

Client Name: _____

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

Week 1 - FROZEN MENU 17 February – 20 February 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 24 February – 27 February 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 Pasta with 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.

Client Name: _____

Week 3 - FROZEN MENU 3 March – 6 March 2026

| 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 10 March – 13 March 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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Run No: _____ Processed by: _____