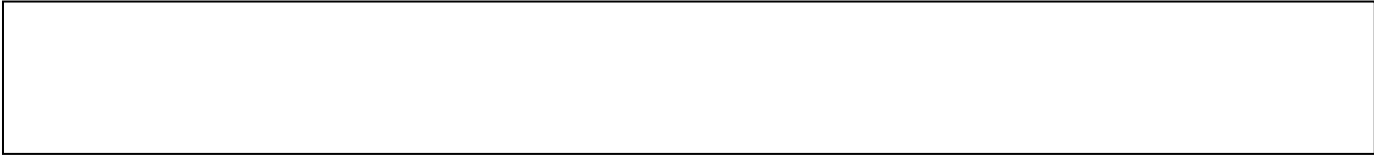
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

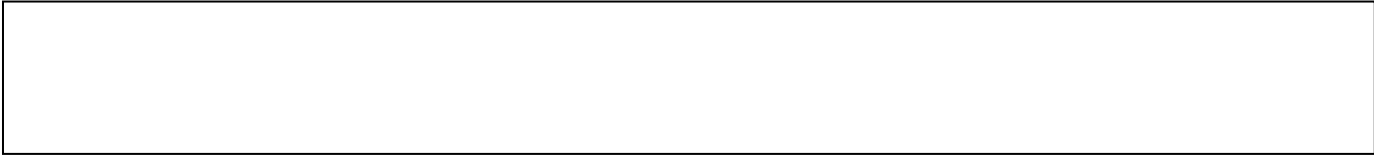
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

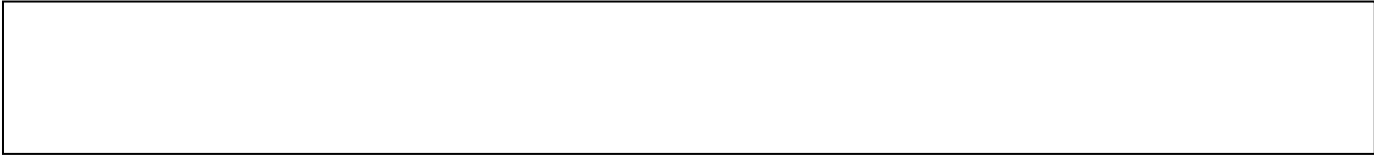
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

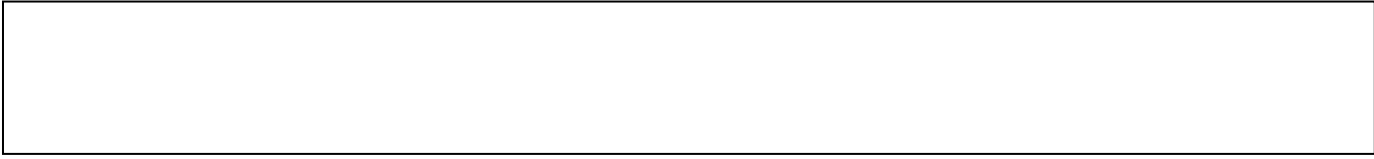
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

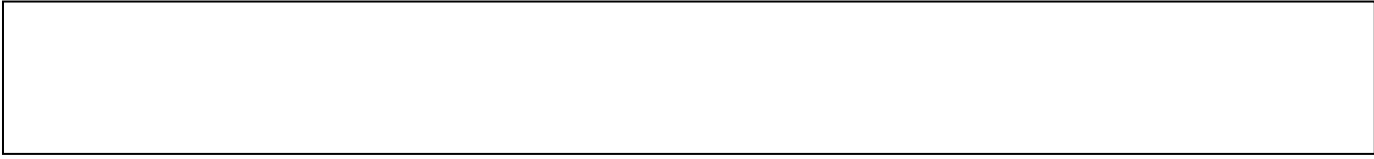
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

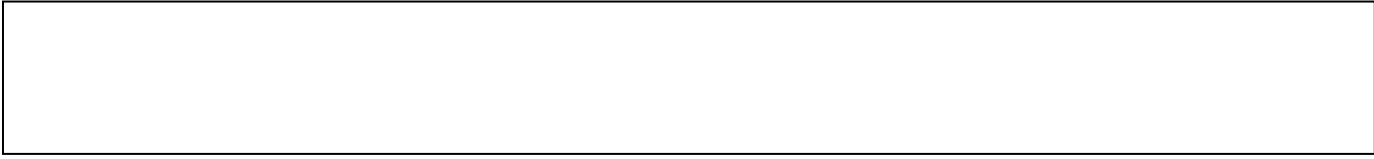
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

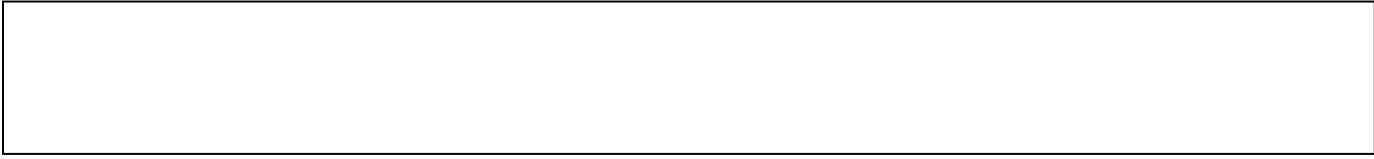
PLEASE NOTE

**We will be taking a break over
 the festive period – Our last
 Delivery day will be
 WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

