



Client Name:

Date:

Monday - Friday

Code

WEEK 1

WEEK 2

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SOUP

Chicken & Vegetable Soup



FS02

Pea & Ham Soup

FS03

Pumpkin Soup

FS77

Beef & Vegetable Soup

FS81

My Choice Creamy Tomato Soup

LNE21000

My Choice Pumpkin Soup

LNE21001

My Choice Chicken Noodle Soup

LNE21002

My Choice Pea & Ham Soup

LNE21003

My Choice Potato & Leek Soup

LNE21004

My Choice Chicken & Sweet Corn Soup

LNE21005

Classic Minestrone Soup

FD021

Leek & Potato Soup

FD022

Bread Roll

NCFF10



MINI - BREAKFAST

Bubble & Squeak with Sausage

FS80

Bacon & Egg

NC18

Pancakes & Maple Syrup

NC59



MINI - MEAL

BEEF MINI - MEAL

Beef & Bacon Casserole, Parsley Potatoes & Broccoli



FS20

Beef Casserole, Mashed Potato, Carrot & Peas



NC25

Beef Lasagne

LNE751

Beef Rissole & Onion Gravy, Mashed Potato, Baby Carrots & Beans

NC103

Braised Steak & Kidney, Sweet Potato Mash, Cauliflower & Peas



NCFFM2

Classic Cottage Pie, Pumpkin & Peas



NCFFM1

Corned Beef & White Sauce, Mashed Potato, Pumpkin & Peas



NC26

Curried Sausages & Rice



NC27

Meat Pie & Gravy, Mashed Potato & Peas

NC29

Meatloaf & Gravy, Sweet Potato, Corn & Beans



NC28

Roast Beef & Gravy, Roast Potato, Roast Pumpkin & Peas



NC41

Savoury Mince, Mashed Potato, Pumpkin & Peas



NC30

Spaghetti Bolognaise

LNE609

Sweet & Sour Meatballs & Rice

NC34



Vegetarian



Vegan



Gluten free



Dairy Free

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MINI - MEAL (CONTINUED)

CHICKEN MINI - MEAL

Apricot Chicken, Rice, Carrot & Beans		NC39
Broccoli Chicken Pasta Bake		LNE545
Chicken & Asparagus Pasta Bake, Corn & Beans		NC40
Chicken & Vegetable Pie		FS29
Chicken Mornay & Spiral Pasta		FD025
Chicken Schnitzel & Gravy, Mashed Potato, Peas & Corn		NC107
Chicken Teriyaki		LNE612
Chicken Wings in BBQ Sauce		FS30
Creamy Chicken & Mushroom Casserole with Cous Cous		FD023
Curried Chicken, Rice, Broccoli & Carrot		FS28
Fried Rice with BBQ Chicken		LNE752
Indian Butter Chicken & Steamed Rice		FD024
Roast Chicken, Roast Potato, Roast Pumpkin & Peas		NC44
Satay Chicken, Rice & Stirfried Vegetables		NC42

LAMB MINI - MEAL

Hearty Lamb Casserole, Sweet Potato, Corn & Beans		NC32
Roast Lamb, Gravy, Roast Potato, Pumpkin & Beans		FS26

PORK MINI - MEAL

Meal Spaghetti Carbonara		LNE494
Roast Pork & Gravy, Roast Potato, Roast Pumpkin & Peas		NC35
Sweet & Sour Pork & Rice		NC36
Pork & Apple Casserole with Creamy Mash		FD001

SEAFOOD MINI - MEAL

Crumbed Fish, Fries, Peas & Mixed Vegetables		FS19
Salmon Mornay, Rice, Pumpkin & Beans		NC21
Tuna Pasta Bake & Seasonal Vegetables		NC23
Curried Prawns & Rice		NC20
Baked Fish & Lemon Pepper Sauce, Mashed Potato, Corn & Beans		NC105
Battered Fish with Baked Potato Wedges		FD008



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MINI - MEAL (CONTINUED)

