

WEEK ONE MEALS



RETURN FORM BY: 2/10/24

*ORDERS PUT IN AFTER 10AM
WILL NOT BE ACCEPTED

DELIVERY DATE:10/10/2024

*DELIVERY FEE: \$9.95

FULL NAME: _____	PLEASE TICK ONE			
ADDRESS: _____	Delivery	<input type="checkbox"/>	Pickup	<input type="checkbox"/>
PHONE/EMAIL: _____				
SERVICE PROVIDER: _____				
DIETARY REQUIREMENTS: _____				

SOUP \$6

QTY___ CREAMY PUMPKIN SOUP

MAINS \$12

QTY___ ROAST BEEF & GRAVY WITH ROAST POTATOES AND VEGETABLES

QTY___ BEEF LASAGNA AND VEGETABLES

QTY___ CHICKEN PATTIES, GRAVY MASH POTATO AND VEGETABLES

QTY___ PORK SAUSAGES, MASH POTATO AND VEGETABLES

QTY___ LAMB, MINT AND HONEY CASSEROLE

DESSERT \$6

QTY___ APPLE SPONGE

QTY___ PASSION FRUIT PANNA COTTA

EXTRAS \$3

QTY___ JELLIED FRUIT

QTY___ CUSTARD

SUSTAGEN DRINKS 3 PACK \$6.50

QTY___ VANILLA

QTY___ CHOCOLATE



WEEK TWO MEALS

RETURN FORM BY: 9/10/24

*ORDERS PUT IN AFTER 10AM

WILL NOT BE ACCEPTED

DELIVERY DATE:17/10/2024

*DELIVERY FEE: \$9.95

FULL NAME: _____	PLEASE TICK ONE		
ADDRESS: _____	Delivery	<input type="checkbox"/>	Pickup
PHONE/EMAIL: _____	_____		
SERVICE PROVIDER: _____	_____		
DIETARY REQUIREMENTS: _____	_____		

SOUP \$6

QTY___ SWEET POT, TURMERIC & GINGER SOUP

MAINS \$12

QTY___ ROAST LAMB & GRAVY WITH ROAST POTATOES AND VEGETABLES

QTY___ VEGETABLE PATTIES, POTATO AND VEGETABLES

QTY___ BEEF RISSOLES, MASH POTATO AND VEGETABLES

QTY___ HONEY MUSTARD CHICKEN, MASH POTATO AND VEGETABLES

QTY___ SWEET AND SOUR PORK, RICE AND VEGETABLES

DESSERT \$6

QTY___ APPLE AND STRAWBERRY CRUMBLE

QTY___ CHOC-BERRY MOUSSE

EXTRAS \$3

QTY___ JELLIED FRUIT

QTY___ CUSTARD

SUSTAGEN DRINKS 3 PACK \$6.50

QTY___ VANILLA

QTY___ CHOCOLATE



WEEK THREE MEALS

RETURN FORM BY: 16/10/24

*ORDERS PUT IN AFTER 10AM
WILL NOT BE ACCEPTED

DELIVERY DATE:24/10/2024

*DELIVERY FEE: \$9.95

FULL NAME: _____	PLEASE TICK ONE		
ADDRESS: _____	Delivery	<input type="checkbox"/>	Pickup
PHONE/EMAIL: _____	_____		
SERVICE PROVIDER: _____	_____		
DIETARY REQUIREMENTS: _____	_____		

SOUP \$6

QTY__ CREAM OF TOMATO AND BASIL SOUP

MAINS \$12

QTY__ PICKLED PORK WITH MUSTARD SAUCE, POTATO AND VEGETABLES

QTY__ LAMB RISSOLES, GRAVY, MASH AND VEGETABLES

QTY__ CURRIED SAUSAGES, MASH AND VEGETABLES

QTY__ CHICKEN, BROCCOLI AND POTATO BAKE

QTY__ MEAT LOAF, GRAVY, MASH POTATO AND VEGETABLES

DESSERT \$6

QTY__ STICKY BANANA BREAD AND BUTTER PUDDING

QTY__ APPLE AND RUBARB WITH CUSTARD

EXTRAS \$3

QTY__ JELLIED FRUIT CUP

QTY__ CUSTARD

SUSTAGEN DRINKS 3 PACK \$6.50

QTY__ VANILLA

QTY__ CHOCOLATE

WEEK FOUR MEALS



RETURN FORM BY: 23/10/24

*ORDERS PUT IN AFTER 10AM
WILL NOT BE ACCEPTED

DELIVERY DATE:31/10/2024

*DELIVERY FEE: \$9.95

FULL NAME: _____	PLEASE TICK ONE		
ADDRESS: _____	Delivery <input type="checkbox"/>	<input type="checkbox"/>	Pickup <input type="checkbox"/>
PHONE/EMAIL: _____	_____		
SERVICE PROVIDER: _____	_____		
DIETARY REQUIREMENTS: _____	_____		

