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## **Home meals menu.01/11/2016**

Phone: 0415 547 641

Local deliveries on Wednesday and Thursday, delivery charge applies. Pick up Thursday Mornings between 9.00am and 10.00am.

Prices include 10% GST

### **Container meals for one 650ml**

**\$10.00 per meal, min 7 meals per order**

- Roast dinner of the day.
- Bangers and mash w, onion gravy.
- Garlic and herb rissoles w, seasoned vegetables.
- Braised steak w, vegetables
- Spinach and ricotta ravioli w tomato basil sauce.
- Pumpkin and sage ravioli in a creamy tomato sauce
- Creamy Fettuccini Carbonara.
- Braised beef tortellini w, creamy white wine sauce
- Curry of the day with saffron rice.
- Beef and vegetable pie
- Honey mustard chicken and beans w, rice
- Tasty chicken casserole w, garlic and herb potatoes
- Cottage pie with seasoned roast vegetables
- Fish pie with mash
- Grilled fish w, garlic herb potatoes and vegetables
- Homemade pot pie of the day with veggies
- Beef lasagne w, garlic herb potato smash
- Honey mustard chicken w, basmati rice
- Sweet chilli beef and vegetable stir fry noodles
- Honey soy chicken and vegetable stir fry noodles
- Chicken tagine w, garlic herb potato smash
- Chicken cacciatore w, rice

**Please note all meals are not available every week. We have 7 options to choose from per week on a monthly menu, please contact us for this month's order form.**



- 400ml Frozen Soups \$4.95

**Foil tray meals. 2500ml Serves 6-8 people  
minimum 4 meals per order**

Roast Meats (2.5kg piece. Cooked and sliced)

- Roast Beef sliced in gravy \$80.50
- Roast Pork sliced in gravy \$70.50
- Roast Lamb sliced in gravy \$ 90.50

**Meat dishes \$42.00 each**

- Braised steak w, onions and mushrooms
- Beef and vegetable pot pie
- Beef and mushroom pot pie
- Chicken and vegetable pot pie
- Cottage pie
- Lamb, mint and potato pot pie
- Chicken and pumpkin curry -mild
- Beef and potato curry – mild
- Thai green chicken curry – medium
- Thai red beef curry – medium
- Curried sausages - mild
- Honey mustard chicken and beans
- Tasty chicken casserole
- Sweet chilli beef and vegetable stir fry noodles
- Honey soy chicken and vegetable stir fry noodles
- Chicken tagine
- Chicken cacciatore
- Beef stroganoff
- Creamy Fettuccini Carbonara.
- Braised beef tortellini w, creamy white wine sauce
- Beef lasagne



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### Vegetarian dishes \$40.00

- Spinach and ricotta ravioli w tomato basil sauce.
- Pumpkin and sage ravioli in a creamy tomato sauce
- Vegetarian lasagne
- Pumpkin and cauliflower curry – mild
- Vegetable tagine
- Honey soy vegetable stir fried noodles
- Chunky vegetable pot pie

### Side dishes \$30.00

- Creamy potato bake
- Cauliflower and broccoli gratin
- Seasoned roasted root vegetables
- Cheesy tomato pasta bake

Menu is subject to change and availability.

### Information

- All meals have a 3 day shelf life in the refrigerator and a 3 month freezer life.
- All meals can be frozen
- Make sure you thaw meals in the fridge the day before Heating.



- Reheat in Oven. A general guide would be to cover with foil and heat on 180 for 25-35 mins
- You can also transfer food onto a plate/container and heat in the microwave.

**Please contact Lukarla if you have any questions ☺**

**0415 547 641**

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