



## **Wholesome Home Meals Menu Mixed 01/07/2024**

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

### **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) \$89.00
- Succulent roast Pork sliced (gf) \$82.00
- Juicy roast Lamb sliced (gf) \$96.00
- Moroccan marinated chicken tenderloin pieces (gf) (1.5kg) \$76.00
- 650ml container of rich house gravy (gf) \$7.00

#### Meat dishes

- Braised porterhouse steak w, onions gravy (gf) \$72.00
- Beef and vegetable pot pie \$59.95
- Beef and mushroom pot pie \$59.95
- Chicken and vegetable pot pie \$55.00
- Lamb, mint and potato pot pie \$62.00
- Chicken and pumpkin curry -mild (gf) \$52.95
- Beef and potato curry – mild (gf) \$57.95
- Thai green chicken and vegetable curry – medium (gf) \$53.95
- Thai red beef curry and vegetable – medium (gf) \$62.00
- Curried sausages – mild (gf) \$52.00
- Honey mustard chicken and beans (gf) \$59.00
- Tasty chicken casserole \$59.00
- Sweet chilli beef and vegetable stir fry noodles \$60.00
- Honey soy chicken and vegetable stir fry noodles \$56.00



- Chicken tagine (gf) \$56.00
- Chicken cacciatore (gf) \$59.00
- Beef stroganoff (gf) \$58.50
- Creamy Fettuccini Carbonara \$59.00
- Braised beef tortellini w, creamy white wine sauce \$57.00
- Beef lasagne \$58.50
- Snapper cacciatore (gf) \$67.00

#### Vegetarian dishes

- Pumpkin and sage ravioli in a creamy tomato sauce \$55.00
- Vegetarian lasagne \$56.00
- Pumpkin and cauliflower curry – mild (gf) \$48.00
- Vegetable tagine (gf) \$50.00
- Creamy pesto spinach gnocchi \$59.00
- Creamy white wine mushroom gnocchi \$60.00
- Chunky vegetable pot pie \$49.50

#### Side dishes

- Creamy potato bake (gf) \$47.50
- Cauliflower and broccoli gratin \$50.00
- Honey mustard roasted root vegetables (gf) \$46.50
- Macaroni cheese with bacon \$48.00
- Steamed seasonal vegetable medley (gf) \$40.00

#### Side dishes \$38.00

- Seasoned roast potato (gf)
- Honey orange roasted carrots, slithered almonds (gf)
- Seared red cabbage, shiraz jus, cranberries (gf)
- Roasted broccoli, confit garlic, slithered almonds (gf)
- Seasoned roast pumpkin and Spanish onion (gf)



### Kids dishes

- Spaghetti and meatballs \$48.00
- Tuna pasta bake \$48.00
- Fried rice with chicken (gf) \$48.00
- Macaroni cheese with bacon \$48.00
- Cheesy tomato pasta bake \$43.00

### Salads

#### **\$44.00**

- Cheesy coleslaw, red and green cabbage, carrot, Spanish onion, cheddar, mayo (gf)
- Traditional garden salad, mixed leaf, tomato, Cucumber, Spanish onion, Capsicum, Carrot, Italian dressing (gf)(vg)
- Garlic and fresh herb potato salad, Royal blue, fresh parsley, confit garlic, extra virgin olive oil (gf)(vg)

#### **\$46.00**

- Asian slaw, savoy & red cabbage, capsicum, Julien carrot, snow peas spring onion, coriander, nuts, dressing (gf)(vg)
- Bacon rocket and parmesan salad, Crispy bacon, pine nuts, cherry tomatoes, parmesan, dressing (gf)
- Mexican slaw, savoy & red cabbage, capsicum, carrot, onion, charred corn, cilantro, lime dressing (gf)(vg)
- Thai rice noodle Salad, vermicelli, fresh herb and vegetable salad, peanuts, chili lime dressing (gf)(vg)

#### **\$50.00**

- Classic Caesar, baby cos, crispy bacon, boiled egg, shaved parmesan garlic croutons, dressing
- Leafy Greek, feta, cucumber, tomato, Spanish onion, baby spinach, olives, herb red wine dressing (gf)
- Beetroot and feta, Baby Spinach, Candied walnut, sweet corn, Spanish onion, red wine vinegar (gf)(v)
- Provençal potato salad, garlic, parsley, capers, green olives, garlic Dijon vinaigrette (gf)(vg)
- Creamy Potato Salad, Royal blue, bacon, egg, spring onion, Dijon, seeded mustard, mayo (gf)



- Apple Salad, Baby Spinach, Apple, feta, candied walnuts, dried cranberries, Olive Oil, lemon juice(gf)
- Roast Pumpkin Risoni Pasta Salad, Feta, baby spinach, Spanish onion, honey mustard dressing (v)
- Mediterranean Pearl Cous Cous, Roasted capsicum, semi dried tomato, chilli, Spanish onion, olives, baby spinach, pesto (v)
- Moroccan pumpkin Cous Cous, Roast pumpkin and Spanish onion, baby spinach, feta, lemon dressing (v)
- Pesto bacon pasta salad, Penne, roasted cherry tomato & Spanish onion, red capsicum, pine nuts, baby spinach
- Tuna chili pasta salad, Penne, chilli, herbs, roasted cherry tomato, confit garlic, crunchy roasted broccoli, green onion
- Mexican Brown Rice Salad, Roasted capsicum, corn, black beans, Spanish Onion, cherry tomato, cilantro, jalapenos, spiced honey & lime dressing (gf)(vg)
- Roasted root vegetable Salad, Honey seeded mustard on a bed of rocket (gf)(v)
- Creamy Mexican slaw, savoy & red cabbage, capsicum, carrot, onion, charred corn, cilantro, black beans, jalapenos, creamy lime dressing (gf)(v)

