



February 2026

ORDER FORM

PH: 6646 6742 E: bookings@connectu2.org.au

NAME:

SPECIAL REQUIREMENTS:

*Occasionally, the meal you order isn't available from the supplier. If this happens, we will substitute it with a replacement meal as close as possible to the one you ordered.

PLEASE ENTER THE AMOUNT OF MEALS YOU WISH TO ORDER IN THE BOXES BELOW, IN THE WEEKS YOU WISH TO RECEIVE THEM. EACH WEEK BEGINS ON MONDAY AS PER THE DATES LISTED BELOW.

GOURMET MAIN MEAL	WEEK 1 2/02/26	WEEK 2 9/02/26	WEEK 3 16/02/26	WEEK 4 23/02/26
BARRAMUNDI WITH LEMON BUTTER	GF			
BEEF CASSEROLE	GF			
BEEF POT ROAST	GF			
BEEF RISSOLES				
BEEF STROGANOFF	GF			
BROWN RICE & VEGE PATTIES				
CHICKEN & MUSHROOMS	GF			
CHICKEN BREAST MANGO	GF			
CORNED SILVERSIDE	GF			
COTTAGE PIE	GF			
CURRIED CHICKEN	GF			
CURRIED PRAWNS	GF			
HONEY SOY CHICKEN	GF			
LAMB CASSEROLE	GF			
MUSHROOM CASSEROLE	GF			
PORK SAUSAGE	GF			
PORK STEAK DIANNE	GF			
ROAST BEEF	GF			
ROAST CHICKEN	GF			
ROAST LAMB	GF			
ROAST PORK	GF			
SPAGHETTI BOLOGNAISE				
SWEET & SOUR CHICKEN	GF			
WHITING AND POTATO WEDGES				

GOURMET SOUP	WEEK 1 2/02/26	WEEK 2 9/02/26	WEEK 3 16/02/26	WEEK 4 23/02/26
BEEF & VEGETABLE	GF			
CORN & BACON CHOWDER	GF			
CREAMY CHICKEN & VEGETABLE	GF			
PEA & HAM	GF			
PUMPKIN	GF			

GOURMET DESSERT	WEEK 1 2/02/26	WEEK 2 9/02/26	WEEK 3 16/02/26	WEEK 4 23/02/26
APPLE CRUMBLE	GF			
BERRY CRUMBLE	GF			
BREAD & BUTTER PUDDING				
CHOCOLATE MOUSSE				
DOUBLE CHOCOLATE PUDDING				
FRUIT PAVLOVA	GF			
LEMON CHEESECAKE	GF			
LEMON CHEESECAKE MOUSSE	GF			
RICE PUDDING	GF			
STICKY DATE PUDDING				
TIRAMISU	GF			
VANILLA TEA CAKE				

LITE N' EASY MAIN MEAL	WK 1 2/02/26	WK 2 9/02/26	WK 3 16/02/26	WK 4 23/02/26
APRICOT CHICKEN				
BEEF LASAGNE				
BEEF STROGANOFF				
BUTTER CHICKEN				
CHICKEN & CASHEWS				
CHICKEN SCHNITZEL & GRAVY				
CORNED BEEF				
CURRIED PRAWNS WITH PILAF RICE				
FISHERMANS PIE				
HEARTY BEEF CASSEROLE				
HONEY SOY CHICKEN				
PARMESAN CRUSTED FISH				
PORK SCALOPINI				
RISSOLES WITH MASH & GRAVY				
ROAST BEEF				
ROAST CHICKEN				
ROAST CHICKEN WITH MUSHROOM SAUCE	GF			
ROAST LAMB				
ROAST PORK				
ROSEMARY & GARLIC CHICKEN				
SAUSAGES WITH ONION GRAVY				
SHEPHERD'S PIE				
SLOW COOKED BEEF WITH PEPPER GRAVY				
SLOW COOKED LAMB				
SPAGHETTI BOLOGNAISE				
SPAGHETTI W/ CREAMY GARLIC PRAWNS				
SWEET & SOUR CHICKEN				
TASMANIAN SALMON IN WHITE WINE				
TUNA MORNAY				

GRAFTON MEALS ON WHEELS MAIN MEAL	WK 1 2/02/26	WK 2 9/02/26	WK 3 16/02/26	WK 4 23/02/26
APRICOT CHICKEN	GF			
ASIAN CHICKEN & FRIED RICE	GF			
BEEF CURRY	GF			
BEEF IN RED WINE CASSEROLE	GF			
BEEF RISSOLES				
BEEF STROGANOFF	GF			
BRAISED STEAK & ONION	GF			
CHICKEN PARMIGIANA				
CHICKEN SCHNITZEL				
CORNED SILVERSIDE	GF			
COTTAGE PIE	GF			
CRUMBED FISH				
CURRIED CHICKEN	GF			
CURRIED SAUSAGES	GF			
FISH BITES IN SWEET & SOUR SAUCE				
HONEY MUSTARD CHICKEN	GF			
IRISH LAMB STEW	GF			
MEATBALLS & SPAGHETTI				
QUICHE LORRAINE				
ROAST BEEF	GF			
ROAST CHICKEN	GF			
ROAST LAMB	GF			
ROAST PORK	GF			
SAUSAGES & GRAVY				
SAVOURY MINCE	GF			
STEAK & KIDNEY	GF			
SWEET & SOUR PORK	GF			
SWEET LAMB CURRY	GF			
VEGETABLE & CHICKPEA CASSEROLE	GF			
VEGETABLE & LENTIL CURRY	GF			
VEGETABLE LASAGNE				
ZUCCHINI & BACON SLICE				

*** NEW MEALS AVAILABLE NOW ***

Bowen's Fine Foods are providing ready-made meals using fresh locally sourced ingredients.

BOWENS MAIN MEAL		WEEK 1 2/02/26	WEEK 2 9/02/26	WEEK 3 16/02/26	WEEK 4 23/02/26
BUTTER CHICKEN WITH RICE	GF				
CHINESE CHICKEN & CASHEWS	DF				
CLASSIC MOUSSAKA					
CREAMY CHICKEN Gnocchi BAKE					
GARLIC PRAWN FETTUCCINE					
LAMBS FRY AND BACON WITH MASH					
MONGOLIAN BEEF WITH RICE	DF				
MUSHROOM FETTUCCINE	V				
SLOW COOKED BEEF RAGU					
SPINACH AND RICOTTA PASTA BAKE	V				

GF- Gluten Free V- Vegetarian DF- Dairy Free

Bowen's Meal Prices: CHSP Aged Care number required - \$11.00

SAH Package/NDIS - Customer pays \$4.20 Provider pays \$9.80

Full Cost/Private - \$14.00