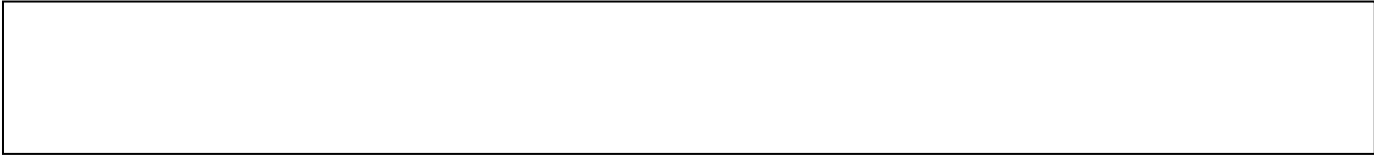
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

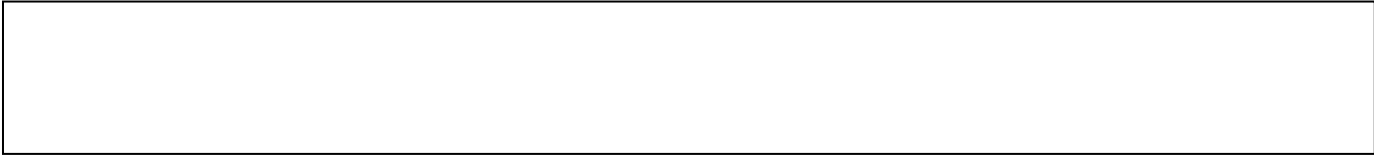
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

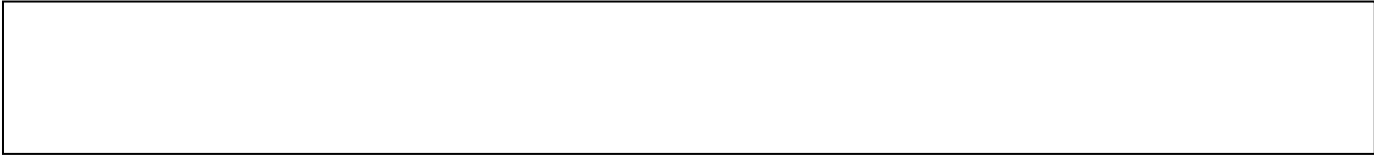
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

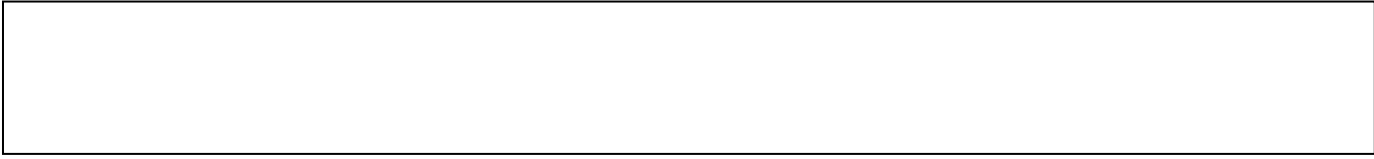
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

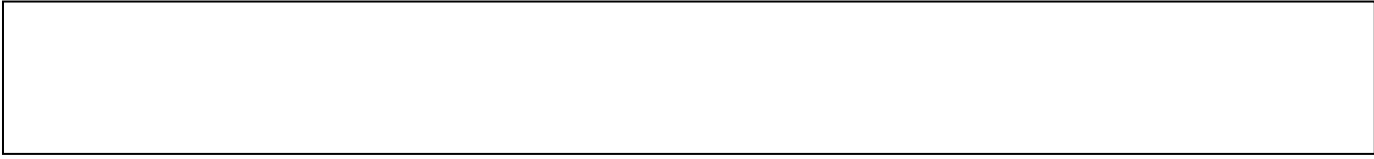
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

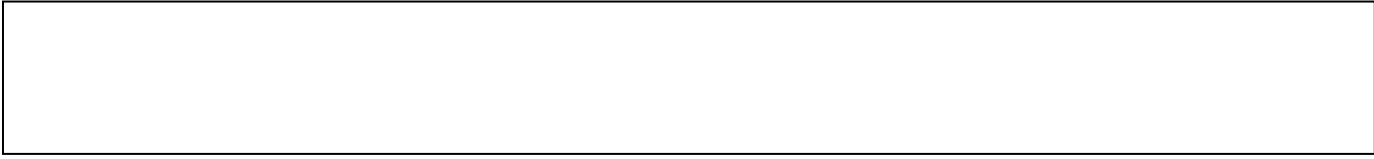
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