### **\$55.00**

- Char Grilled zucchini and prosciutto salad, Parmesan, rocket, Spanish onion, red wine vinaigrette (gf)
- Quinoa & Chickpea Salad, Fresh parsley and garlic, green onion, tomato, cucumber, red capsicum, dressing (gf)(vg)
- Char-Grilled halloumi & Zucchini Salad, radish, semi dried tomato, rocket, pumpkin seed, yoghurt dressing (gf)(v)
- Marinated cherry tomato Bocconcini, prosciutto Salad, baby spinach, basil, balsamic glaze, basil evoo (gf)(v)
- Pear Rocket Salad, parmesan, candied walnuts, dried cranberry, honey seed mustard dressing (gf)
- Chorizo Zucchini and Pea pearl cous cous, Crispy chorizo, feta, cherry tomato, charred zucchini, peas, chili, dressing

Menu is subject to change and availability



## **Individual Container meals 01/07/2024**

**Minimum of 7 meals per order**

Delivery Days

\* No delivery on public holidays

### **Rockingham and surrounding suburbs**

Monday's between 2.30 & 4.30pm - Orders must be in by 12.00 pm Wednesday prior.  
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 12.00 pm Wednesday prior.  
Discounted LOCAL delivery fee CODE to use in checkout: HMD.

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>

### Meat dishes starting from \$12.00

- Braised porterhouse steak, onion gravy, mash (gf) \$13.95
- Beef sausages, mushroom and onion gravy, mash (gf) \$12.50
- Roast dinner of the day (gf) \$12.50
- Beef and vegetable pot pie \$12.50
- Beef and mushroom pot pie \$12.95
- Chicken and vegetable pot pie \$12.50
- Lamb, mint and potato pot pie \$13.00
- Chicken and pumpkin curry -mild, steamed rice (gf) \$12.50
- Beef and potato curry – mild, steamed rice (gf) \$12.95
- Thai green chicken and vegetable curry – medium, steamed rice (gf) \$12.50
- Thai red beef curry and vegetable – medium, steamed rice (gf) \$12.95
- Curried sausages - mild, steamed rice (gf) \$12.00



- Sticky pork belly stir fry, steamed rice (gf) \$12.50
- Honey mustard chicken and beans, steamed rice (gf) \$12.50
- Tasty chicken casserole, steamed rice \$12.50
- Sweet chilli beef and vegetable stir fry noodles \$13.00
- Honey soy chicken and vegetable stir fry noodles \$12.50
- Beef spaghetti Bolognese with Parmesan \$12.50
- Chicken tagine, steamed rice (gf) \$12.50
- Chicken cacciatore, steamed rice (gf) \$12.50
- Beef stroganoff, steamed rice (gf) \$12.50
- Creamy Fettuccini Carbonara \$12.95
- Braised beef tortellini w, creamy white wine sauce \$12.95
- Beef lasagne - Frozen Item \$12.95
- Snapper cacciatore, steamed rice (gf) \$13.50
- Grilled snapper, gremolata, garlic herb potato and peas (gf) \$12.50
- Chili garlic prawns, Asian greens, steamed rice (gf) \$13.50

#### Vegetarian and Vegan dishes starting from \$11.50

- Pumpkin and sage ravioli in a creamy tomato sauce (v) \$12.00
- Vegetarian lasagne - Frozen Item \$12.00
- Pumpkin and cauliflower curry – mild, steamed rice (gf)(vg) \$11.50
- Vegetable tagine, steamed rice (gf)(vg) \$12.00
- Thai red vegetable tofu curry, steamed rice (gf)(vg) \$12.00
- Creamy pesto spinach gnocchi (v) \$14.25
- Honey soy tofu and vegetable stir fry noodles (v) \$12.00
- Creamy white wine mushroom gnocchi (v) \$14.50
- Chunky vegetable pot pie (v) \$11.50
- Cauliflower and lentil stew with cashews (vg) \$12.50
- Felafel, sweet potato mash, steamed vegetables (vg) \$12.50
  
- Vegetable soups 440 ml \$4.95 - Frozen Item



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### Balanced Meal Plan Options Starting from \$12.95

- 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 \$13.75
- Garlic and herb crusted steak, sweet potato, steamed vegetables (gf) 522 calories \$13.75

### Vegan/Vegetarian options \$12.50

- Ratatouille, sweet potato, brown rice (gf) (vg) 450 calories
- Roasted vegetable stack, pesto, quinoa, steamed greens (gf) (vg) 450 calories
- Roasted curried cauliflower & chickpea, roasted veg, brown rice (gf)(vg) 517 calories

### **Desserts \$5.50 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
- Fresh Fruit salad, passion fruit pulp drizzle - **\$6.50**

Menu is subject to change and availability.



### Home Meals - 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 – plastic 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.
- \*\* For NEW plastic free, Sugarcane containers: They are NOT microwave or oven safe. You will need to transfer food to a different, microwave safe container or plate to heat\*\*

**Please contact our team if you have any questions 😊**

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