



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		WK 1 1/6/26	WK 2 8/6/26	WK 3 15/6/26	WK 4 22/6/26
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		WK 1 1/6/26	WK 2 8/6/26	WK 3 15/6/26	WK 4 22/6/26
BEEF & VEGETABLE	GF				
CORN & BACON CHOWDER	GF				
CREAMY CHICKEN & VEGETABLE	GF				
PEA & HAM	GF				
PUMPKIN	GF				

GOURMET DESSERT		WK 1 1/6/26	WK 2 8/6/26	WK 3 15/6/26	WK 4 22/6/26
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 1/6/26	WK 2 8/6/26	WK 3 15/6/26	WK 4 22/6/26
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					
IRISH LAMB STEW					
PARMESAN CRUSTED FISH					
RISSOLES WITH MASH & GRAVY					
ROAST CHICKEN					
ROAST CHICKEN WITH MUSHROOM SAUCE	GF				
ROAST LAMB					
ROAST PORK					
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					
BOWENS MAIN MEAL		WK 1 1/6/26	WK 2 8/6/26	WK 3 15/6/26	WK 4 22/6/26
CHINESE CHICKEN & CASHEWS	DF				
CLASSIC MOUSSAKA					
GARLIC PRAWN FETTUCCINE					
HOMESTYLE MEATLOAF W MASH & VEGIES					
LAMBS FRY AND BACON WITH MASH					
MONGOLIAN BEEF WITH RICE	DF				
MUSHROOM FETTUCCINE	V				
SLOW COOKED BEEF RAGU					
SAUSAGES ONION GRAVY & MASH & VEGIES	GF				
SPINACH AND RICOTTA PASTA BAKE	V				
GRAFTON MEALS ON WHEELS MAIN MEAL		WK 1 1/6/26	WK 2 8/6/26	WK 3 15/6/26	WK 4 22/6/26
APRICOT CHICKEN	GF				
ASIAN CHICKEN & FRIED RICE	GF				
BEEF RISSOLES					
BEEF STROGANOFF	GF				
BRAISED STEAK & ONION	GF				
CHICKEN PARMIGIANA					
CHICKEN SCHNITZEL					
CORNED 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					