



























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 | | FRUIT PACK | | QTY |
| 500006 | Sweet & Sour Fish |    | Jasmine Rice with Mixed Vegetables | | 7 Seasonal Fruits | | |
| 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 | | FRUIT PACK | | QTY |
| 500018 | Roma Pasta with Beef |  | Jardin Vegetable Mix | | 7 Seasonal Fruits | | |
| 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 | | FRUIT PACK | | QTY |
| 500036 | Pork Meatballs with Creamy Mushroom Sauce |  | Roast Potato, Diced Carrot, Beans | | 7 Seasonal Fruits | | |
| 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 | | FRUIT PACK | | QTY |
| 500061 | Irish Lamb Stew |   | Mashed Potato, Beans Carrot Corn Mix | | 7 Seasonal Fruits | | |
| 500031 | Spinach Pie | | Cauliflower, Peas | | | | |
| 500052 | Chicken Cacciatore |  | Jasmine Rice (flavoured), Pumpkin, Broccoli | | | | |
| 500055 | Bacon & Potato Slice |   | Vegetable Panache | | | | |

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