



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		WK1 29/6/26	WK2 6/7/26	WK3 13/7/26	WK4 20/7/26	WK5 27/7/26
BARRAMUNDI WITH LEMON BUTTER	GF					
BBQ BEEF BRISKET	* NEW *					
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					
CREAMY GARLIC PRAWNS	* NEW *					
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						
SPINACH & RICOTTA TORTELLINI	* NEW *					
SWEET & SOUR CHICKEN	GF					
WHITING AND POTATO WEDGES						
GOURMET DESSERT		WK1 29/6/26	WK2 6/7/26	WK3 13/7/26	WK4 20/7/26	WK5 27/7/26
APPLE CRUMBLE	GF					
BANANA-MISU	* NEW *					
BERRY CRUMBLE	GF					
BREAD & BUTTER PUDDING						
CHOCOLATE MOUSSE						
DOUBLE CHOCOLATE PUDDING						
FRUIT PAVLOVA	GF					
LEMON CHEESECAKE	GF					
LEMON CHEESECAKE MOUSSE	GF					
RICE PUDDING (limited stock)	GF					
STICKY DATE PUDDING						
TIRAMISU	GF					
VANILLA TEA CAKE						

**COLD DAYS CALL FOR
WARM BOWLS - ENJOY OUR
FLAVOUR PACKED HEALTHY SOUPS**



GOURMET SOUP		WK1 29/6/26	WK2 6/7/26	WK3 13/7/26	WK4 20/7/26	WK5 27/7/26
BEEF & VEGETABLE	GF					
CORN & BACON CHOWDER	GF					
CREAMY CHICKEN & VEGETABLE	GF					
PEA & HAM	GF					
PUMPKIN	GF					

LITE N' EASY MAIN MEAL		WK1 29/6/26	WK2 6/7/26	WK3 13/7/26	WK4 20/7/26	WK5 27/7/26
APRICOT CHICKEN						
BEEF LASAGNE						
BEEF STROGANOFF						
BUTTER CHICKEN						
CHICKEN & CASHEWS						
CHICKEN SCHNITZEL & GRAVY						
CORNEED BEEF						
CURRIED PRAWNS WITH PILAF RICE						
FISHERMANS PIE						
HEARTY BEEF CASSEROLE						
HONEY SOY CHICKEN						
IRISH LAMB STEW						
PARMESAN CRUSTED FISH						
RISSOLES WITH MASH & GRAVY						
ROAST CHICKEN						
ROAST CHICKEN W MUSHROOM SAUCE	GF					
ROAST LAMB						
ROAST PORK						
SHEPHERD'S PIE						
SLOW COOKED BEEF W 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		WK1 29/6/26	WK2 6/7/26	WK3 13/7/26	WK4 20/7/26	WK5 27/7/26
APRICOT CHICKEN	GF					
ASIAN CHICKEN & FRIED RICE	GF					
BEEF RISSOLES						
BEEF STROGANOFF	GF					
BRAISED STEAK & ONION	GF					
CHICKEN PARMIGIANA						
CHICKEN SCHNITZEL						
CORNEED SILVERSIDE	GF					
COTTAGE PIE	GF					
CRUMBED FISH						
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 & LENTIL CURRY	GF					
VEGETABLE LASAGNE						
ZUCCHINI & BACON SLICE						