VEGETARIAN MINI - MEAL

Macaroni Cheese & Seasonal Vegetables

FS33

Spinach & Fetta Omelette, Roast Pumpkin & Mixed Vegetables

FS34

Singapore Noodle Stir Fry

FS75

Mushroom Stroganoff

LNE442

Spinach & Ricotta Crepe, Mashed Pumpkin & Peas



NC50

Sweet & Sour Vegetables, Black Beans & Rice



NC108



MAIN BREAKFAST

Big Breakfast

NC60



MAIN

BEEF MAIN MEALS

Beef & Bacon Casserole & Parsley Potatoes & Broccoli

FS42

Beef Casserole, Mashed Potato, Carrot & Peas



NC68

Beef Rissole & Onion Gravy, Mashed Potato, Baby Carrots & Beans

NC104

Beef Stroganoff with Macaroni

FD033

Braised Steak & Kidney, Sweet Potato Mash, Cauliflower & Peas



NCFF05

Classic Cottage Pie, Pumpkin & Peas

NCFF02

Corned Beef & White Sauce, Mashed Potato, Pumpkin & Peas



NC69

Curried Sausages & Rice



NC70

LNE Standard Dinner Coconut Beef Curry



LNE222

Meat Pie & Gravy, Mashed Potato & Peas

NC72

Meatloaf & Gravy, Sweet Potato, Corn & Beans



NC71

My Choice Beef Lasagne

LNE11035

My Choice Slow cooked Beef with Pepper Gravy

LNE11003

My Choice Spaghetti Bolognaise

LNE11000

Roast Beef & Gravy, Roast Potato, Roast Pumpkin & Peas



NC75

Sausage & Gravy, Mashed Potato, Carrot & Beans



NC73

Savoury Mince, Mashed Potato, Pumpkin & Peas



NC74

Sweet & Sour Meatballs & Rice



NC78

Veal Parmigiana & Seasonal Vegetables

FS41

Vienna Schnitzel, Gravy & Seasonal Vegetables

FS40



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MAIN (CONTINUED)

CHICKEN MAIN MEALS

Apricot Chicken, Rice, Carrot & Beans



NC84

Chicken & Asparagus Bake, Corn & Beans

NC85

Chicken & Vegetable Pie, Mashed Potato, Pumpkin & Peas

FS60

Chicken Mornay & Spiral Pasta

FD029

Chicken Parmigiana, Roast Potato, Pumpkin & Peas

FS56

Chicken Scallopini, Mashed Potato, Carrot & Broccoli

FS63

Chicken Schnitzel & Gravy, Mashed Potato, Peas & Corn

NC86

Chicken Strips in Lemon Sauce, Rice & Mixed Vegetable Medley

FS58

Creamy Chicken & Mushroom Casserole with Cous Cous

FD031

Curried Chicken, Rice, Broccoli & Carrots

FS59

Hawaiian Chicken, Rice & Mixed Vegetables

FS95

Honey Soy Chicken, Fried Rice & Mixed Vegetables

FS57

My Choice Butter Chicken

LNE11020

My Choice Chicken & Cashews



LNE11021

My Choice Roast Chicken with Mushroom Sauce

LNE11023

My Choice Roast Turkey, Gravy & Cranberry Sauce

LNE11037

My Choice Rosemary & Garlic Chicken with Potato Bake

LNE11024

Roast Chicken & Gravy, Roast Potato, Roast Pumpkin & Peas



NC87

Satay Chicken, Rice & Stirfried Vegetables



NC88

Standard Dinner Thai Red Chicken Curry



LNE194

LAMB MAIN MEALS

Crumbed Lamb Pattie & Seasonal Vegetables

FS50

Hearty Lamb Casserole, Sweet Potato, Corn & Beans



NC76

Lamb Chop, Gravy & Seasonal Vegetables

FS49

Lambs Fry, Bacon, Onion Gravy & Mashed Potato

FD011

Mongolian Lamb, Rice & Mixed Vegetable Medley

FS51

My Choice Roast Lamb

LNE11013

My Choice Shepherd's Pie

LNE11016

My Choice Slow Cooked Lamb Shanks

LNE11015



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MAIN (CONTINUED)

