



## **Wholesome Home Meals Menu 01/04/2020**

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
- Beef and potato curry - mild
- Thai green chicken and vegetable curry - medium
- Thai red beef curry and vegetable - medium
- Curried sausages - mild
- Honey mustard chicken and beans
- Tasty chicken casserole



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- 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
  - Snapper cacciatore

Vegetarian dishes \$40.00

- Pumpkin and sage ravioli in a creamy tomato sauce
- Vegetarian lasagne
- Pumpkin and cauliflower curry – mild
- Vegetable tagine
- 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 16/03/2020**

**\$11.00 per meal**

**Minimum of 7 meals per order**

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

Price is subject to 10% GS

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

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

- Braised porterhouse steak w, onions gravy w, mash
- Roast dinner of the day
- 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
- Beef and potato curry – mild, steamed rice
- Thai green chicken and vegetable curry – medium, steamed rice
- Thai red beef curry and vegetable – medium, steamed rice
- Curried sausages - mild, steamed rice
- Honey mustard chicken and beans, steamed rice
- Tasty chicken casserole, steamed rice
- Sweet chilli beef and vegetable stir fry noodles
- Honey soy chicken and vegetable stir fry noodles
- Chicken tagine, steamed rice



- Chicken cacciatore , steamed rice
- Beef stroganoff, steamed rice
- Creamy Fettuccini Carbonara.
- Braised beef tortellini w, creamy white wine sauce
- Beef lasagne, garlic herb potato
- Snapper cacciatore, steamed rice

### Vegetarian dishes

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

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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