

## Frozen Choice Menu

Client Name: \_\_\_\_\_

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

**12<sup>th</sup> May 2026 – 15<sup>th</sup> May 2026**

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

**19<sup>th</sup> May 2026 – 22<sup>nd</sup> May 2026**

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

**26<sup>th</sup> May 2026 – 29<sup>th</sup> May 2026**

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

**2<sup>nd</sup> June 2026 – 5<sup>th</sup> June 2026**

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

## Frozen Choice Menu

Client Name: \_\_\_\_\_

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

### 9<sup>th</sup> June 2026 – 12<sup>th</sup> June 2026

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

### 16<sup>th</sup> June 2026 – 19<sup>th</sup> June 2026

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

Client Name: \_\_\_\_\_

**23<sup>rd</sup> June 2026 – 26<sup>th</sup> June 2026**

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

**30<sup>th</sup> June 2026 – 3<sup>rd</sup> July 2026**

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

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