

NDIS MENU

CLIENT CONTRIBUTION



Beef/Veal Main Meals - \$4.20



Beef Pot Roast with Mash (GF)

With carrots & peas



BBQ Sausages with BBQ Sauce (GF) **NEW**

With pan-fried potatoes, broccoli & baked beans



Beef Stroganoff (GF) **NEW**

With mashed potato



Corned Silverside & Parsley Sauce (GF)

With creamy mashed potato, sweet carrots & crisp peas



Cottage Pie (GF)

With honey glazed carrots, peas & beans



Creamy Risssoles with Mash (GF)

With beans, broccoli & carrots



Curried Sausages (GF)

With mashed potato, carrots, peas & corn



Grilled Sausages with Onion Gravy (GF)

With mashed potato & mixed vegetables

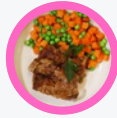


Irish Beef Stew **NEW**



Lasagne

With carrots, peas & brussels sprouts



Meatloaf with Gravy

With mashed potato & vegetable panache



Mexican Beef & Black Bean (GF) **NEW**

With basmati rice & tomato salsa



Risssoles (GF) **NEW**

With sweet potato bake

(GF) - GLUTEN FREE
(V) - VEGETARIAN
(VG) - VEGAN

SUPPLIERS:

- Central West Food Services
- Liverpool Meals on Wheels
- Gourmet Meals

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Beef/Veal Main Meals (continued) - \$4.20



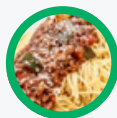
Roast Beef (GF) **NEW**

With mashed potato & roast pumpkin



Smokey BBQ Brisket **NEW**

With mac and cheese & broccoli



Spaghetti Bolognese (GF)

With vegetables



Steak & Kidney Pie

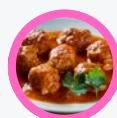
With mashed potato & vegetables

Ham/Pork Main Meals - \$4.20



Honey Pork & Pineapple Casserole (GF)

With rice, carrots & beans



Pork Meatballs with Sweet & Sour Sauce **NEW**



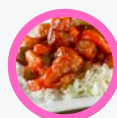
Roast Pork with Apple Gravy (GF) **NEW**

With pumpkin mash, roast potatoes, sweet potato & vegetables



Steak Diane (GF) **NEW**

With cream potato



Stuffed Baked Potato with Pulled Pork **NEW**

Seafood Main Meals - \$4.20



Barramundi with Lemon Butter (GF)

With basmati rice, cauliflower, broccoli & carrots



Cheesy Tuna Bake

With roast sweet potato & peas

(GF) - GLUTEN FREE

(V) - VEGETARIAN

(VG) - VEGAN

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Seafood Main Meals (continued) - \$4.20



Crumbed Fish **NEW**

With potato bake



Curry Prawns (GF)

With basmati rice & a medley of Asian greens



Garlic Prawns (GF)

With rice, broccoli, cauliflower & carrots in a creamy sauce



Salmon & Vegetable Pattie

With baby potatoes, roast pumpkin & peas in a creamy parsley white sauce



Seafood Crepe **NEW**

With wedges & cheese sauce



Whiting **NEW**

With wedges, tartare sauce & diced carrots, corn & peas

Chicken Main Meals - \$4.20



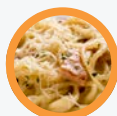
Apricot Chicken **NEW**

With pasta



Butter Chicken (GF) **NEW**

With basmati rice



Chicken Carbonara **NEW**



Chicken Casserole (GF)

With roast potato, broccoli & pumpkin



Chicken Curry- Mild (GF)

With basmati rice & vegetables



Chicken Parmigiana

With roast potato, cauliflower, broccoli & carrots

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Chicken Main Meals (continued) - \$4.20



Chicken Schnitzel with Gravy
With mashed potato, carrots & beans



Chinese Chicken & Vegetable (GF)
With rice



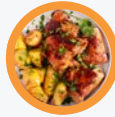
Honey Chicken with Cashews
With hokkein noodles, carrots & beans



Chicken Stirfry **NEW**
With egg noodles



Honey Soy Chicken (GF) **NEW**
With fried rice



Mango Chicken (GF) **NEW**
With roast potato



Moroccan Chicken **NEW**
With cous cous



Roast Chicken (GF)
With roast potato, roast pumpkin & beans



Sweet & Sour Chicken with Rice (GF)
With mixed vegetables

Lamb Main Meals - \$4.20



Hungarian Goulash **NEW**



Lambs Fry & Bacon (GF)
With mashed potato & vegetables



Roast Lamb (GF)
With roast vegetables & gravy

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Premium Meals - \$4.50



Lamb in Red Wine (GF) **NEW**



Lamb Chops with Creamy Gravy (GF)
With mashed potato, honey glazed carrots, peas & beans



Roast Turkey with Cranberry Sauce (GF)

Vegetarian & Vegan Main Meals - \$4.20



Brown Rice Vegetable Patties (VG) (GF)
With a potato & sweet potato stack & green beans



