




























Week 1 - Frozen Menu Order Form

MEAL ID.	MEAL NAME	DIET KEY	ACCOMPANIMENTS	QTY	JUICES		
201901	Beef Ravioli		Cauliflower, Peas		Please note: <u>Only orange juice is available at no cost with your meal</u>		
500003	Pork & Red Wine Ragu	 	Roast Potato, Cauliflower, Peas				
500058	Chicken & Mushroom Potato Pie	 	Broccoli				
201902	Beef Rissoles & Gravy		Mashed Potato, Vegetable Panache		SOUPS		QTY
201903	Vegetarian Rissotto with Mushroom	 	Vegetable Panache		Tomato		
201904	Chicken Frittata		Mixed Vegetables		Pea & Ham		
500045	Roast Lamb & Gravy		Roast Potato, Baked Baby Carrots, Peas		Chicken Sweet Corn		
201905	Beef Stroganoff		Curly Pasta, Baked Baby Carrots, Peas		Pumpkin		
201906	Tandoori Chicken		Basmati Rice, Vegetable Melange		Beef Stockpot		
201907	Beef Kebab with Onion Gravy		Mashed Potato, Pumpkin, Broccoli		Winter Vegetables		
201908	Chicken with Pesto		Curly Pasta, Pumpkin, Broccoli		Creme of Chicken		
201909	Zucchini Slice		Jardin Vegetable Mix		DESSERT VARIETIES		QTY
201910	Goan Fish	  	Basmati Rice, Bean Carrot Corn Mix		Assorted Cakes & Danishes		
201911	Honey Soy Glazed Pork & Vegetables		Jasmine Rice				
201912	Spinach & Ricotta Cannelloni		Vegetable Melange				
500006	Sweet & Sour Fish	  	Jasmine Rice with Mixed Vegetables				
500012	Beef Goulash	 	Mashed Potato, Pumpkin, Broccoli				
500014	Mustard Lemon & Rosemary Chicken	 	Roast Potato, Baked Baby Carrots, Beans				
500033	Quiche Lorraine		Carrots, Peas				

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Week 2 - Frozen Menu Order Form

MEAL ID.	MEAL NAME	DIET KEY	ACCOMPANIMENTS	QTY	JUICES		
500034	Beef & Bean Potato Bake	 	Carrots, Peas		Please note: <u>Only orange juice is available at no cost with your meal</u>		
500022	Pork Sausages & Lentil Stew		Roast Potato, Carrots, Peas				
201913	Vegetarian Pie	 	Jardin Vegetable Mix				
201914	Beef Lasagne		Mixed Vegetables		SOUPS		QTY
201915	Meatballs with Pasta		Penne, Broccoli		Tomato		
201916	Steak & Mushroom Pie		Mashed Potato, Vegetable Panache, Gravy		Pea & Ham		
500026	Roast Pork & Gravy		Roast Potato, Diced Carrots, Beans		Chicken Sweet Corn		
201917	Swedish Meatballs		Roast Potato, Diced Carrots, Beans		Pumpkin		
500017	Apricot Chicken		Mashed Potato, Vegetable Melange		Beef Stockpot		
500029	Veal Schnitzel & Gravy		Mashed Potato, Cauliflower, Peas		Winter Vegetables		
201918	Pork Mustard Stew		Mashed Potato, Cauliflower, Peas		Creme of Chicken		
201919	Chicken Casserole	  	Basmati Rice		DESSERT VARIETIES		QTY
201920	Fish & Chips		Pumpkin, Broccoli		Assorted Cakes & Danishes		
201921	Vegetarian Pasta Bake		Baked Baby Carrots				
201922	Chicken with Tomato & Capers		Mashed Potato, Jardin Vegetable Mix				
500018	Roma Pasta with Beef		Jardin Vegetable Mix				
500074	Lamb Curry	  	Basmati Rice, Vegetable Panache				
500021	Lemon Chicken		Mashed Potato, Jardin Vegetable Mix				
500032	Tempura Fish		Potato Wedges, Carrots, Peas				

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Week 3 - Frozen Menu Order Form