SOUP \$6

QTY__ CHICKEN AND CORN SOUP

MAINS \$12

QTY__ ROAST CHICKEN & GRAVY WITH ROAST POTATO AND VEGETABLES

QTY__ PASTA BOLOGINAISE

QTY__ SAUSAGES AND ONION GRAVY, MASH POTATO AND VEGETABLES

QTY__ PORK SCHNITZEL, MASH POTATO AND VEGETABLES

QTY__ LAMB AND VEG HOT POT, MASH POTATO AND VEGETABLES

DESSERT \$6

QTY__ BUTTERSNAP RIPPLE CAKES

QTY__ PEACHES AND CUSTARD

EXTRAS \$3

QTY__ JELLIED FRUIT CUP

QTY__ CUSTARD

SUSTAGEN DRINKS 3 PACK \$6.50

QTY__ VANILLA

QTY__ CHOCOLATE



WEEK FIVE MEALS

RETURN FORM BY: 30/10/24

*ORDERS PUT IN AFTER 10AM
WILL NOT BE ACCEPTED

DELIVERY DATE:07/11/2024

*DELIVERY FEE: \$9.95

FULL NAME: _____	PLEASE TICK ONE		
ADDRESS: _____	Delivery	<input type="checkbox"/>	Pickup
PHONE/EMAIL: _____	_____		
SERVICE PROVIDER: _____	_____		
DIETARY REQUIREMENTS: _____	_____		

SOUP \$6

QTY__ CREAM OF ZUCCHINI & POTATO SOUP

MAINS \$12

QTY__ ROAST PORK & GRAVY WITH ROAST POTATOES AND VEGETABLES

QTY__ VEGETABLE LASAGNA AND VEGETABLES

QTY__ LAMB CURRY RICE AND VEGETABLES

QTY__ BEEF STROGANOFF, MASH AND VEGETABLES

QTY__ CHICKEN AND LEEK CASSEROLE, MASH POTATO AND VEGETABLES

DESSERT \$6

QTY__ MIXED BERRY CRUMBLE

QTY__ CHOC RIPPLE CAKES

EXTRAS \$3

QTY__ JELLIED FRUIT CUP

QTY__ CUSTARD

SUSTAGEN DRINKS 3 PACK \$6.50

QTY__ VANILLA

QTY__ CHOCOLATE

WEEK SIX MEALS



RETURN FORM BY: 06/11/24

*ORDERS PUT IN AFTER 10AM
WILL NOT BE ACCEPTED

DELIVERY DATE:14/11/2024

*DELIVERY FEE: \$9.95

FULL NAME: _____	PLEASE TICK ONE			
ADDRESS: _____	Delivery	<input type="checkbox"/>	Pickup	<input type="checkbox"/>
PHONE/EMAIL: _____				
SERVICE PROVIDER: _____				
DIETARY REQUIREMENTS: _____				

SOUP \$6

QTY___ VEGETABLE SOUP

MAINS \$12

QTY___ SILVERSIDE WITH MUSTARD SAUCE, MASH POTATO AND VEGETABLES

QTY___ BEEF CHOW MEIN AND VEGETABLES

QTY___ TROPICAL PORK MINCE MASH POTATO AND VEGETABLES

QTY___ SHEPHERDS PIE AND VEGETABLES

QTY___ CREAMY CHICKEN, SEMMI DRIED TOMATO AND SPINICH PASTA BAKE

DESSERT \$6

QTY___ APPLE, CINNAMON & BROWN SUGAR STRUDEL

QTY___ LEMON DELICIOUS

EXTRAS \$3

QTY___ JELLIED FRUIT CUP

QTY___ CUSTARD

SUSTAGEN DRINKS 3 PACK \$6.50

QTY___ VANILLA

QTY___ CHOCOLATE