



Home meals menu.01/01/2018

Phone: 0415 547 641

Local deliveries on Wednesday and Thursday, delivery charge applies. Pick up Thursday Mornings between 9.00am and 10.00am. Contact us for this months menu!

Container meals for one 650ml

\$10.50 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 kg of Cooked and sliced meat)

- Roast Beef sliced in gravy \$80.50
- Roast Pork sliced in gravy \$70.50
- Roast Lamb sliced in gravy \$ 95.50

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



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 \$38.00

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

Side dishes \$30.00

- Seasoned roast potato
- Honey roasted carrots
- Seared red cabbage with cranberries
- Buttered baby beans w, almonds

Menu is subject to change and availability.



Care 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 refrigerator 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 ☺

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