

Continental Frozen Menu



Client Name: _____


Delivery Date: _____

[S] SOFT	[GF] GLUTEN FREE
[LF] LOW FAT	[LacF] LACTOSE FREE
[LS] LOW SODIUM	(V) VEGETARIAN







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BEEF MAIN MEALS 360gm - 400gm	\$8.00	Dietary Key					
Bangers & Mash 							
Beef & Bacon Casserole		[S]		[LS]	[GF]	[LacF]	
Beef & Black Bean Sauce with Rice			[LF]			[LacF]	
Beef Lasagne		[S]					
Beef Pie and Mash with Gravy							
Beef Ravioli with Tomato Sauce 		[S]					
Beef Rissoles & Gravy							
Beef Stroganoff			[LF]	[LS]			
Corned Silverside & Parsley Sauce			[LF]		[GF]		
Cottage Pie		[S]	[LF]		[GF]		
Country Beef Sausages			[LF]		[GF]		
Curried Sausages					[GF]		
Curry Mince & Rice		[S]		[LS]			
Henry's Sausage Casserole & Rice		[S]				[LacF]	
Meatballs & Pasta with Napolitana Sauce							
Roast Beef with Gravy			[LF]		[GF]		
Spaghetti Bolognese		[S]	[LF]	[LS]			
Steak & Kidney Pie		[S]					

LAMB MAIN MEALS 360gm - 400gm	\$8.00	Dietary Key					
Crumbed Lamb Patties with Gravy							
Lamb Chop with Gravy				[LS]	[GF]	[LacF]	
Lamb's Fry & Bacon with Mashed Potato			[LF]			[LacF]	
Mongolian Lamb & Rice		[S]	[LF]			[LacF]	
Roast Lamb & Gravy					[GF]		
Shepherd's Pie 		[S]	[LF]	[LS]			

VEAL MAIN MEALS 360g - 400gm	\$8.00	Dietary Key					
Veal Parmigiana with Mashed Potato			[LF]		[GF]		
Veal Schnitzel with Gravy and Mashed Potato							

PORK MAIN MEALS 360g - 400gm		\$8.00		Dietary Key			
Ham & Cheese Omelette		[S]			[GF]		
Ham Steak & Pineapple Glazed			[LF]		[GF]		
Pork, Apple & Cranberry Casserole		[S]	[LF]	[LS]			
Pork Honey Mustard with Mashed Potato		[S]	[LF]	[LS]			
Pork Ragu with Penne Pasta		[S]	[LF]	[LS]			
Pork Vindaloo with Rice  			[LF]	[LS]	[GF]	[LacF]	
Roast Pork with Gravy			[LF]		[GF]		
Quiche Lorraine 		[S]					
Sweet & Sour Pork with Rice			[LF]			[LacF]	



CHICKEN MAIN MEALS 360gm - 400gm		\$8.00		Dietary Key			
Butter Chicken & Rice		[S]		[LS]	[GF]		
Chicken & Asparagus Mornay				[LS]	[GF]		
Chicken Chorizo Stew with Curly Pasta 			[LF]				
Chicken & Mushroom Pasta Bake							
Chicken Parmigiana							
Chicken Scallopini with Bacon & Potato Mash		[S]	[LF]		[GF]		
Chicken Schnitzel with Gravy							
Chicken Strips with Lemon Sauce			[LF]	[LS]			
Chicken & Vegetable Pie		[S]	[LF]	[LS]			
Creamy Chicken & Mushroom Pasta & Veggies		[S]		[LS]			
Curried Chicken & Rice		[S]	[LF]	[LS]	[GF]		
Hawaiian Chicken & Rice		[S]	[LF]	[LS]		[LacF]	
Honey Soy Chicken			[LF]		[GF]		
Roast Chicken with Gravy					[GF]		
Roast Turkey with Port Wine Sauce			[LF]	[LS]	[GF]		

