

## Frozen Meals

**SMALL** \$6.00 funded \$8.50 full price  
**LARGE** \$8.00 funded \$12.00 full price

<b>ROAST</b> with vegetables		<b>SM</b>	<b>LG</b>
A1	Roast chicken		
A2	Roast beef		
A3	Roast pork		
<b>PASTA</b>		<b>SM</b>	<b>LG</b>
A10	Vegetarian macaroni & cheese		
A13	Spaghetti bolognese		
A19	Chicken & broccoli carbonara		
<b>TRADITIONAL</b>		<b>SM</b>	<b>LG</b>
A14	Chicken potato bake		
A15	Parmesan crusted fish with parsley sauce & new potatoes		
A17	Pork sausages with mash		
A20	Corned beef with mash & vegetables		
A22	Lamb rissoles with roast potatoes		
A27	Lamb shank with mint sauce & mash		

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<b>TAKEAWAY MEALS</b>		<b>SM</b>	<b>LG</b>
A11	Chicken stir fry with steamed rice		
A12	Beef chow mein with noodles		
<b>PIES</b>		<b>QTY</b>	
C3	Lamb pie with rosemary potatoes		
C4	Chicken and vegetable pie		
C5	Pumpkin & feta tart		

## Salads

\$8.00 funded \$12.00 full price

<b>SALADS</b> (contain egg)		<b>QTY</b>
D1	Garden salad	
D2	Garden salad - Chicken	
D3	Garden salad - Ham	
D5	Chicken waldorf salad	

## Soup

\$3.00 funded \$4.00 full price

<b>SOUP</b>		<b>QTY</b>
B1	Soup of the week with crusty bread roll	

## Sandwiches

\$5.50 funded \$7.50 full price

<b>SANDWICHES</b>		<b>QTY</b>
E2	Ham, cheese & tomato	
E3	Turkey & cranberry	
E6	Egg & lettuce	
<b>Circle one</b>	White	Wholemeal

## Desserts

\$3.00 funded \$4.50 full price

<b>DESSERTS</b>		<b>QTY</b>
F1	Chocolate & raspberry cheesecake	
F2	Pineapple crumble with custard	
F4	Key lime pie with ice-cream	

## Canapé Snack Box

\$3.00 funded \$4.50 full price

		QTY
S1	Carrot sticks, celery sticks, cheese, crackers & dip	



## Monthly Special

		SM	LG
ZM1	Salmon fishcakes		

## Comments

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Please be aware that all care is taken when catering for special requirements. Please be advised that our kitchen handles nuts, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi and dairy products. Clients' requests will be catered for to the best of our ability, but the decision to consume a meal is the responsibility of the individual.

## How to order

Fill out this order form and give it to your Meals on Wheels driver or return it to us at the centre. You are also welcome to phone in your order to the office on 07 5494 6948.

## Delivery

Meals can be delivered every Monday, Wednesday and Friday (depending on area). If it is more convenient, your order can be picked up from our office.

Special arrangements are made for public holidays.

## Payment

You will be invoiced for your meals.

Accounts can be settled in person, by mail or over the phone. Invoices can be paid by cash, credit card or cheque.



GLASSHOUSE  
COUNTRY MEALS  
OUR KITCHEN TO YOURS



Name:

Delivery Date:

**Ph: 07 5494 6948**

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www.ghcare.org.au