

# **COWRA/GRENFELL FROZEN MEAL SERVICE MENU**

## **JULY 2018**

**PICK UP FROM OFFICE – OR DELIVERY WEDNESDAYS & FRIDAYS**  
**PHONE 6342 4165**

### **CODES FOR MEALS:**

**(S)        SOFT TEXTURED FOOD**  
**(GF)       GLUTEN FREE**  
**(LS)       LOW SALT**  
**(DF)       DAIRY FREE**

### **MAIN MEALS – Bathurst**

- ☐ Braised Steak & Onion Gravy **(GF) (LS)**
- ☐ Corned Silverside & Parsley Sauce **(GF) (LS)**
- ☐ Cottage Pie **(GF) (LS)**
- ☐ Curried Sausages
- ☐ Grilled Sausages, Onions & Gravy
- ☐ Hi Fibre Rissoles & Gravy **(GF) (LS)**
- ☐ Meatloaf and Gravy **(LS)**
- ☐ Savoury Mince & Vegetables **(GF) (LS)**
- ☐ Steak & Kidney Pie **(LS)**
- ☐ Chinese Imperial Beef with Snow Peas

### **CHICKEN – Bathurst - \$6.00**

- ☐ Apricot Chicken **(LS)**
- ☐ Chicken Casserole **(GF) (LS)**
- ☐ Chinese Chicken and Vegetables **(GF)**
- ☐ Lemon Chicken Schnitzel & Veg. **(LS)**
- ☐ Mild Chicken Curry **(GF) (LS)**
- ☐ Mild Satay Chicken

### **LAMB - Bathurst - \$6.00**

- ☐ Lamb Casserole **(LS)**
- ☐ Lambs Fry, Bacon & Gravy
- ☐ Lancashire Hot Pot **(LS)**
- ☐ Spinach & Almond Stuffed Leg of Lamb **(GF)**

**PASTA - Bathurst - \$ 6.00**

- ☐ Chicken Fettuccini & Vegetables
- ☐ Lasagne & Vegetables **(LS)**

**PORK – Bathurst - \$6.00**

- ☐ Honey Pork & Pineapple Casserole **(GF) (LS)**
- ☐ Smothered Pork Steaks with Apple **(GF)**
- ☐ Sweet & Sour Pork **(GF)**
- ☐ Pork Loin with Apricot, Prunes **(GF) (LS)**

**ROASTS - Bathurst - \$6.00 (All GF & LS)**

- ☐ Roast Beef & Gravy
- ☐ Roast Chicken & Gravy
- ☐ Roast Lamb & Gravy
- ☐ Roast Pork & Gravy
- ☐ Roast Turkey & Gravy

**SEAFOOD – Bathurst - \$6.00**

- ☐ Cheesy Tuna Bake
- ☐ Fish & Potato Bake
- ☐ Salmon Patties
- ☐ Smoked Cod with Parsley Sauce **(GF)**
- ☐ Steamed Barramundi & Lemon Sauce

**VEGETARIAN – Bathurst - \$6.00**

- ☐ Pumpkin, Spinach & Feta Frittata **(GF) (LS)**
- ☐ Vegetable Pasta Bake **(GF) (LS)**
- ☐ Vegetable Patties - Crumbed **(GF)**
- ☐ Vegetable Quiche **(LS)**
- ☐ Spinach & Ricotta Cannelloni
- ☐ Coconut Vegetable Korma **(LS)**

**FINGER FOOD – Bathurst - \$6.00**

- ☐ Tempura Fish Bites

**DELUXE - \$6.50**

- ☐ Seafood Crepe
- ☐ Steak Dianne (GF) (LS)
- ☐ Chicken & Bacon Béarnaise
- ☐ Chicken & Mushroom Crepe (LS)
- ☐ Chicken Breast w Pistachio & Parmesan
- ☐ Honey Chicken with Cashews
- ☐ Barramundi with Prawn Dill Sauce

**GOURMET**

- ☐ Grilled Lamb Chops & Veges (GF) - \$7.60
- ☐ King Prawns in Garlic Cream Sauce - \$7.60
- ☐ Grilled Fish Fillet w White Wine Cream Sauce and Steamed Potatoes - \$7.60
- ☐ Grilled Barramundi Fillet w Ginger, Lime & Shallot Butter on Rice Pilaf (GF) - \$7.60
- ☐ Grilled Atlantic Salmon - \$8.40

