



Wholesome Home Meals Menu Mixed 01/01/2022

Minimum one weeks' notice needed for orders. Minimum 4 trays per order.

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

**additional charge applies for hot delivery requests **

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 (1.2 kg of Cooked and sliced meat) Includes 1 x 650ml gravy

- Tender roast Beef sliced (gf) \$72.00
- Succulent roast Pork sliced (gf) \$60.00
- Juicy roast Lamb sliced (gf) \$72.00
- Moroccan marinated chicken tenderloin pieces (gf) (2kg) \$65.00
- 650ml container of rich house gravy (gf) \$5.00

Meat dishes

- Braised porterhouse steak w, onions gravy (gf) \$65.00
- Beef and vegetable pot pie \$55.00
- Beef and mushroom pot pie \$55.00
- Chicken and vegetable pot pie \$48.00
- Lamb, mint and potato pot pie \$65.00
- Chicken and pumpkin curry -mild (gf) \$48.00
- Beef and potato curry - mild (gf) \$55.00
- Thai green chicken and vegetable curry - medium (gf) \$48.00
- Thai red beef curry and vegetable - medium (gf) \$55.00
- Curried sausages - mild (gf) \$45.00
- Honey mustard chicken and beans (gf) \$48.00
- Tasty chicken casserole \$50.00
- Sweet chilli beef and vegetable stir fry noodles \$50.00



- Honey soy chicken and vegetable stir fry noodles \$50.00
- Chicken tagine (gf) \$48.00
- Chicken cacciatore (gf) \$48.00
- Beef stroganoff (gf) \$55.00
- Creamy Fettuccini Carbonara \$50.00
- Braised beef tortellini w, creamy white wine sauce \$50.00
- Beef lasagne \$50.00
- Snapper cacciatore (gf) \$50.00

Vegetarian dishes \$45.00

- 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 (gf)
- Cauliflower and broccoli gratin
- Honey mustard roasted root vegetables (gf)
- Macaroni cheese with bacon
- Steamed seasonal vegetable medley (gf)

Side dishes \$30.00

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



Kids dishes \$30.00

- Macaroni cheese
- Cheesy tomato pasta bake

Kida dishes

- Spaghetti and meatballs \$35.00
- Tuna pasta bake \$35.00
- Fried rice with chicken (gf) \$38.00

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 (gf)
- 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 (gf)
- 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 (gf)
- Mexican Brown Rice Salad, Roasted capsicum, corn, beans, Spanish Onion, cherry tomato, coriander, jalapenos (gf)
- Tuna chili pasta salad, Penne, chilli, herbs, roasted cherry tomato, confit garlic, crunchy broccoli

Menu is subject to change and availability.



Individual Container meals 1/11/2021

\$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 11.00 am and 1.00 pm - Orders must be in by 9.00 am Monday.
Discounted LOCAL delivery fee CODE to use in checkout: HMD.

Food is delivered cold. Price is subject to 10% GST.
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<https://www.facebook.com/ImpressionsHomeMeals>

- Braised porterhouse steak, onion gravy, mash (gf) \$12.00
- 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 \$12.00
- 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
- 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 - Subject to availability

- 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.
- Foil trays- Remove lid and heat 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 containers - 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 😊

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