

Client Name: _____

Delivery Day (Please circle): **Tues Wed Thu Fri**

FROZEN MENU 14 October – 17 October 2025

Item	Frozen Meal Choice	QTY
Soup 1	☐ Potato & Leek Soup (<i>GF, Dia</i>)	
Soup 2	☐ Minestrone (<i>GF, LF, Dia</i>)	
Soup 3	☐ Spring Vegetable Soup (<i>GF, Dia</i>)	
Soup 4	☐ Crème of Tomato Soup (<i>GF, LF, Dia</i>)	
Main Meal 1	☐ Quiche Lorraine & tomato chutney with roast Potato, broccoli & squash (<i>Dia</i>)	
Main Meal 2	☐ Chicken Vegetable Pie & gravy with mashed pumpkin & peas	
Main Meal 3	☐ Roast Chicken & chasseur sauce with roast chat potato, carrot & beans (<i>GF, Dia</i>)	
Main Meal 4	☐ Curried beef sausages with rice, carrots & beans (<i>GF, LF, Dia</i>)	
Main Meal 5	☐ Meatloaf (Beef) & gravy, mashed potato, roast carrots & beans (<i>GF, LF, Dia</i>)	
Main Meal 6	☐ Roast Beef & gravy with roast potato, roast carrots & beans (<i>GF, LF, Dia</i>)	
Main Meal 7	☐ Beef Stroganoff with rice, corn & baked zucchini (<i>GF, Dia</i>)	
Main Meal 8	☐ Battered Fish & tartare sauce with chips, mashed pumpkin & peas (<i>Dia</i>)	
Vegetarian Main Meal 1	☐ Pesto, sundried tomato creamy pasta with roasted carrots & beans (<i>Dia</i>)	
Vegetarian Main Meal 2	☐ Spinach & Feta Frittata with mashed pumpkin & peas (<i>GF, Dia</i>)	
Vegetarian Main Meal 3	☐ Vegetarian Steamed Dim Sims with Rice, Corn & Baked Zucchini (<i>LF, Dia</i>)	
Vegetarian Main Meal 4	☐ Pea, Carrot & Peanut Pilaf with mashed pumpkin & beans (<i>GF, LF, Dia</i>)	
Dessert 1	☐ Sticky Date Pudding & Custard	
Dessert 2	☐ Mango Cheesecake	
Dessert 3	☐ Apple rhubarb sponge with custard (<i>Dia</i>)	
Dessert 4	☐ Creamed Sago with Apricots (<i>Dia</i>)	

FROZEN MENU 21 October – 24 October 2025

Item	Frozen Meal Choice	QTY
Soup 1	☐ Pumpkin Soup (<i>GF, Dia</i>)	
Soup 2	☐ Crème of Tomato Soup (<i>GF, LF, Dia</i>)	
Soup 3	☐ Asparagus Soup (<i>LF, Dia</i>)	
Soup 4	☐ Chicken & Corn Soup (<i>GF, Dia</i>)	
Main Meal 1	☐ Roast Pork, gravy & apple sauce, roast potato, pumpkin & baked zucchini (<i>GF, LF, Dia</i>)	
Main Meal 2	☐ Beef Lasagne with Broccoli, Cauliflower & Carrots (<i>Dia</i>)	
Main Meal 3	☐ Chicken Kiev's with mashed potato, peas & corn (<i>Dia</i>)	
Main Meal 4	☐ Cottage Pie (Beef) & gravy with roast pumpkin, beans & cauliflower (<i>GF, LF, Dia</i>)	
Main Meal 5	☐ Chicken Carbonara with Mashed Potato, Broccoli, Cauliflower & Carrots (<i>Dia</i>)	
Main Meal 6	☐ Beef Pie & Gravy with mashed potato & mushy peas (<i>LF, Dia</i>)	
Main Meal 7	☐ Baked Fish, tomato & basil sauce, roast chat potato, carrot & beans (<i>GF, LF, Dia</i>)	
Main Meal 8	☐ Corned Beef & mustard white sauce with mashed potato, roast sweet potato & peas (<i>GF, Dia</i>)	
Vegetarian Main Meal 1	☐ Zucchini & Corn Slice with broccoli, cauliflower & carrot (<i>GF, Dia</i>)	
Vegetarian Main Meal 2	☐ Roast Pumpkin, chickpea & spinach risotto with beans & cauliflower (<i>GF, LF Dia</i>)	
Vegetarian Main Meal 3	☐ Vegetarian Pastie with mashed potato, broccoli, cauliflower & carrots (<i>LF, Dia</i>)	
Vegetarian Main Meal 4	☐ Sundried tomato, spinach & olive frittata with roast sweet potato & peas (<i>Dia</i>)	
Dessert 1	☐ Apple Tea Cake with Custard (<i>Dia</i>)	
Dessert 2	☐ Syrup Steamed Pudding & Custard	
Dessert 3	☐ Mango Mousse & Pears	
Dessert 4	☐ Apple Pie & Custard	

* We will do our best to provide everything you selected, but some items might not be available at the time of ordering.

