



































# Week 1 - Frozen Menu Order Form

MEAL ID.	MEAL NAME	SPECIAL DIET KEY	ACCOMPANIMENTS	ORDERED QTY
500001	Tuscan Chicken		 Roast Potato, Cauliflower, Peas	
500002	Beef Canneloni		 Cauliflower, Peas	
500003	Pork & Red Wine Ragu	 	 Roast Potato, Cauliflower, Peas	
500004	Moroccan Lamb	 	 Cous Cous, Diced Carrot, Beans	
500005	Chicken with Peppers		 Cous Cous, Diced Carrot, Beans	
500016	Portuguese Chicken	 	 Cous Cous, Diced Carrot, Beans	
500007	Sausage Pie		Vegetable Melange	
500034	Beef & Bean Potato Bake		 Carrots, Peas	
500009	Chicken & Vegetable Paella		 Vegetable Melange	
500010	Chicken Chorizo Pasta		 Pumpkin, Broccoli	
500011	Braised Pork with White Sauce		 Mashed Potato, Pumpkin, Broccoli	
500035	Chicken & Vegetable Loaf		Creamy Potato, Pumpkin, Broccoli	
500013	Grilled Fish with Capers		 Roast Potato, Baked Baby Carrots, Beans	
500015	Italian Meatballs		Roast Potato, Baked Baby Carrots, Beans	
500038	Beef & Potato Puff		Gravy, Baked Baby Carrots, Beans	
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	

Gluten Free   
 Dairy Free   
 Low Fat   
 Low Salt   
 Soft 

# Week 2 - Frozen Menu Order Form

MEAL ID.	MEAL NAME	SPECIAL DIET KEY	ACCOMPANIMENTS	ORDERED QTY
500020	Sausage Roll		Jardin Vegetable Mix	
500022	Pork Sausages & Lentil Stew		Mashed Potato, Jardin Vegetable Mix	
500076	Beef & Vegetable Slice		Jardin Vegetable Mix	
500023	Beef Chilli Concarne	   	Jasmine Rice, Vegetable Melange	
500024	Pork with Vegetables	 	Singapore Noodles	
500056	Butter Chicken		Basmati Rice, Mixed Vegetables	
500026	Roast Pork & Gravy		Roast Potato, Diced Carrot, Beans	
500017	Apricot Chicken		Mashed Potato, Vegetable Melange	
500075	Meatballs in Red Wine		Mashed Potato, Vegetable Melange	
500029	Veal Schnitzel & Gravy		Mashed Potato, Cauliflower, Peas	
500030	Mexican Style Meatballs		Mashed Potato, Cauliflower, Peas	
500054	Vegetarian Ratatouille	  	Penne, Vegetable Melange	
500025	Chermoula Fish	  	Coriander Rice, Vegetable Melange	
500040	Beef with Black Bean Sauce	 	Jasmine Rice	
500037	Shepherds Pie	 	Vegetable Panache	
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 with Herbs		Potato Wedges, Carrots, Peas	





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# Week 3 - Frozen Menu Order Form

MEAL ID.	MEAL NAME	SPECIAL DIET KEY	ACCOMPANIMENTS	ORDERED QTY
500039	Chicken Rissoles & Gravy		Mashed Potato, Beans Carrot Corn Mix	
500019	Vegetable Patties		Mashed Potato, Beans Carrot Corn Mix	
500041	Pork & Three Bean Casserole	   	Jasmine Rice, Beans Carrot Corn Mix	
500042	Spaghetti Bolognese	  	Vegetable Melange	
500043	Pork Casserole with Dried Fruit	   	Mashed Potato, Diced Carrot, Broccoli	
500057	Beef & Potato Hotpot		Mashed Potato, Diced Carrot, Broccoli	
500045	Roast Lamb & Gravy		Roast Potato, Baked Baby Carrots, Peas	
500046	Pork with Capsicum Salsa	  	Roast Potato, Baked Baby Carrots, Peas	
500047	Chicken Boscaiola		Baked Baby Carrots, Peas	
500008	Mongolian Pork	 	Jasmine Rice	
500049	Mixed Vegetable Curry		Basmati Rice	
500050	Beef Stuffed Pepper	 	Jardin Vegetable Mix	
500051	Crumbed Fish		Mashed Potato, Pumpkin, Broccoli	
500058	Chicken & Mushroom Potato Pie	 	Pumpkin, Mixed Vegetables	
500053	Lamb Pasta		Pumpkin, Broccoli	
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	SPECIAL DIET KEY	ACCOMPANIMENTS	ORDERED QTY
500071	Chicken & Black Bean Casserole	 	Curly Pasta, Jardin Vegetable Mix	
500072	Pork Fennel & Sweet Potato Stew	   	Curly Pasta, Jardin Vegetable Mix	
500048	Chicken Lasagne	 	Jardin Vegetable Mix	
500073	Macaroni Ham & Cheese		Pumpkin, Beans	
500062	Roast Chicken & Gravy		Mashed Potato, Beans Carrot Corn Mix	
500063	Sweet Soy Ginger Fish		Mashed Potato, Beans Carrot Corn Mix	
500064	Roast Beef & Gravy	 	Roast Potato, Diced Carrot, Broccoli	
500065	Thai Green Chicken Curry	  	Jasmine Rice	
500066	Pork Gumbo	 	Diced Carrot, Broccoli	
500067	Marinated Chicken		Mashed Potato, Baked Baby Carrots, Peas	
500059	Pork Patties with Grilled Pineapple		Mashed Potato, Mixed Vegetables	
500060	Beef & Green Bean Casserole	   	Jasmine Rice, Mixed Vegetables	
500070	Tuna Mornay Bake		Jardin Vegetable Mix	
500069	Baked Pumpkin and Spinach Rissotto	  	Baked Baby Carrots, Peas	
500068	Beef Biryani	 	Baked Baby Carrots, Peas	
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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