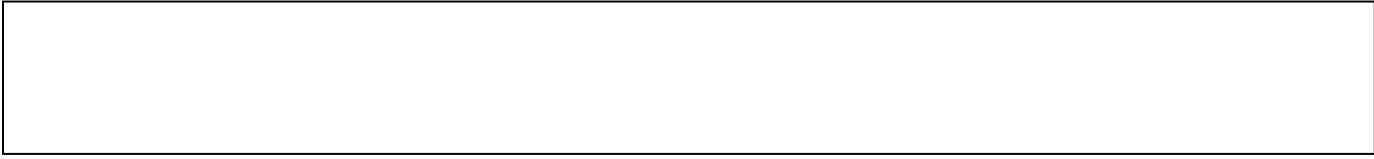
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

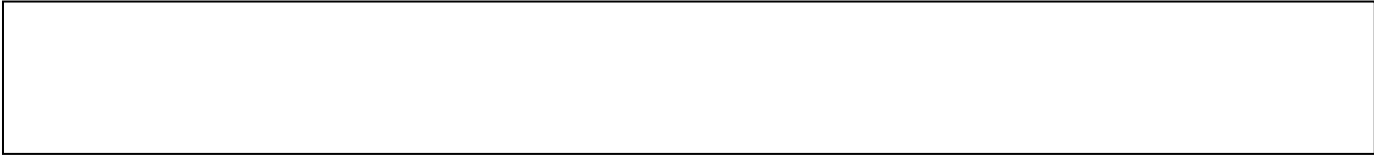
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

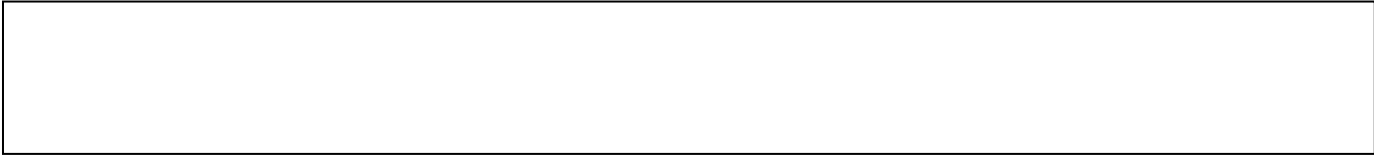
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

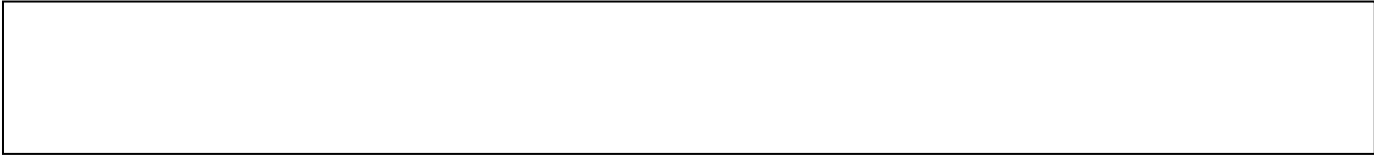
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

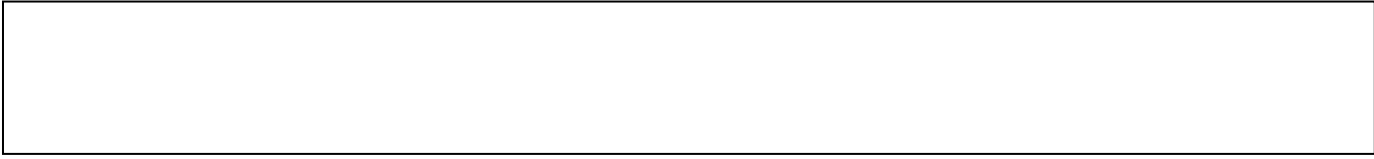
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

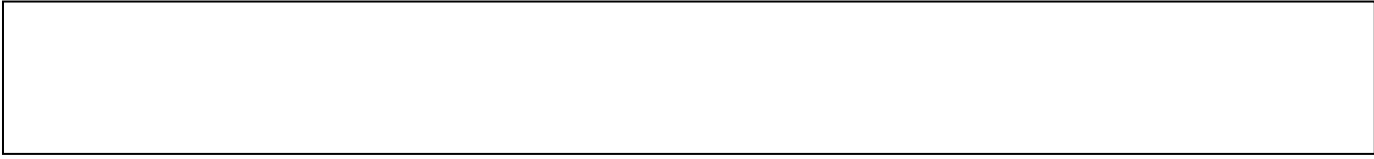
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

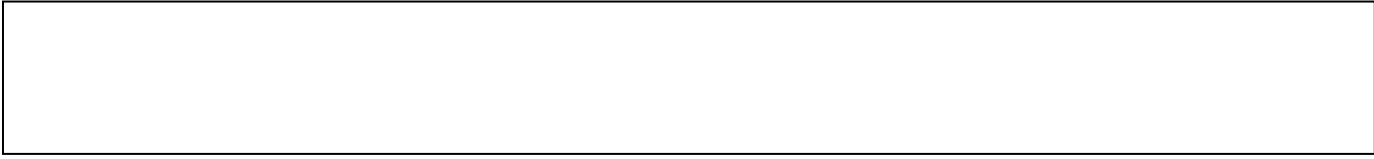
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