MEAL ID.	MEAL NAME	DIET KEY	ACCOMPANIMENTS	QTY	JUICES		
201923	Teriyaki Chicken		Mashed Potato, Baked Baby Carrots, Peas		Please note: <u>Only orange juice is available at no cost with your meal</u>		
201924	Pork Casserole		Mashed Potato, Baked Baby Carrots, Peas				
500042	Spaghetti Bolognese		Broccoli				
201925	Braised Beef with Eggplant	 	Basmati Rice, Jardin Vegetable Mix		SOUPS		QTY
201926	Mexican Style Vegetable Stew		Basmati Rice		Tomato		
201927	Beef Patties with Barbeque Sauce		Mashed Potato, Pumpkin, Peas		Pea & Ham		
500064	Roast Beef & Gravy		Roast Potato, Diced Carrot, Broccoli		Chicken Sweet Corn		
201928	Braised Chicken & Leeks		Roast Potato, Diced Carrot, Broccoli		Pumpkin		
201929	Pork Stirfry		Hokein Noodles		Beef Stockpot		
500037	Shepherds Pie		Carrots, Beans		Winter Vegetables		
500057	Beef & Potato Hotpot	 	Mashed Potato, Carrots, Beans		Creme of Chicken		
201930	Mango Chicken		Mashed Potato, Vegetable Panache		DESSERT VARIETIES		QTY
500051	Crumbed Fish		Mashed Potato, Bean Carrot Corn Mix		Assorted Cakes & Danishes		
201931	Vegetarian Casserole		Mashed Potato, Pumpkin, Peas				
201932	Chicken Chorizo Stew		Curly Pasta, Vegetable Melange				
500036	Pork Meatballs with Creamy Mushroom Sauce		Roast Potato, Diced Carrot, Beans				
500044	Tuna Patties with Sweet Chilli Sauce		Mashed Potato, Diced Carrot, Broccoli				
500027	Chicken Chowmein						
500028	Lamb & Cauliflower Casserole	  	Basmati Rice, Diced Carrot, Beans				

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Week 4 - Frozen Menu Order Form

MEAL ID.	MEAL NAME	DIET KEY	ACCOMPANIMENTS	QTY	JUICES		
201933	Bangers & Mash		Mashed Potato, Jardin Vegetable Mix, Onion Gravy		Please note: <u>Only orange juice is available at no cost with your meal</u>		
201934	Savoury Mince	 	Mashed Potato, Jardin Vegetable Mix				
201935	Creamy Chicken with Herbs		Penne, Baked Baby Carrots, Broccoli				
500062	Roast Chicken & Gravy		Roast Potato, Carrots, Peas		SOUPS		QTY
201936	Pork Vindaloo	 	Basmati Rice, Peas		Tomato		
201937	Meatloaf & Gravy		Mashed Potato, Vegetable Panache		Pea & Ham		
201938	Chicken Biryani		Vegetable Melange		Chicken Sweet Corn		
201939	Pork Cassoulet		Mashed Potato, Vegetable Melange		Pumpkin		
201940	Sweet Soy Ginger Fish	 	Jasmine Rice, Stirfry Vegetables		Beef Stockpot		
201941	Chicken Schnitzel & Gravy		Mashed Potato, Diced Carrot, Broccoli		Winter Vegetables		
201942	Hearty Beef Casserole	 	Mashed Potato, Broccoli		Creme of Chicken		
201943	Creamy Pasta with Vegetables		Beans		DESSERT VARIETIES		QTY
201944	Baked Fish with Lemon Cream Sauce		Roast Potato, Cauliflower, Beans		Assorted Cakes & Danishes		
201945	Almond Chicken Casserole		Macaroni, Baked Baby Carrots				
201946	Ham & Pineapple		Mashed Potato, Pumpkin, Broccoli				
500061	Irish Lamb Stew	 	Mashed Potato, Beans Carrot Corn Mix				
500031	Spinach Pie		Cauliflower, Peas				
500052	Chicken Cacciatore		Jasmine Rice (flavoured), Pumpkin, Broccoli				
500055	Bacon & Potato Slice	 	Vegetable Panache				

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