



## **Wholesome Home Meals Menu Mixed 18/02/2021**

Minimum one weeks' notice needed for orders.  
Delivery fee applies to your area. Food is all delivered cold.  
Price is subject to 10% GST  
Weekly meal special will be posted on our Facebook page.

### **Family Meal Trays**

**Foil tray meals. 2500ml Serves approx. 5-10 people.  
minimum 4 meals per order**

Roast Meats (1.5 kg of Cooked and sliced meat)

- Roast Beef sliced \$60.50
  - Roast Pork sliced \$60.50
  - Roast Lamb sliced \$ 72.00
- Includes 650ml container of rich house gravy
- Moroccan marinated chicken tenderloin pieces (2kg) \$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



---

Kids dishes \$30.00

- Macaroni cheese
- Cheesy tomato pasta bake

Kida dishes \$35.00

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

Salad Trays \$35.00

- Cheesy Coleslaw, red and green cabbage, carrot, Spanish onion, cheddar and house mayo (GF)

Salad Trays \$38.00

- Asian slaw, coriander, savoy cabbage, capsicum, Julien carrot, lemon and chilli
- Garlic and fresh herb potato Salad, Royal blue, fresh parsley, confit garlic, extra virgin olive oil(GF)

Salad Trays \$42.00

- Creamy Potato Salad, Royal blue, bacon, egg, spring onion, Dijon, seeded mustard, mayo (GF)
- South Western Rice Salad, Capsicum trio, Spanish onion, corn, black beans, tomato, cilantro, spiced honey dressing
- Roast Pumpkin Risoni Pasta Salad, Fetta, baby spinach, Spanish onion, and honey mustard dressing
- Moroccan pumpkin Cous Cous, Roast pumpkin and Spanish onion, baby spinach, feta, and fresh parsley
- Pesto bacon pasta salad, Penne, roasted cherry tomato & Spanish onion, baby spinach
- Roasted root vegetable Salad, Honey seeded mustard on a bed of rocket
- Mexican Brown Rice Salad, Roasted capsicum, corn, beans, Spanish Onion, cherry tomato, coriander, jalapenos
- Tuna chili pasta salad, Penne, chilli, herbs, roasted cherry tomato, confit garlic, crunchy broccoli

Menu is subject to change and availability.

**Individual Container meals 24/11/2020**



---

**\$11.00 per meal**

**Minimum of 7 meals per order**

Delivery Days

**Rockingham and surrounding suburbs**

Monday's between 2.30 & 4.30pm - Orders must be in by 2.00 pm Thursday.  
Discounted LOCAL delivery fee CODE to use in checkout: HMD.

**Mandurah and surrounding suburbs**

Tuesday's between 12.30 & 4.30pm - Orders must be in by 9.00 am Monday.  
Discounted LOCAL delivery fee CODE to use in checkout: HMD.

**\*\*further delivery fees apply to locations further than 20km from our location\*\***

Food is delivered cold. Price is subject to 10% GST.  
Weekly meal special will be posted on our Facebook page.  
<https://www.facebook.com/ImpressionsHomeMeals>

- Braised porterhouse steak, onion gravy, mash (gf)
- Beef sausages, mushroom and onion gravy, 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

#### **Balanced Meal Plan Options \$11.95 each. Minimum 7 meals per order**

- Mustard chicken breast, sweet potato, roasted vegetables (gf) 467 calories
- Chili lime chicken breast, brown rice, Asian greens (gf) 449 calories
- BBQ spiced chicken breast, mixed beans, steamed greens (gf) 499 calories
- Herb crusted chicken breast, quinoa, steamed vegetables (gf) 475 calories
- Moroccan chicken breast, herbed lentils, raita, roasted veg (gf) 452 calories
- Spiced porterhouse steak, green lentils, steamed vegetables (gf) 532 calories



- Garlic and herb crusted steak, sweet potato, steamed vegetables (gf) 522 calories

### Vegetarian

- Ratatouille, sweet potato, brown rice (V) 450 calories
- Roasted vegetable stack, quinoa, steamed greens (V) 430 calories
- Roasted curried cauliflower chickpea, roasted veg, brown rice (V) 517 calories
- Raw energy balls pack of six \$18.00 (Nut free chocolate, Lime cranberry coconut and Spiced pumpkin)

### 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
- Fresh Fruit salad, passion fruit pulp 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 our team if you have any questions 😊**

**0415 547 641**

**Info@impressionscatering.com.au**