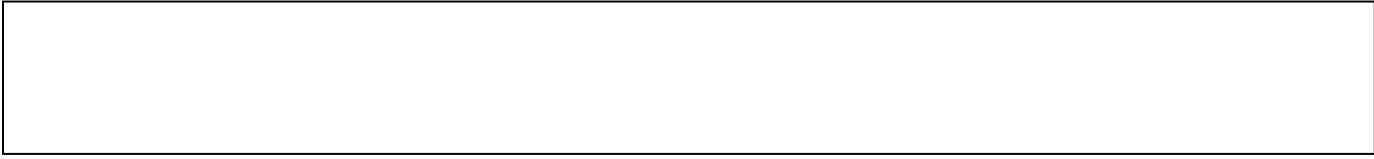
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

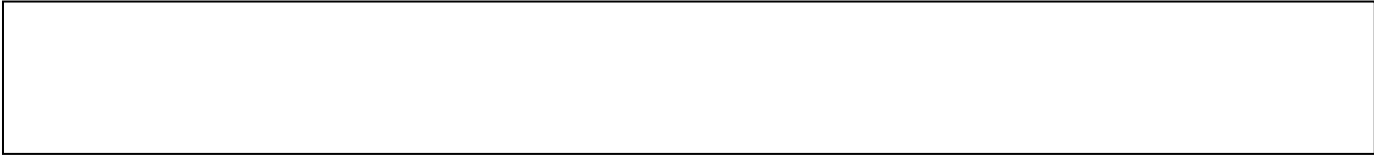
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

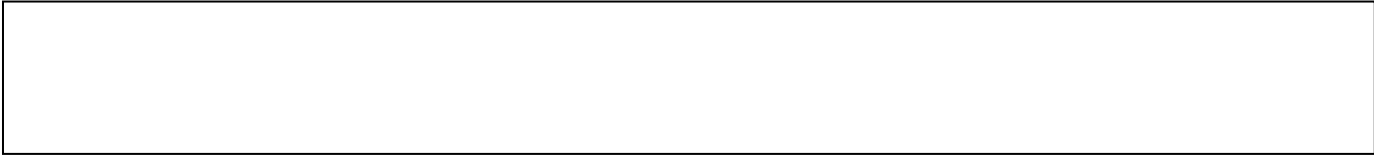
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

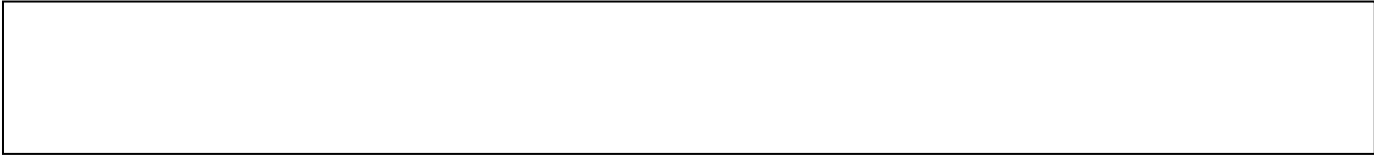
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

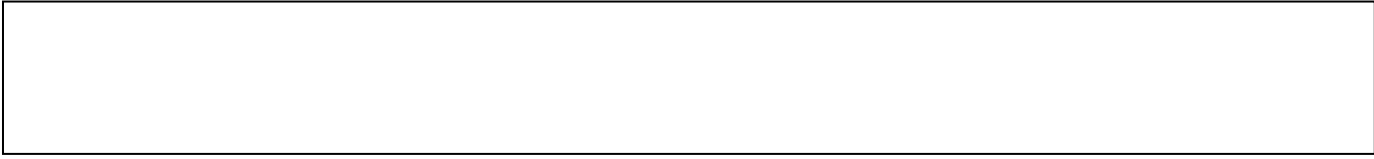
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

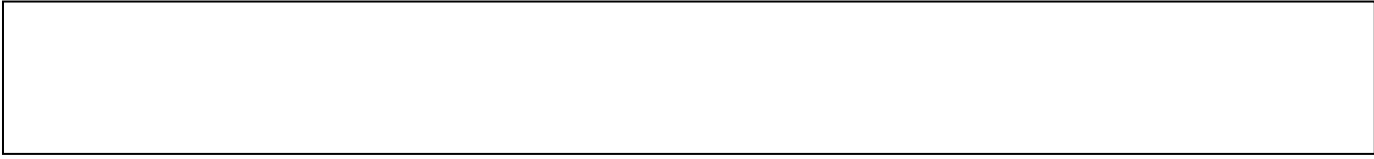
PLEASE NOTE

**We will be taking a break over
 the festive period – Our last
 Delivery day will be
 WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

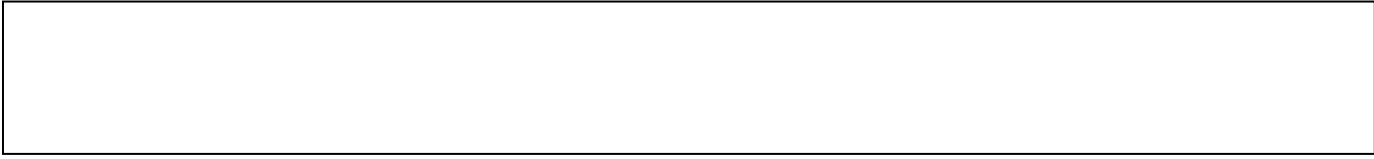
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

