



## **Wholesome Home Meals Menu 23/04/2020**

Minimum one weeks' notice needed for orders.

Delivery fee applies to your area. Food is all delivered cold.

Price is subject to 10% GST

\*\*CONVID-19 contingencies will include FREE delivery to the Rockingham Surrounding areas.

Order need to be in at least 48 hours Prior \*\*

Weekly meal special will be posted on our Facebook page.

### **Family Meal Trays**

**Foil tray meals. 2500ml Serves approx 6-10 people  
minimum 4 meals per order**

Roast Meats (2 kg of Cooked and sliced meat)

- Roast Beef sliced \$80.50
  - Roast Pork sliced \$70.50
  - Roast Lamb sliced \$ 95.50
- Includes container of gravy
- Moroccan marinated chicken tenderloin pieces \$70.00

Meat dishes \$45.00 each

- Braised porterhouse steak w, onions gravy
- Beef and vegetable pot pie
- Beef and mushroom pot pie
- Chicken and vegetable pot pie
- Lamb, mint and potato pot pie
- Chicken and pumpkin curry -mild (gf)
- Beef and potato curry – mild (gf)
- Thai green chicken and vegetable curry – medium (gf)
- Thai red beef curry and vegetable – medium (gf)
- Curried sausages – mild (gf)
- Honey mustard chicken and beans (gf)
- Tasty chicken casserole



- Sweet chilli beef and vegetable stir fry noodles
- Honey soy chicken and vegetable stir fry noodles
- Chicken tagine (gf)
- Chicken cacciatore (gf)
- Beef stroganoff (gf)
- Creamy Fettuccini Carbonara.
- Braised beef tortellini w, creamy white wine sauce
- Beef lasagne
- Snapper cacciatore (gf)

#### Vegetarian dishes \$40.00

- Pumpkin and sage ravioli in a creamy tomato sauce
- Vegetarian lasagne
- Pumpkin and cauliflower curry – mild (gf)
- Vegetable tagine (gf)
- Creamy pesto spinach gnocchi
- Creamy white wine mushroom gnocchi
- Chunky vegetable pot pie

#### Side dishes \$38.00

- Creamy potato bake
- Cauliflower and broccoli gratin
- Honey mustard roasted root vegetables
- Macaroni cheese with bacon
- Steamed seasonal vegetable medley

#### Side dishes \$30.00

- Seasoned roast potato
- Honey orange roasted carrots
- Seared red cabbage, port jus, cranberries
- Roasted broccoli, confit garlic, almonds



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Kids dishes \$30.00

- Macaroni cheese
- Cheesy tomato pasta bake

Kida dishes \$35.00

- Spaghetti and meatballs
- Tuna pasta bake
- Fried rice with chicken

Menu is subject to change and availability.

**Individual Container meals 23/04/2020**

**\$11.00 per meal**

**Minimum of 7 meals per order**

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Price is subject to 10% GST

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Enquire for more info on delivery days \*\*

- Braised porterhouse steak w, onions gravy w, mash (gf)
- Roast dinner of the day (gf)
- Beef and vegetable pot pie
- Beef and mushroom pot pie
- Chicken and vegetable pot pie
- Lamb, mint and potato pot pie
- Chicken and pumpkin curry -mild, steamed rice (gf)
- Beef and potato curry – mild, steamed rice (gf)
- Thai green chicken and vegetable curry – medium, steamed rice (gf)
- Thai red beef curry and vegetable – medium, steamed rice (gf)
- Curried sausages - mild, steamed rice (gf)
- Sticky pork belly stir fry, steamed rice (gf)
- Honey mustard chicken and beans, steamed rice (gf)
- Tasty chicken casserole, steamed rice
- Sweet chilli beef and vegetable stir fry noodles
- Honey soy chicken and vegetable stir fry noodles



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- Chicken tagine, steamed rice (gf)
  - Chicken cacciatore, steamed rice (gf)
  - Beef stroganoff, steamed rice (gf)
  - Creamy Fettuccini Carbonara
  - Braised beef tortellini w, creamy white wine sauce
  - Beef lasagne - Frozen Item
  - Snapper cacciatore, steamed rice (gf)
  - Grilled snapper, gremolata, garlic herb potato and peas (gf)
  - Chili garlic prawns, Asian greens, steamed rice (gf)

#### Vegetarian dishes

- Pumpkin and sage ravioli in a creamy tomato sauce
- Vegetarian lasagne - Frozen Item
- Pumpkin and cauliflower curry – mild, steamed rice (gf)
  
- Vegetable tagine, steamed rice (gf)
- Creamy pesto spinach gnocchi
- Creamy white wine mushroom gnocchi
- Chunky vegetable pot pie
  
- Soups 440 ml \$4.50 - Frozen Item

#### Deserts \$4.50 each

- Sticky date pudding, butterscotch sauce
- Chocolate mud pudding, chocolate sauce
- Polenta lemon pudding, lemon drizzle
- Apple blueberry sponge pudding, berry compote
- Chewy choc brownie, white chocolate drizzle

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
- Individual meals - Microwave powers vary but as a guideline, crack one corner of the lid and heat meals on medium power for 2-3 mins or low for 4-5 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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