



NEW
Recipes
for your old
favourites

We have worked with dieticians to design & write the menu inline with aged care standards.

Our in-house frozen line, Nuovo Chef, developed with accredited dieticians to ensure good nutrition and taste. Made in our local Newcastle kitchen, each meal is crafted by our chefs using our own recipes. Enjoy delicious, wholesome food with the convenience of a frozen meal.



We proudly partner with
other suppliers for variety:



FARM DOOR

			WEEK 1			WEEK 2			WEEK 3			WEEK 4		
			Mon	Wed	Fri	Mon	Wed	Fri	Mon	Wed	Fri	Mon	Wed	Fri
Monday - Friday			Code											
SOUP														
Beef, Vegetable & Barley Soup		NC03												
Chicken & Vegetable Soup		NC02												
Classic Minestrone Soup		FD021												
Creamy Pumpkin Soup		NC04												
Leek & Potato Soup		FD022												
MyChoice Chicken & Sweet Corn Soup		LNE21005												
MyChoice Chicken Noodle Soup		LNE21002												
MyChoice Creamy Tomato Soup		LNE21000												
MyChoice Potato & Leek Soup		LNE21004												
MyChoice Pumpkin Soup		LNE21001												
MyChoice Pea & Ham Soup		LNE21003												
Pea & Ham Soup		FD002												
Bread Roll		TH01												
MINI - MEAL														
BEEF MINI - MEAL														
Beef Stroganoff with Macaroni		FD003												
Beef Casserole, Mashed Potato, Carrot & Peas		NC25												
Beef Lasagne		FD005												
Beef Lasagne		LNE751												
Beef Rissole & Onion gravy, Mashed Potato, Baby Carrots & Beans		NC103												
Braised Steak & Kidney		NC125												
Classic Cottage Pie, Pumpkin & Peas		NC124												
Corned Beef, White Sauce, Mashed Potato, Pumpkin & Peas		NC26												

Name:
 Run:

Date:

		WEEK 1			WEEK 2			WEEK 3			WEEK 4		
		Mon	Wed	Fri	Mon	Wed	Fri	Mon	Wed	Fri	Mon	Wed	Fri
Monday - Friday													
 MINI - MEAL (CONTINUED)													
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												
Sausage & Gravy, Mashed Potato, Carrot & Beans	 NC19												
Savoury Mince, Mashed Potato, Pumpkin & Peas	 NC30												
Spaghetti Bolognese	LNE609												
CHICKEN MINI - MEAL													
Apricot Chicken, Rice, Carrot & Beans	 NC39												
Broccoli Chicken Pasta Bake	LNE545												
Chicken & Asparagus Pasta Bake, Corn & Beans	NC40												
Chicken Honey Curry with Steamed Rice	 FD041												
Chicken Mornay & Spiral Pasta	FD025												
Chicken Schnitzel & Gravy, Mashed Potato, Peas & Corn	NC107												
Chicken Teriyaki	LNE612												
Creamy Chicken & Mushroom Casserole with Cous Cous	FD023												
Fried Rice with BBQ Chicken	LNE752												
Honey Soy Chicken, Fried Rice & Stirfried Vegetables	  NC22												
Indian Butter Chicken & Steamed Rice	 FD024												
Roast Chicken, Gravy, Roast Potato, Roast Pumpkin & Peas	  NC44												
Satay Chicken, Rice & Stirfried Vegetables	 NC42												
Sweet & Sour Chicken with Rice	  NC37												
LAMB MINI - MEAL													
Hearty Lamb Casserole, Sweet Potato, Corn & Beans	 NC32												
Lamb Pattie, Gravy, Mashed Potato, Carrot & Broccoli	NC111												
Roast Lamb with Homemade Gravy & Baked Potato	  FD010												
PORK MINI - MEAL													
Ham Steak & Pineapple Glaze, Chat Potatoes, Corn & Peas	 NC31												
Roast Pork & Gravy, Roast Potato, Roast Pumpkin & Peas	  NC35												
Spaghetti Carbonara	LNE494												
Sweet & Sour Pork with Rice	  NC36												