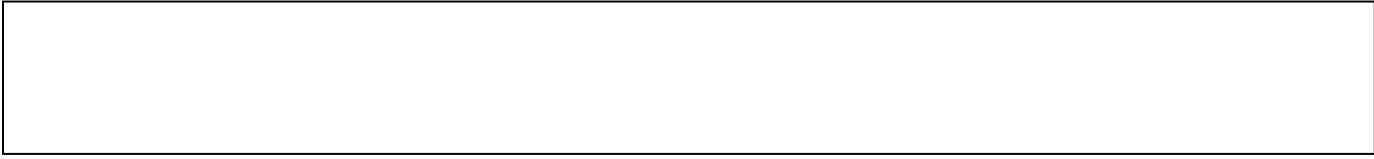
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

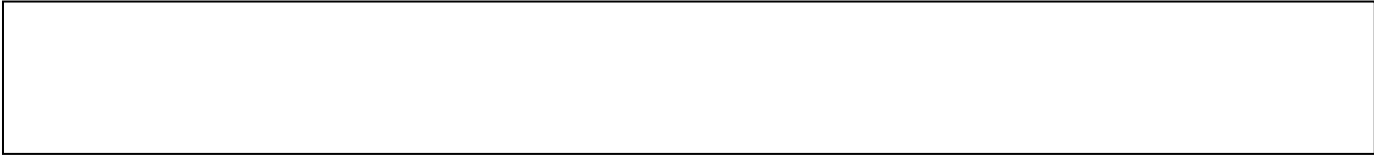
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

**We will be taking a break over
 the festive period – Our last**

Delivery day will be

WEDNESDAY 22nd December

and our Regular Service will

resume on Friday 21st January.

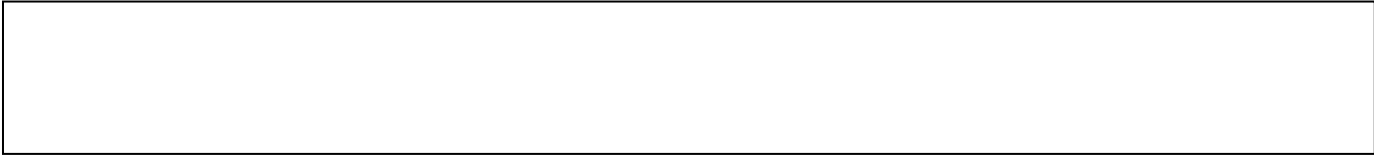
Please consider ordering

extra meals for your freezer to

cover our absence.

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic
Butter
\$13.00

Beef Rissole
\$13.00

**Lamb Shepherds Pie with
Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without
gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede /
Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

**We will be taking a break over
the festive period – Our last
Delivery day will be
WEDNESDAY 22nd December
and our Regular Service will
resume on Friday 21st January.**

**Please consider ordering
extra meals for your freezer to
cover our absence.**

**Please Place Your Order before
5p.m. on The Monday Before
Delivery**

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....

**Our minimum order requirement is \$30 Per delivery,
plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

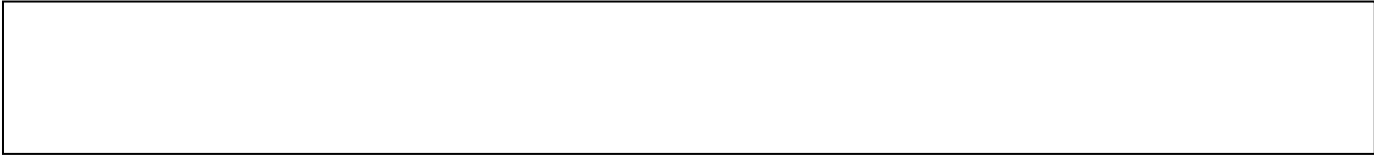
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

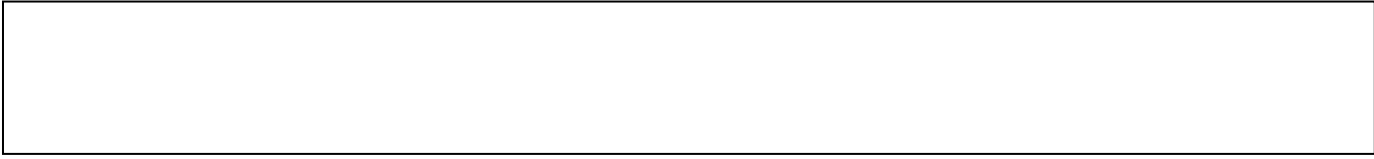
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