**BEEF – My Chef - \$6.50**

- ☐ Steak & Bacon Casserole w Pastry Top
- ☐ Beef & Red Wine Casserole/Mashed Potato
- ☐ Beef Spaghetti Bolognese & Vegetables
- ☐ Beef Rissoles & Onion Gravy/Mashed Potato
- ☐ Savoury Mince
- ☐ Beef Stroganoff with Macaroni
- ☐ Shepherds Pie

**CHICKEN – My Chef - \$6.50**

- ☐ Chicken Breast Parmigiana/Creamy Mash
- ☐ Chicken Honey/Curry Rice
- ☐ Pan Grilled Chicken Breast/Grain Mustard Sce
- ☐ Creamy Chicken & Mushroom Casserole
- ☐ Indian Butter Chicken with Steamed Rice

**SEAFOOD – My Chef - \$6.50**

- ☐ Tuna Mornay
- ☐ Curried Prawns, Rice & Vegetables

**PASTRY – My Chef - \$6.50**

- ☐ Quiche with Bacon, Spinach & Cheese

**SNACKS – My Chef - \$3.40**

- ☐ Creamy Bacon & Cheese Pasta  
☐ Chicken Fried Rice  
☐ Spirali Bolognaise

**SOUPS – Bathurst - \$2.00**

- ☐ Chicken Stockpot **(LS)**  
☐ Beef, Barley & Vegetable Soup **(GF) (LS)**  
☐ Potato & Leek Soup **(GF)**  
☐ Pea & Ham Soup **(GF) (LS)**  
☐ Pumpkin Soup **(GF) (LS)**  
☐ Sweet Corn & Chicken Soup **(GF)**

**MINI MEALS - Bathurst**

**ROASTS – Bathurst - \$4.80 (All GF & LS)**

- ☐ Roast Beef & Gravy  
☐ Roast Chicken & Gravy  
☐ Roast Lamb & Gravy  
☐ Roast Pork & Gravy  
☐ Roast Turkey & Gravy

**BEEF – Bathurst - \$4.80**

- ☐ Braised Steak & Onion Gravy **(GF) (LS)**  
☐ Corned Silverside & Parsley Sauce **(GF)(LS)**  
☐ Cottage Pie **(GF) (LS)**  
☐ Curried Sausages  
☐ Grilled Sausages & Gravy  
☐ Hi-Fibre Rissoles & Gravy **(GF)(LS)**  
☐ Meatloaf & Gravy **(LS)**  
☐ Savoury Mince & Vegetables **(GF) (LS)**  
☐ Steak & Kidney Pie **(LS)**  
☐ Chinese Imperial Beef with Snow Peas  
☐ Beef Curry with Steamed Rice (mild) **(GF)**  
☐ Spaghetti Bolognese

**CHICKEN – Bathurst - \$4.80**

- ☐ Apricot Chicken **(LS)**
- ☐ Chicken Casserole **(GF) (LS)**
- ☐ Chinese Chicken & Vegetables **(GF)**
- ☐ Lemon Chicken Schnitzel & Vegetables **(GF)**
- ☐ Mild Chicken Curry

**LAMB – Bathurst - \$4.80**

- ☐ Lamb Casserole **(LS)**
- ☐ Lambs Fry, Bacon & Gravy
- ☐ Lancashire Hot Pot **(LS)**

**SEAFOOD – Bathurst - \$4.80**

- ☐ Cheesy Tuna Bake
- ☐ Fish & Potato Bake
- ☐ Salmon Patties
- ☐ Smoked Cod with Parsley Sauce **(GF)**
- ☐ Steamed Barramundi & Lemon Sauce
- ☐ Curry Prawns with Steamed Rice **(DF)**

**VEGETARIAN / PASTA – Bathurst - \$4.80**

- ☐ Vegetable Quiche **(LS)**
- ☐ Chicken Fettuccini & Vegetables
- ☐ Lasagne & Vegetables **(LS)**

**PORK – Bathurst - \$4.80**

- ☐ Honey Pork & Pineapple Casserole **(GF) (LS)**
- ☐ Sweet & Sour Pork **(GF)**
- ☐ Pork Loin w Apricot, Prune & Apr Sce **(GF) (LS)**

**DESSERTS – Bathurst - \$3.00**

- ☐ Apple & Rhubarb Brown Betty **(LS)**
- ☐ Apple Pie and Cream **(LS)**
- ☐ Apricot Crumble and Custard **(LS)**
- ☐ Chocolate Steamed Pudding and Custard

