









































Week 1 - Frozen Menu Order Form

MEAL ID.	MEAL NAME	DIET KEY	ACCOMPANIMENTS	QTY			
	Beef Ravioli		Cauliflower, Peas				
	Pork & Red Wine Ragu	 	Roast Potato, Cauliflower, Peas				
	Chicken & Mushroom Potato Pie	 	Broccoli				
	Beef Rissoles & Gravy		Mashed Potato, Vegetable Panache		SOUPS		QTY
	Vegetarian Rissotto with Mushroom	 	Vegetable Panache		Tomato		
	Chicken Frittata		Mixed Vegetables		Pea & Ham		
	Roast Lamb & Gravy		Roast Potato, Baked Baby Carrots, Peas		Chicken Sweet Corn		
	Beef Stroganoff		Curly Pasta, Baked Baby Carrots, Peas		Pumpkin		
	Tandoori Chicken		Basmati Rice, Vegetable Melange		Beef Stockpot		
	Beef Kebab with Onion Gravy		Mashed Potato, Pumpkin, Broccoli		Winter Vegetables		
	Chicken with Pesto		Curly Pasta, Pumpkin, Broccoli		Creme of Chicken		
	Zucchini Slice		Jardin Vegetable Mix		DESSERT VARIETIES		QTY
		  			Assorted Cakes & Danishes		
	Honey Soy Glazed Pork & Vegetables		Jasmine Rice				
	Spinach & Ricotta Cannelloni		Vegetable Melange				
	Sweet & Sour Fish	  	Jasmine Rice with Mixed Vegetables				
	Beef Goulash	 	Mashed Potato, Pumpkin, Broccoli				
	Mustard Lemon & Rosemary Chicken	 	Roast Potato, Baked Baby Carrots, Beans				
	Quiche Lorraine		Carrots, Peas				

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Week 2 - Frozen Menu Order Form

MEAL ID.	MEAL NAME	DIET KEY	ACCOMPANIMENTS	QTY			
	Beef & Bean Potato Bake	 	Carrots, Peas				
	Pork Sausages & Lentil Stew		Roast Potato, Carrots, Peas				
	Vegetarian Pie	 	Jardin Vegetable Mix				
	Beef Lasagne		Mixed Vegetables		SOUPS		QTY
	Meatballs with Pasta		Penne, Broccoli		Tomato		
	Steak & Mushroom Pie		Mashed Potato, Vegetable Panache, Gravy		Pea & Ham		
	Roast Pork & Gravy		Roast Potato, Diced Carrots, Beans		Chicken Sweet Corn		
	Swedish Meatballs		Roast Potato, Diced Carrots, Beans		Pumpkin		
	Apricot Chicken		Mashed Potato, Vegetable Melange		Beef Stockpot		
	Veal Schnitzel & Gravy		Mashed Potato, Cauliflower, Peas		Winter Vegetables		
	Pork Mustard Stew		Mashed Potato, Cauliflower, Peas		Creme of Chicken		
	Chicken Casserole	  	Basmati Rice		DESSERT VARIETIES		QTY
	Fish & Chips		Pumpkin, Broccoli		Assorted Cakes & Danishes		
	Vegetarian Pasta Bake		Baked Baby Carrots				
	Chicken with Tomato & Capers		Mashed Potato, Jardin Vegetable Mix				
	Roma Pasta with Beef		Jardin Vegetable Mix				
	Lamb Curry	  	Basmati Rice, Vegetable Panache				
	Lemon Chicken		Mashed Potato, Jardin Vegetable Mix				
	Tempura Fish		Potato Wedges, Carrots, Peas				

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Week 3 - Frozen Menu Order Form

MEAL ID.	MEAL NAME	DIET KEY	ACCOMPANIMENTS	QTY			
	Teriyaki Chicken		Mashed Potato, Baked Baby Carrots, Peas				
	Pork Casserole		Mashed Potato, Baked Baby Carrots, Peas				
	Spaghetti Bolognese		Broccoli				
	Braised Beef with Eggplant	 	Basmati Rice, Jardin Vegetable Mix		SOUPS		QTY
					Tomato		
	Beef Patties with Barbeque Sauce		Mashed Potato, Pumpkin, Peas		Pea & Ham		
	Roast Beef & Gravy		Roast Potato, Diced Carrot, Broccoli		Chicken Sweet Corn		
	Braised Chicken & Leeks		Roast Potato, Diced Carrot, Broccoli		Pumpkin		
	Pork Stirfry		Hokein Noodles		Beef Stockpot		
	Shepherds Pie		Carrots, Beans		Winter Vegetables		
	Beef & Potato Hotpot	 	Mashed Potato, Carrots, Beans		Creme of Chicken		
	Mango Chicken		Mashed Potato, Vegetable Panache		DESSERT VARIETIES		QTY
	Crumbed Fish		Mashed Potato, Bean Carrot Corn Mix		Assorted Cakes & Danishes		
	Vegetarian Casserole		Mashed Potato, Pumpkin, Peas				
	Chicken Chorizo Stew		Curly Pasta, Vegetable Melange				
	Pork Meatballs with Creamy Mushroom Sauce		Roast Potato, Diced Carrot, Beans				
	Tuna Patties with Sweet Chilli Sauce		Mashed Potato, Diced Carrot, Broccoli				
	Chicken Chowmein						
	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			
	Bangers & Mash		Mashed Potato, Jardin Vegetable Mix, Onion Gravy				
	Savoury Mince	 	Mashed Potato, Jardin Vegetable Mix				
	Creamy Chicken with Herbs		Penne, Baked Baby Carrots, Broccoli				
	Roast Chicken & Gravy		Roast Potato, Carrots, Peas		SOUPS		QTY
	Pork Vindaloo	 	Basmati Rice, Peas		Tomato		
	Meatloaf & Gravy		Mashed Potato, Vegetable Panache		Pea & Ham		
	Chicken Biryani		Vegetable Melange		Chicken Sweet Corn		
	Pork Cassoulet		Mashed Potato, Vegetable Melange		Pumpkin		
	Sweet Soy Ginger Fish	 	Jasmine Rice, Stirfry Vegetables		Beef Stockpot		
	Chicken Schnitzel & Gravy		Mashed Potato, Diced Carrot, Broccoli		Winter Vegetables		
	Hearty Beef Casserole	 	Mashed Potato, Broccoli		Creme of Chicken		
	Creamy Pasta with Vegetables		Beans		DESSERT VARIETIES		QTY
	Baked Fish with Lemon Cream Sauce		Roast Potato, Cauliflower, Beans		Assorted Cakes & Danishes		
	Almond Chicken Casserole		Macaroni, Baked Baby Carrots				
	Ham & Pineapple		Mashed Potato, Pumpkin, Broccoli				
	Irish Lamb Stew	 	Mashed Potato, Beans Carrot Corn Mix				
	Spinach Pie		Cauliflower, Peas				
	Chicken Cacciatore		Jasmine Rice (flavoured), Pumpkin, Broccoli				
	Bacon & Potato Slice	 	Vegetable Panache				

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