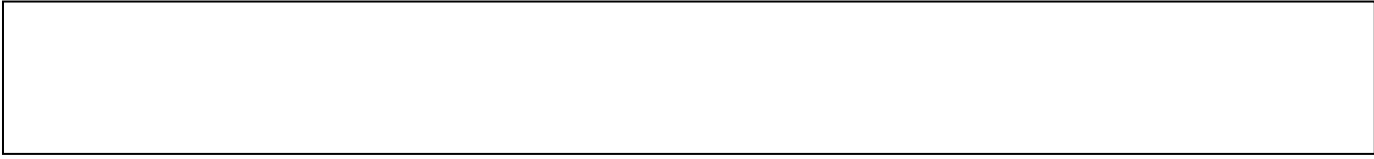
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

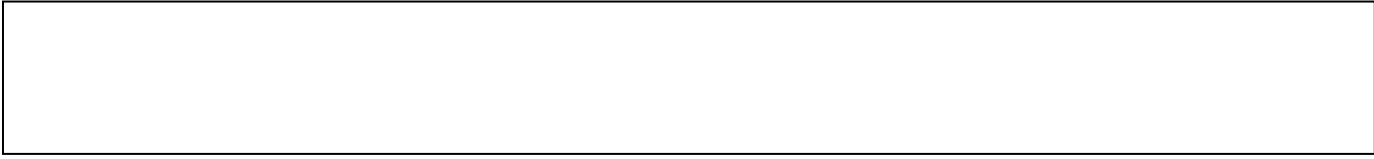
PLEASE NOTE

**We will be taking a break over
 the festive period – Our last
 Delivery day will be
 WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

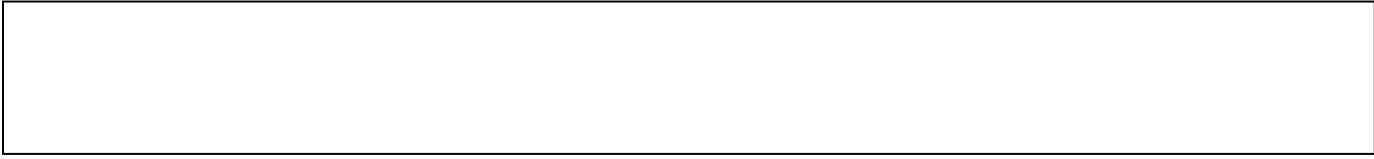
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

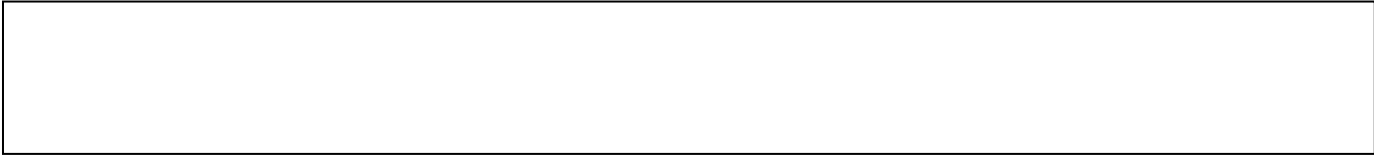
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

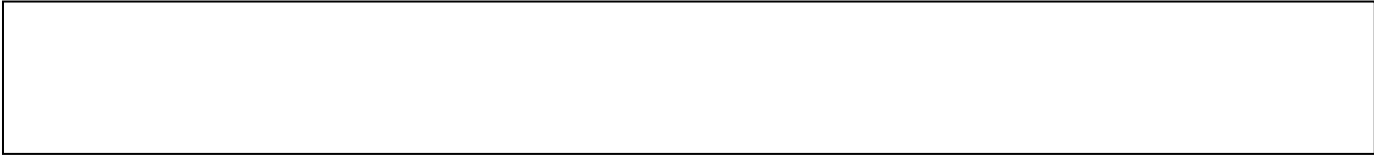
PLEASE NOTE

**We will be taking a break over
 the festive period – Our last
 Delivery day will be
 WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

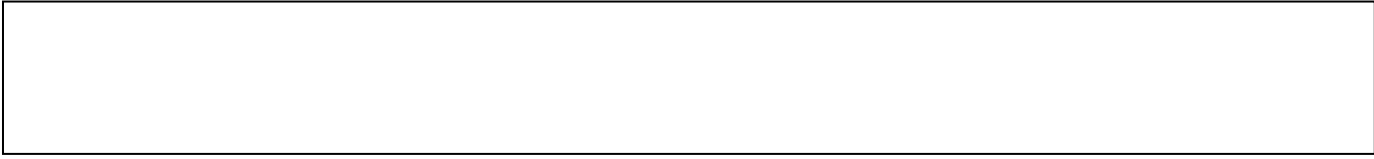
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

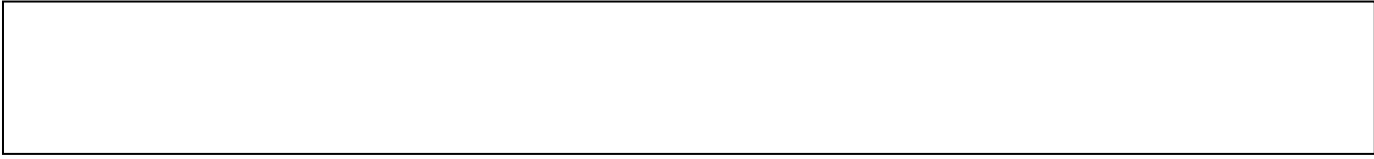
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