PORK MAIN MEALS

Ham & Cheese Omelette, Rice, Green Beans & Carrot

FS53

Ham Steak & Pineapple Glaze, Mashed Potato, Green Beans & Pumpkin

FS54

Pork & Apple Casserole, Rice & Mixed Vegetable Medley

FS55

My Choice Pork Scallopini

LNE11011

My Choice Spaghetti Carbonara

LNE11017

Roast Pork & Gravy, Roast Potato, Roast Pumpkin & Peas

NC80

Sweet & Sour Pork & Rice



NC81

Quiche with Bacon, Spinach & Cheese

FD028

SEAFOOD MAIN MEALS

Baked Fish & Lemon Pepper Sauce, Mashed Potato, Corn & Beans



NC106

Baked Fish with Parsley Lemon Butter & Steamed Potato

FD027

Crumbed Fish, Tartare Sauce, Wedges & Seasonal Vegetables

NC62

Curried Prawns & Rice

NC67

Fishcake with Parsley Sauce, Fries, Carrot & Broccoli

FS38

Grilled Fish, White Wine Cream Sauce & Steamed Potato

FD026

My Choice Fisherman's Pie

LNE11018

My Choice Parmesan Crusted Fish

LNE11006

My Choice Spaghetti with Creamy Garlic Prawns

LNE11034

My Choice Tasmanian Salmon with White Wine Sauce

LNE11004

Salmon Mornay, Rice, Pumpkin & Beans



NC63

Tuna Pasta Bake, Mashed Pumpkin & Peas

NC65

VEGETARIAN MAIN MEALS

Bean & Vegetable Casserole, Rice, Peas & Carrot



FS65

Indian Vegetable Curry with Spiced Eggplant & Potato

FD032

Macaroni Cheese & Seasonal Vegetables

FS67

Spinach & Ricotta Crepe, Mashed Pumpkin & Peas



NC96

Standard Dinner Greek Style Lentils

LNE249

Standard Dinner Honey Soy Tofu & Vegetables



LNE239

Standard Dinner Japanese Vegetable Stir Fry with Udon Noodles



LNE244

Standard Dinner Vegetarian Spaghetti Bolognaise

LNE242

Sweet & Sour Vegetables, Black Beans & Rice



NC109

Vegetable Lasagne with Bechamel Sauce

FD013

Vegetable Pasta Bake, Carrot & Beans

FS68

Vegetarian Cottage Pie, Pumpkin & Beans

FS66



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PREMIUM

Fisherman's Basket with Chips

NCD02

Boneless Lamb Shank, Mashed Potato, Carrot & Broccoli



NCD04

Chicken Breast Supreme, Chat Potato, Carrot & Broccoli

NCD08

Pork Loin, Apple & Sage Gravy, Chat Potato, Baby Carrots & Beans

NCD12

Beef Medallion, Garlic Prawn Sauce, Sweet Potato & Vegetable Melange

NCD14

King Prawns, Garlic Cream Sauce & Steamed Rice

FDP01

Beef Ragu Lasagne

FDP02

Barramundi Fillet, Ginger, Lime, Shallot Butter & Rice Pilaf

FDP03



DESSERT

Blueberry Sponge Crumble & Custard

FS10

Bread & Butter Pudding

FS12

Apple Rhubarb Crumble & Custard

FS79

My Choice Apricot Pudding

LNE22002

My Choice Lemon Sponge with Custard

LNE22004

My Choice Apple & Cinnamon Crumble

LNE22005

Pineapple Upside-Down Cake

NC11

Sticky Date Pudding

NC13

Chocolate Pudding & Cream

NC07

Chocolate Bavarian Cream Pie

FD018

Golden Syrup Dumpling

FD019

Sherry Custard Trifle

FD020



PREMIUM DESSERT

Apple Pie

FS14

Apricot Pie

FS15

Tropical Pavlova

FS16

Strawberry Swirl Cheesecake

FS17

Vanilla Slice

FS90

Tiramisu

FS92



BAKERY

Carrot Cake

FS05

Lamington

THM011

Apple & Cinnamon Muffin

THM015

Caramel Slice

THM017



Vegetarian



Vegan



Gluten free



Dairy Free

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