FISH MAIN MEALS 360gm - 400gm		\$8.00		Dietary Key			
Crumbed Fish		[S]	[LF]				
Curried Prawns & Rice		[S]	[LF]		[GF]		
Fish Cakes with Parsley Sauce		[S]	[LF]				
Grilled Fish with Lemon Sauce & Mashed Potato		[S]	[LF]	[LS]			
Tempura Fish with Potato Wedges 			[LF]			[LacF]	



VEGETARIAN MAIN MEALS 360gm - 400gm		\$8.00		Dietary Key			
Macaroni Cheese		[S]		[LS]			[V]
Spinach Pie 		[S]					[V]
Vegan Bean and Vegetable Casserole			[LF]	[LS]	[GF]	[LacF]	[V]
Vegetable Cottage Pie		[S]	[LF]	[LS]	[GF]		[V]
Vegetable Pasta Bake		[S]	[LF]	[LS]			[V]
Vegetable Potato Yellow Curry		[S]	[LF]		[GF]		[V]
Vegetarian Risotto with Mushroom 		[S]		[LS]	[GF]		[V]


PUREED MAIN MEALS 360gm - 400gm		\$8.00		Dietary Key			
Chicken & Asparagus Blend		[S]					
Chicken & Vegetable Blend		[S]	[LF]	[LS]			
Pork, Apple & Cranberry Blend		[S]	[LF]	[LS]			
Savoury Beef & Vegetable Blend		[S]	[LF]				
Savoury Lamb & Vegetable Blend		[S]	[LF]				
Savoury Pork & Vegetable Blend		[S]	[LF]				
Assorted Fish Blends		[S]	[LF]				


MINCED MAIN MEALS 360gm - 400gm		\$8.00		Dietary Key			
Beef, Chicken and Lamb meals available upon request							

ASIAN STYLE MEALS 400gm		\$7.95		Dietary Key			
Beef & Black Bean Sauce with Rice		[S]				[LacF]	
Beef with Honey & Black Pepper with Rice		[S]				[LacF]	
Curry King Prawns with Rice		[S]		[LS]		[LacF]	
Pork Chops in BBQ Sauce with Rice				[LS]		[LacF]	
Pork & Vegetable in Oyster Sauce		[S]				[LacF]	
Special Fried Rice						[LacF]	
Steak in Peking Sauce with Rice						[LacF]	
Stir Fried Tomato & Beef with Rice		[S]				[LacF]	
Sweet & Sour Pork with Rice						[LacF]	
Teriyaki Chicken with Rice		[S]				[LacF]	
Spicy Stir-Fried Chicken with Purple Rice		[S]				[LacF]	
Spicy Korean Stir-Fried Pork with Purple Rice		[S]				[LacF]	

HALAL MEALS 400gm		\$8.00		Dietary Key			
Grilled Fish with Lemon Sauce & Mashed Potato		[S]	[LF]	[LS]			
Beef Stroganoff			[LF]	[LS]	[GF]		
Henry's Sausage Casserole & Rice		[S]			[GF]	[LacF]	
Meatballs & Pasta with Napolitana Sauce			[LF]			[LacF]	
Curry Mince with Rice		[S]			[GF]		
Beef Lasagne		[S]					
Creamy Chicken & Mushroom Pasta & Veggies		[S]		[LS]			
Roast Chicken with Gravy							
Roast Beef with Gravy							
Roast Lamb with Gravy							

BEEF MINI MEALS 200g - 235g		\$5.95	Dietary Key				
Bangers & Mash 		[S]					
Beef and Bacon Casserole		[S]		[LS]	[GF]	[LacF]	
Homemade Beef Lasagne 		[S]					
Beef Rissoles and Gravy		[S]	[LF]				
Corned Silverside & Parsley Sauce			[LF]		[GF]		
Cottage Pie		[S]	[LF]		[GF]		
Meat Pie, Mash & Vegetables							
Roast Beef with Gravy			[LF]		[GF]		
Spaghetti Bolognese		[S]	[LF]	[LS]			
Steak & Kidney Pie			[LF]				
Steak & Mushroom Pie							