You will still get a frozen meal, but it might be different from what you originally chose.

Client Name: _____

FROZEN MENU 28 October 2025 – 31 October 2025

Item	Frozen Meal Choice	QTY
Soup 1	☐ Crème of Vegetable <i>(GF, LF, Dia)</i>	
Soup 2	☐ French Onion Soup <i>(GF, LF, Dia)</i>	
Soup 3	☐ Potato & Leek <i>(GF, Dia)</i>	
Soup 4	☐ Crème of Broccoli Soup <i>(Dia)</i>	
Main Meal 1	☐ Honey Mustard Chicken with rice, beans & carrots <i>(GF, Dia)</i>	
Main Meal 2	☐ Minted Lamb Casserole with mashed potato, carrots & beans <i>(GF, LF, Dia)</i>	
Main Meal 3	☐ Apricot Chicken with rice, beans & carrots <i>(GF, LF, Dia)</i>	
Main Meal 4	☐ Roast Chicken, Gravy with roast potato, carrots & brussel sprouts <i>(GF, LF, Dia)</i>	
Main Meal 5	☐ Roast Beef & Gravy with roast potato, roast pumpkin & peas <i>(GF, LF, Dia)</i>	
Main Meal 6	☐ Pickled Pork & white sauce with mashed pumpkin, peas & squash <i>(GF, Dia)</i>	
Main Meal 7	☐ Italian Pork meatballs in Napoli sauce, mashed potato, broccoli & corn <i>(GF, Dia)</i>	
Main Meal 8	☐ Crumbed Fish & Tartare Sauce with chips, mashed pumpkin & beans <i>(Dia)</i>	
Vegetarian Main Meal 1	☐ Mushroom & Spinach Risotto with peas & carrots <i>(GF, LF, Dia)</i>	
Vegetarian Main Meal 2	☐ Spinach & Feta Slice with mashed potato, carrots & beans <i>(GF, Dia)</i>	
Vegetarian Main Meal 3	☐ Pea, Carrot & Peanut Pilaf with broccoli & corn <i>(GF, LF, Dia)</i>	
Vegetarian Main Meal 4	☐ Vegetarian dim sims with roast potato, honey carrots & brussel sprouts <i>(LF, Dia)</i>	
Dessert 1	☐ Bread & Butter Pudding with Cream	
Dessert 2	☐ Lemon Cheesecake	
Dessert 3	☐ Fruit cake & Custard <i>(Dia)</i>	
Dessert 4	☐ Mud cake & ganache	

FROZEN MENU 4 November 2025 – 7 November 2025

Item	Frozen Meal Choice	QTY
Soup 1	☐ Crème of Cauliflower Soup <i>(GF, Dia)</i>	
Soup 2	☐ Mushroom Soup <i>(GF, Dia)</i>	
Soup 3	☐ Chicken Noodle <i>(LF, Dia)</i>	
Soup 4	☐ Beef & Vegetable <i>(GF, LF, Dia)</i>	
Main Meal 1	☐ Beef Sausages, onion gravy, sweet potato mash, beans & squash <i>(GF, LF, Dia)</i>	
Main Meal 2	☐ BBQ Pulled Pork with mashed potato, peas & carrots <i>(GF, LF)</i>	
Main Meal 3	☐ Roast Lamb & rosemary gravy mashed potato, roast pumpkin & peas <i>(GF, LF, Dia)</i>	
Main Meal 4	☐ Grilled Fish & hollandaise sauce with mashed potato, broccoli & carrots <i>(GF, Dia)</i>	
Main Meal 5	☐ Chicken Schnitzel & gravy with roast pumpkin, peas & corn <i>(LF, Dia)</i>	
Main Meal 6	☐ Beef Rissoles & gravy with sweet potato mash, beans & cabbage <i>(GF, LF, Dia)</i>	
Main Meal 7	☐ Battered Sweet & Sour Pork with fried rice, broccoli, carrots & cauliflower <i>(LF, Dia)</i>	
Main Meal 8	☐ Mild Chicken Korma with rice, roast pumpkin & beans <i>(GF, LF, Dia)</i>	
Vegetarian Main Meal 1	☐ Roasted pumpkin, chickpea & spinach risotto with beans & squash <i>(GF, LF, Dia)</i>	
Vegetarian Main Meal 2	☐ Zucchini & Corn Slice with sweet potato mash, beans & cabbage <i>(GF, Dia)</i>	
Vegetarian Main Meal 3	☐ Vegetarian Schnitzel with fried rice, broccoli, carrots & cauliflower <i>(GF, LF, Dia)</i>	
Vegetarian Main Meal 4	☐ Roast pumpkin & sundried tomato creamy pasta with broccoli & carrots <i>(Dia)</i>	
Dessert 1	☐ Apricot Crumble & Custard <i>(Dia)</i>	
Dessert 2	☐ Carrot Cake with Cream Cheese Icing	
Dessert 3	☐ Creamed Rice with Cinnamon Sugar <i>(GF, Dia)</i>	
Dessert 4	☐ Apple Pie & Custard	

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