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		Mon	Wed	Fri	Mon	Wed	Fri	Mon	Wed	Fri	Mon	Wed	Fri
Monday - Friday													
 MINI - MEAL (CONTINUED)													
SEAFOOD MINI - MEAL													
Battered Fish with Baked Potato Wedges	FD008												
Crumbed Fish, Tartare Sauce, Wedges & Seasonal Vegetables	NC58												
Curried Prawns & Rice 	NC20												
Lemon & Herb Crusted Fish, Mashed Potato, Carrot & Peas	NC115												
Salmon & Vegetable Patties, Mashed Potato, Broccoli & Carrot	NC116												
Salmon Mornay, Rice, Pumpkin & Beans 	NC21												
VEGETARIAN MINI - MEAL													
Hokkien Noodle & Vegetable Stirfry 	NC53												
Mushroom Stroganoff	LNE442												
Pumpkin Ravioli, Creamy Tomato & Vegetable Sauce	NC52												
Spinach & Ricotta Crepe, Mashed Pumpkin & Peas 	NC50												
Vegetarian Sausage, Gravy, Mashed Potato, Carrot & Beans	NC127												
Vegetarian Spaghetti Bolognese & Parmesan Cheese	NC51												
 MAIN													
BEEF MAIN MEALS													
Beef Bourguignon with Mashed Potato 	FD038												
Beef Casserole, Mashed Potato, Carrot & Peas  	NC68												
Beef Lasagne	FD034												
Beef Rissole & Onion Gravy, Mashed Potato, Baby Carrots & Beans	NC104												
Beef Stroganoff with Macaroni	FD033												
Braised Steak & Kidney  	NC114												
Classic Cottage Pie, Pumpkin & Peas 	NC113												
Coconut Beef Curry 	LNE222												
Corned Beef and White Sauce, Mashed Potato, Pumpkin & Peas 	NC69												
Curried Sausages & Rice 	NC70												
Meat Pie & Gravy, Mashed Potato & Peas	NC72												
Meatloaf & Gravy, Sweet Potato, Corn & Beans  	NC71												
MyChoice Beef Lasagne	LNE11035												



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		Mon	Wed	Fri	Mon	Wed	Fri	Mon	Wed	Fri	Mon	Wed	Fri
Monday - Friday													
MAIN (CONTINUED)													
MyChoice Slow Cooked Beef with Pepper Gravy	LNE11003												
MyChoice 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												
CHICKEN MAIN MEALS													
Apricot Chicken, Rice, Carrot & Beans	NC84												
Chicken & Asparagus Bake, Corn & Beans	NC85												
Chicken Honey Curry & Rice	FD035												
Chicken Mornay & Spiral Pasta	FD029												
Chicken Schnitzel & Gravy, Mashed Potato, Peas & Corn	NC86												
Creamy Chicken & Mushroom Casserole with Cous Cous	FD031												
French Chicken Casserole	FD040												
Honey Soy Chicken, Fried Rice & Stirfried Vegetables	NC110												
Indian Butter Chicken & Steamed Rice	FD030												
Lebanese Chicken with Rice	FD039												
MyChoice Butter Chicken	LNE11020												
MyChoice Chicken & Cashews	LNE11021												
MyChoice Chicken Parmigiana	LNE11032												
MyChoice Roast Chicken with Mushroom Sauce	LNE11023												
MyChoice Rosemary & Garlic Chicken with Potato Bake	LNE11024												
Roast Chicken & Gravy, Roast Potato, Roast Pumpkin & Peas	NC87												
Satay Chicken, Rice & Stirfried Vegetables	NC88												
Sweet & Sour Chicken with Rice	NC117												
LAMB MAIN MEALS													
Hearty Lamb Casserole, Sweet Potato, Corn & Beans	NC76												
Lamb Pattie, Gravy, Mashed Potato, Carrot & Broccoli	NC112												
Lambs Fry, Bacon, Onion Gravy & Mashed Potato	FD011												
MyChoice Roast Lamb	LNE11013												
MyChoice Shepherd's Pie	LNE11016												
MyChoice Slow Cooked Lamb Shanks	LNE11015												
Roast Lamb with Homemade Gravy & Baked Potato	FD036												