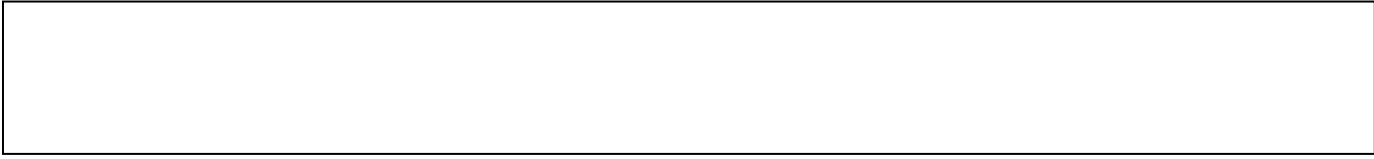
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

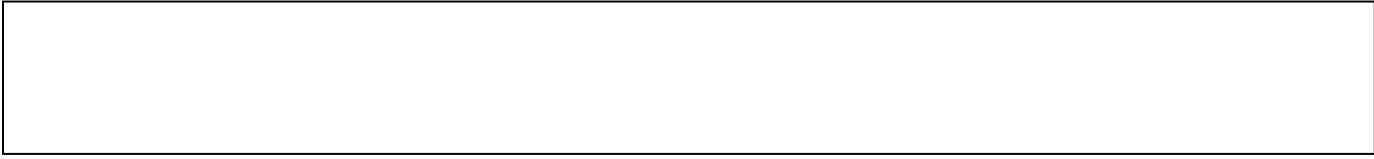
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

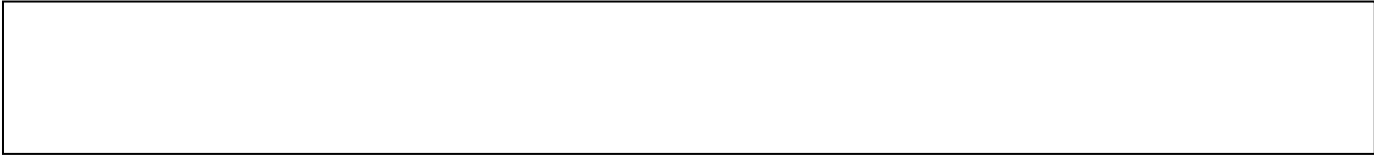
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

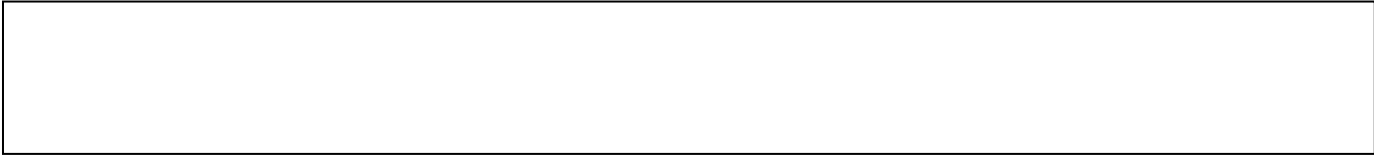
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

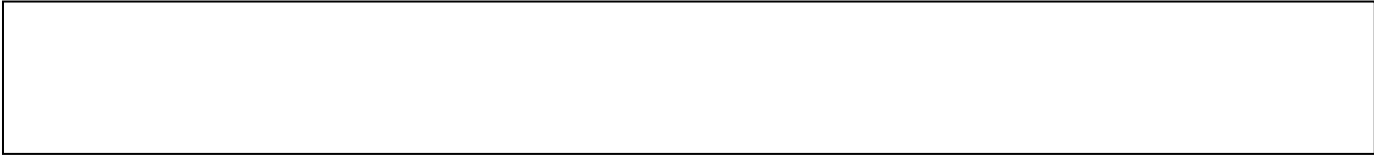
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

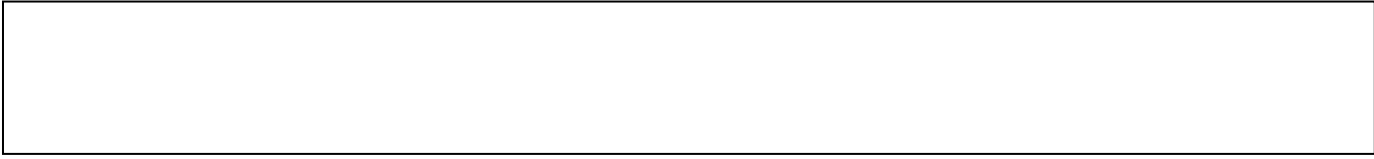
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
 \$6.00



Crumbed Chicken Salad
 \$13.00

Roast Pork
 \$13.00

Roast Lamb
 \$13.00

Steamed Fish / Parsley Sauce
 \$13.00

Chicken Schnitzel / Garlic
 Butter
 \$13.00

Beef Rissole
 \$13.00

**Lamb Shepherds Pie with
 Cheese & Tomato Topping**
\$14.00

Pan Fried Pork Loin with
 Mushroom Sauce
 \$13.00

Cheese & Spinach Omelette
 \$13.00

Vegetable Plate with or without
 gravy (cross out)
 \$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
 Cabbage / Zucchini / Squash / Swede /
 Parsnip / Brussel Sprouts / Cauliflower

