



## **Wholesome Home Meals Menu Mixed 01/05/2025**

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 meal trays per order**

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

- Tender roast Beef sliced (gf) \$99.00
- Slow cooked beef brisket (gf) \$95.00
- Succulent roast Pork sliced (gf) \$82.00
- Juicy roast Lamb sliced (gf) \$99.00
- 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) \$76.00
- 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(v) \$55.00
- Vegetarian lasagne (v) \$56.00
- Pumpkin and cauliflower curry – mild (gf)(v) \$48.00
- Vegetable tagine (gf)(v) \$50.00
- Creamy pesto spinach gnocchi (v) \$59.00
- Creamy white wine mushroom gnocchi (v) \$60.00
- Chunky vegetable pot pie (v) \$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)
- Provencal potato salad, garlic, parsley, capers, green olives, garlic Dijon vinegarette (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

### Desserts – 10 per tray

Sticky Date Puddings w, butterscotch sauce **\$55.00**

Individual choc mud pudding w, choc sauce **\$55.00**



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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. \*\*For roast meats, drizzle with the gravy before heating.

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

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