

Client Name: _____

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

Week 1 - FROZEN MENU 9 December 2025 – 12 December 2025

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

Week 2 - FROZEN MENU 16 December 2025 – 19 December 2025

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

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Week 3 - FROZEN MENU 23 December 2025 – 26 December 2025

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

Week 4 - FROZEN MENU 30 December 2025 – 2 January 2026

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

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Week 1 - FROZEN MENU 6 January 2026 – 9 January 2026

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

Week 2 - FROZEN MENU 13 January 2026 – 16 January 2026

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

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