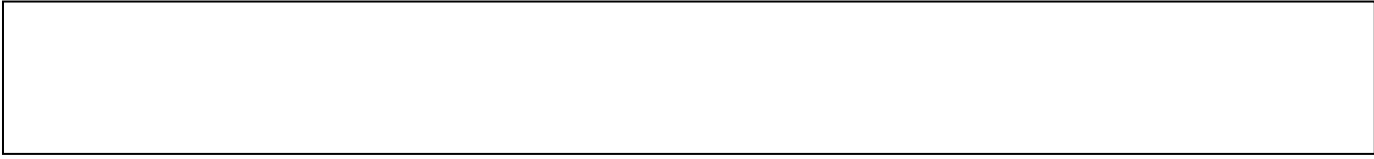
PLEASE NOTE

**We will be taking a break over
 the festive period – Our last
 Delivery day will be
 WEDNESDAY 22nd December
 and our Regular Service will
 resume on Friday 21st January.**

**Please consider ordering
 extra meals for your freezer to
 cover our absence.**

**Please Place Your Order before
 5p.m. on The Monday Before
 Delivery**

..... Delivery.....= \$ 5.00
Soups/Desserts @\$6.00 = \$.....
Mains..... @\$14.00 =\$.....
Mains.....@\$13.00 =\$.....
Microwave Meals @ \$11.00=\$.....
TOTAL COST=\$.....



**Our minimum order requirement is \$30 Per delivery,
 plus delivery Fee of \$5.00**

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

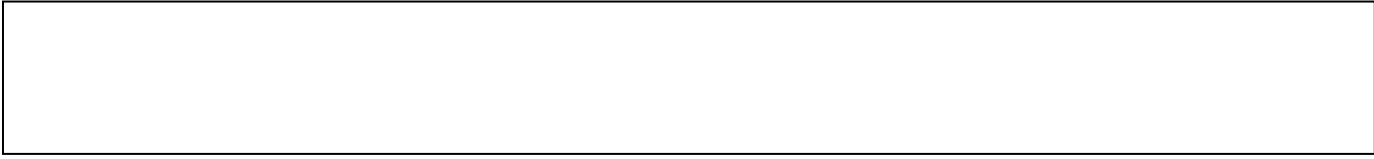
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00

Delivery- Friday
December 17th

Leek & Potato Soup
\$6.00



Crumbed Chicken Salad
\$13.00

Roast Pork
\$13.00

Roast Lamb
\$13.00

Steamed Fish / Parsley Sauce
\$13.00

Chicken Schnitzel / Garlic Butter
\$13.00

Beef Rissole
\$13.00

Lamb Shepherds Pie with Cheese & Tomato Topping
\$14.00

Pan Fried Pork Loin with Mushroom Sauce
\$13.00

Cheese & Spinach Omelette
\$13.00

Vegetable Plate with or without gravy (cross out)
\$13.00

Satay Chicken Kebabs
\$11.00 – Microwave Dish



All Desserts \$6

Fresh fruit salad

Mango Pavlova

Apple Pie

Rhubarb Fool

Please **CROSS OUT** any of the following green vegetables that you would prefer **NOT** to have with your meal. We **DO NOT GUARANTEE** that we can accommodate all of your preferences but we will try to meet your requirements.

Spinach / Broccoli / Green beans / Peas
Cabbage / Zucchini / Squash / Swede / Parsnip / Brussel Sprouts / Cauliflower

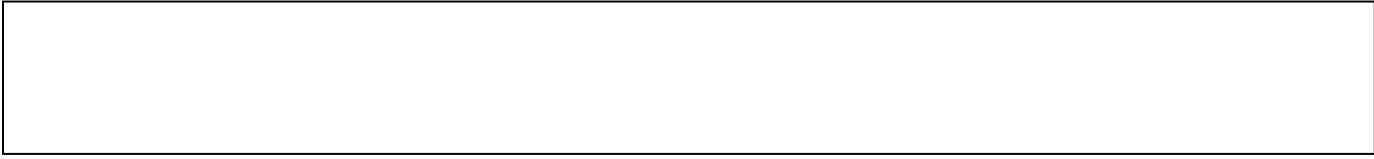
PLEASE NOTE

We will be taking a break over the festive period – Our last Delivery day will be WEDNESDAY 22nd December and our Regular Service will resume on Friday 21st January.

Please consider ordering extra meals for your freezer to cover our absence.

Please Place Your Order before 5p.m. on The Monday Before Delivery

..... Delivery.....= \$ 5.00
.....Soups/Desserts @\$6.00 = \$.....
.....Mains..... @\$14.00 =\$.....
.....Mains.....@\$13.00 =\$.....
.....Microwave Meals @ \$11.00=\$.....
.....TOTAL COST=\$.....



Our minimum order requirement is \$30 Per delivery, plus delivery Fee of \$5.00