Crumbed Vegetable Patties (V) (GF) **NEW**



Mushroom Casserole with Mash (V) (GF)
With mashed potatoes & spinach



Mushroom Risotto (V) **NEW**



Pumpkin, Spinach & Feta Frittata (V) (GF)
With vegetables



Spinach & Ricotta Tortellini (V) **NEW**
With vegetables & parmesan cheese



Vegetarian Parmesan (V) **NEW**
With roast potato, carrots, cauliflower & broccoli



Zucchini & Corn Fritters (V) **NEW**

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Mini Meals - \$3.25



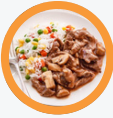
Barramundi with Lemon Butter (GF)

With garden vegetables & potato



Beef Risssoles with Gravy (GF) **NEW**

With potato bake, green beans, carrots & corn



Beef Stroganoff (GF) **NEW**

With rice



Butter Chicken (GF)

With basmati rice & creamed spinach



Creamy Chicken & Bacon Pasta

With broccoli, carrots & peas



Corned Silverside (GF) **NEW**

With parsley sauce



Garlic Prawns (GF)

With rice, broccoli, carrots & cauliflower in a creamy garlic sauce



Honey Soy Chicken (GF) **NEW**

With fried rice



Lamb Mousaka (GF) **NEW**



Mince with Potato Bake (GF) **NEW**

With vegetables



Pulled Pork (GF) **NEW**

With Mexican rice



Roast Lamb with Mint Gravy (GF)

With mashed potato & mixed vegetables



Roast Pork in Apple Gravy (GF)

With potato, pumpkin mash & mixed vegetables

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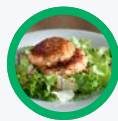


Mini Meals (continued) - \$3.25



Savoury Mince & Vegetables (GF)

With baby potatoes, mashed pumpkin & mixed vegetable



Salmon & Vegetable Patties **NEW**



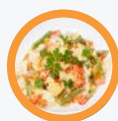
Slow Cooked Beef (GF)

With mashed potato, peas & carrots



Vegetarian Stirfry (V) **NEW**

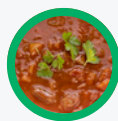
With tofu



Vegetable Mornay (V) (GF)

Smothered in a creamy sauce & topped with cheese

Soups - \$2.00



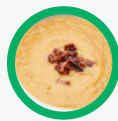
Beef, Barley & Vegetable



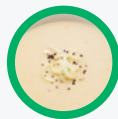
Chicken Stockpot



Curried Cauliflower (V) (GF) **NEW**



Pea & Ham (GF)



Potato & Leek (V) (GF)



Pumpkin (V) (GF)

(GF) - GLUTEN FREE

(V) - VEGETARIAN

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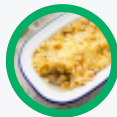
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Desserts - \$2.00

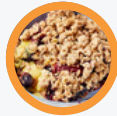


Apple & Rhubarb Crumble

With custard

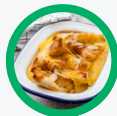


Apple Crumble (GF) **NEW**



Berry Crumble with Custard (GF)

With custard



Bread & Butter Pudding **NEW**

With peaches



Chocolate Bavarian

With cream



Chocolate Mousse

With cream



Custard Danish **NEW**



Double Choc Pudding **NEW**



Fruit Salad with Cream (GF)



Golden Syrup Pudding **NEW**

With custard



Lemon Cheesecake **NEW**



Lemon Cheesecake Mousse (GF)



Lemon Meringue Pie

With cream

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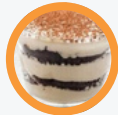
Desserts (continued) - \$2.00



Pavlova (GF)
With cream



Peaches with Jelly (GF)



Tiramisu (GF)



Trifle with Fruit & Cream



Vanilla Panna Cotta with Berries (GF)

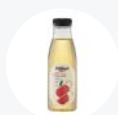
Drinks



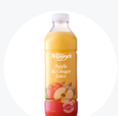
Nippy's Iced Coffee 500ml - \$1.90



Devondale Longlife Milk 1L - \$1.50



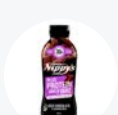
Nippy's Apple Blackcurrent Juice 375ml - \$1.75



Nippy's Immune Support Apple Ginger 1L - \$3.00 **NEW**



Nippy's Tropical Breakfast Juice 1L - \$2.75 **NEW**



Nippy's Iced Choc Protein & Fibre 500ml - \$2.25 **NEW**

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Fresh From Our Cafe



Beef & Guinness Pie - \$3.20 **NEW**



Chicken Curry Pie - \$3.05 **NEW**



Pork, Apple & Sage Sausage Roll - \$2.35



Mini Quiche Lorraines (2) - \$2.55



Spinach, Feta & Mushroom Frittatas (2) (V) (GF) - \$2.50



Couscous Salad (V) - \$2.85 **NEW**



Salad (V) (GF) - \$3.05 | With Meat (GF) - \$3.35



Salad Sandwich (V) - \$3.05 | With Meat - \$3.35



Pumpkin, Fetta & Sage Scone (V) - \$2.35 **NEW**



Banana & Date Muffin (V) - \$2.55



Apple Cake (V) (GF) - \$2.65 **NEW**



Fruit - Assorted Pieces (5) - \$3.50

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