



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

**COVID-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



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- 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



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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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



- 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

Desserts \$4.50 each - Frozen Items

- 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 170 for 25-35 mins **For cream based dishes heat at 150-160 for 30 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

Info@impressionscatering.com.au