CHICKEN MINI MEALS 200g - 235g		\$5.95	Dietary Key				
Chicken & Asparagus Mornay				[LS]	[GF]		
Chicken Parmigiana			[LF]				
Chicken Schnitzel							
Chicken Tenders, Mash & Gravy 			[LF]				
Chicken & Vegetable Pie		[S]		[LS]			
Chicken Wing in BBQ Sauce						[LacF]	
Curried Chicken with Rice		[S]	[LF]	[LS]	[GF]		
Hawaiian Chicken with Rice		[S]	[LF]	[LS]		[LacF]	
Lemon Chicken & Rice						[LacF]	

LAMB MINI MEALS 200g - 235g		\$5.95	Dietary Key				
French Lamb Casserole			[LF]		[GF]		
Lamb & Mint Rissoles			[LF]	[LS]	[GF]		
Lamb & Rosemary Pie							
Roast Lamb with Gravy					[GF]		
Shepherd's Pie 		[S]	[LF]	[LS]			

PORK MINI MEALS 200g - 235g		\$5.95	Dietary Key				
Italian Meatballs & Chunky Tomato & Pasta		[S]	[LF]	[LS]		[LacF]	
Pork Steak Honey Soy Sauce			[LF]			[LacF]	
Roast Pork with Gravy			[LF]		[GF]		
Sweet & Sour Pork with Rice			[LF]			[LacF]	

SEAFOOD/VEGETARIAN MINI MEALS 200g-235g		\$5.95	Dietary Key				
Crumbed Fish, Mash & Vegetables							[V]
Homemade Fish Cake with Chunky Tomato		[S]	[LF]	[LS]	[GF]	[LacF]	[V]
Macaroni Cheese with Vegetables		[S]		[LS]			[V]
Potato & Spinach Pie		[S]					[V]
Pumpkin & Mushroom Arancini Balls		[S]	[LF]	[LS]			[V]
Singapore Noodle Stir Fry			[LF]			[LacF]	[V]
Spinach & Fetta Omelette & Vegetables		[S]			[GF]		[V]

SOUPS	\$3.45	Dietary Key					
Beef & Vegetable		[S]	[LF]		[GF]	[LacF]	
Cauliflower Bacon Soup		[S]			[GF]		
Chicken & Vegetable		[S]	[LF]		[GF]	[LacF]	
Minestrone		[S]	[LF]				[V]
Pea & Ham		[S]	[LF]	[LS]			
Potato & Leek		[S]	[LF]		[GF]		[V]
Pumpkin		[S]	[LF]	[LS]	[GF]		[V]

BREAKFAST	\$5.95	Dietary Key					
Banana Bread with Cream Cheese Icing							
Bubble & Squeak with Sausages							
Pancakes with Berry Compote		[S]	[LF]				

SNACK PREMIUM	\$3.45	Dietary Key					
Apple & Rhubarb Crumble & Custard		[S]		[LS]			
Apple Pie & Cream				[LS]			
Apricot Pie & Cream				[LS]			
Baked Cheesecake							
Baked Rice Pudding		[S]		[LS]	[GF]		
Banana Cake							
Blueberry Sponge Crumble & Custard		[S]		[LS]			
Bread & Butter Pudding		[S]					
Carrot Cake		[S]					
Creamed Rice & Apricots		[S]		[LS]	[GF]		
Fruit Salad			[LF]	[LS]	[GF]	[LacF]	
Peaches & Custard			[LF]	[LS]	[GF]		
Stewed Apple & Custard		[S]	[LF]	[LS]	[GF]		
Strawberry Swirl Cheesecake		[S]					
Vanilla Slice				[LS]			
Apple Cinnamon Muffin		[S]					
Spinach & Ricotta Muffin		[S]					

DESSERTS	\$3.45	Dietary Key					
Apple Sponge Cake		[S]	[LF]				
Chocolate Mousse		[S]	[LF]	[LS]	[GF]		
Chocolate Mud Cake with Custard		[S]		[LS]			
Lemon Cake		[S]					
Mango Mousse		[S]	[LF]	[LS]	[GF]		
Sticky Date with Caramel Sauce		[S]					
Tiramisu		[S]					
Tropical Pavlova		[S]		[LS]	[GF]		