- ☐ Fruit Salad and Cream **(GF) (LS)**
- ☐ Fruit Trifle and Cream **(LS)**
- ☐ Peaches and Jelly **(GF) (LS)**
- ☐ Bread and Butter Pudding & Peaches
- ☐ Butterscotch Sultana Pudding & Custard
- ☐ Lemon Delicious & Cream **(LS)**
- ☐ Chocolate Bavarian with cream
- ☐ Lemon Meringue Pie & Cream
- ☐ Sticky Date Pudding & Caramel Sauce
- ☐ Vanilla Panacotta with Mixed Berries **(GF)(LS)**
- ☐ Caramel Custard Tart and Cream
- ☐ Strawberry Cheesecake
- ☐ Creamy Rice with Rhubarb **(GF) (LS)**
- ☐ Creme Caramel **(LS)**
- ☐ Warm Citrus Pudding
- ☐ Chocolate Fudge Brownie **(GF)**
- ☐ Impossible Coconut Pie
- ☐ Apple Danish

#### **DESSERTS – My Chef - \$3.00**

- ☐ Lemon Cheesecake with Fresh Cream
- ☐ Chocolate Mud Cake with Fresh Cream
- ☐ Apple Crumble with Custard
- ☐ Golden Syrup Dumpling
- ☐ Banana Pudding with Caramel Sauce
- ☐ Pavlova with Fresh Cream & Blueberries
- ☐ Baked Lemon Pudding with Custard
- ☐ Plum Pudding with Brandy Cream Custard

**It is important that the meals are placed in your freezer as soon as they are delivered**

### MICROWAVE OVEN HEATING INSTRUCTIONS

<b>Microwave - Frozen Main or Mini Meal:</b>	<b>Microwave - Frozen Desserts:</b>
<ul style="list-style-type: none"> <li>• DO NOT pierce or remove the film.</li> <li>• Place the meal in the microwave oven in the centre of the turntable.</li> <li>• Thaw on defrost for 3 - 5 minutes, stir, then heat main meals on high for 2 - 4 minutes for mini meals on high for 1 - 2 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• Remove the lid from the container.</li> <li>• Place the dessert in the center of the turntable.</li> <li>• Thaw on defrost for 3 - 5 minutes, stir, then heat on high for 2 - 4 minutes</li> <li>• Note it is safe to put the foil containers in the microwave providing that the container does not touch the sides of the microwave.</li> </ul>
<b>Microwave - Thawed Main or Mini Meal:</b>	<b>Microwave - Thawed Desserts:</b>
<ul style="list-style-type: none"> <li>• DO NOT pierce or remove the film.</li> <li>• Place the meal in the centre of the turntable.</li> <li>• Heat main meals on high for 3 - 5 minutes and mini meals on high for 3 - 4 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• Remove the lid from the container.</li> <li>• Place the dessert in the centre of the turntable.</li> <li>• Heat on high for 2 - 4 minutes.</li> </ul>

### OVEN HEATING INSTRUCTIONS

<b>Oven - Frozen Main or Mini Meal:</b>	<b>Oven - Frozen Dessert:</b>
<ul style="list-style-type: none"> <li>• Preheat oven to 170°C or 330°F. Place meal in the oven with film on, and heat main meals for 35-45 minutes and mini meals for 25 - 35 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• Preheat oven to 170°C or 330°F.</li> <li>• Place frozen dessert, with the lid on, into the oven and heat for approximately 20 - 30 minutes.</li> </ul>
<b>Oven - Thawed Main or Mini Meal:</b>	<b>Oven - Thawed Desserts:</b>
<ul style="list-style-type: none"> <li>• Preheat oven to 170°C or 330°F.</li> <li>• Place meal in the oven with film on, and heat main meals for 25 - 35 minutes and mini meals for 15 - 25 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• Place thawed dessert, with the lid on, into the oven and heat for 10 - 15 minutes.</li> <li>• <b><i>Note cold desserts should be thawed in the refrigerator.</i></b></li> </ul>

<b>Please Note:</b>	<b>IMPORTANT:</b>
<ul style="list-style-type: none"> <li>• Best practice for your frozen meals is to thaw for up to 24 hours in the coldest part of the fridge.</li> <li>• All meals have different heating times. Reheating times are approximate and depend on oven types.</li> <li>• <b>CAUTION FILLING MAY BE HOT PLEASE CHECK BEFORE CONSUMING</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Always use meals within 24 hours of removing from the freezer</b></li> <li>• <b>Never thaw meals at room temperature</b></li> <li>• <b>Never re-freeze thawed meals</b></li> <li>• <b>Never leave oven, microwave or stove unattended</b></li> <li>• <b>Always place frozen meals in your freezer as soon as they are delivered</b></li> </ul>

**If you have any problems, please discuss it with our staff and they can help you. Enjoy 😊**