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Monday - Friday		Mon	Wed	Fri	Mon	Wed	Fri	Mon	Wed	Fri	Mon	Wed	Fri
MAIN (CONTINUED)													
PORK MAIN MEALS													
Ham Steak, Pineapple Glaze, Chat Potatoes, Corn & Peas	NC120												
MyChoice Pork Scallopini	LNE11011												
MyChoice Special Fried Rice	LNE11041												
Quiche with Bacon, Spinach & Cheese	FD028												
Roast Pork & Gravy, Roast Potato, Roast Pumpkin & Peas	NC80												
Sweet & Sour Pork & Rice	NC81												
SEAFOOD MAIN MEALS													
Baked Fish with Parsley Lemon Butter & Steamed Potato	FD027												
Crumbed Fish, Tartare Sauce, Wedges & Seasonal Vegetables	NC62												
Curried Prawns & Rice	NC67												
Grilled Fish, White Wine Cream Sauce & Steamed Potato	FD026												
Lemon & Herb Crusted Fish, Mashed Potato, Carrot & Peas	NC119												
MyChoice Parmesan Crusted Fish	LNE11006												
MyChoice Spaghetti with Creamy Garlic Prawns	LNE11034												
MyChoice Tasmanian Salmon with White Wine Sauce	LNE11004												
Salmon & Vegetable Patties, Mashed Potato, Broccoli & Carrot	NC118												
Salmon Mornay, Rice, Pumpkin & Beans	NC63												
VEGETARIAN MAIN MEALS													
Hokkien Noodle & Vegetable Stirfry	NC123												
Homestyle Macaroni Cheese	LNE54												
Honey Soy Tofu & Vegetables	LNE239												
Japanese Vegetable Stir Fry with Udon Noodles	LNE244												
Moroccan Pumpkin & Chickpeas	LNE245												
Pumpkin Ravioli, Creamy Tomato & Vegetable Sauce	NC126												
Spinach & Ricotta Crepe, Mashed Pumpkin & Peas	NC96												
Thai Yellow Vegetable Curry	LNE243												
Vegetable Lasagne with Bechamel Sauce	FD013												
Vegetarian Sausage, Gravy, Mashed Potato, Carrot & Beans	NC122												
Vegetarian Spaghetti Bolognese	LNE242												
Vegetarian Spaghetti Bolognese & Parmesan Cheese	NC121												





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Monday - Friday		Mon	Wed	Fri	Mon	Wed	Fri	Mon	Wed	Fri	Mon	Wed	Fri
PREMIUM													
Barramundi Fillet, Ginger, Lime, Shallot Butter & Rice Pilaf	FDP03												
Beef Medallion, Garlic Prawn Sauce, Sweet Potato & Vegetable Melange	NCD14												
Boneless Lamb Shank, Mashed Potato, Carrot & Broccoli	NCD04												
Chicken Breast Supreme, Chat Potato, Carrot & Broccoli	NCD08												
Chicken Kiev, Mashed Potato & Roasted Vegetable Medley	NCD15												
Fisherman's Basket with Chips	NCD02												
King Prawns, Garlic Cream Sauce & Steamed Rice	FDP01												
Pork Loin, Apple & Sage Gravy, Chat Potato, Baby Carrots & Beans	NCD12												
DESSERT													
Apple & Mixed Berry Crumble & Custard	NC08												
ApplePie & Custard	NC09												
Bread & Butter Pudding	FD037												
CaramelSlice	TH03												
Chocolate Bavarian Cream Pie	FD018												
Chocolate Pudding & Cream	NC07												
Golden Syrup Dumpling	FD019												
Lamington	TH02												
Lemon Self Saucing Pudding & Cream	NC10												
MyChoice Apple & Cinnamon Crumble	LNE22005												
MyChoice Apricot Pudding	LNE22002												
MyChoice Lemon Sponge with Custard	LNE22004												
Pancakes & Maple Syrup	NC59												
Pavlova, Cream & Fruit	NC14												
Sherry Custard Trifle	FD020												
Sticky Date Pudding	NC13												

