

MODIFIED MEALS

Pureed only, size approx 350g

served with seasonal vegetables

Beef, Lamb, Chicken and Pork	Flag	\$9.55
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DESSERTS size approx 100g

Apple rhubarb crumble with custard		Flag	\$4.25
Apple sponge cake		Flag	
Baked rice pudding	GF	Flag	
Banana cake		Flag	
Blueberry crumble with custard		Flag	
Bread and butter pudding		Flag	
Carrot cake		Flag	
Chocolate mousse	GF	Flag	
Fruit salad	GF	Flag	
Lemon cake		Flag	
Lemon cheesecake		MC	
Peaches and custard	GF	Flag	
Stewed apple and custard	GF	Flag	
Sticky date with caramel sauce		Flag	
Tiramisu		Flag	
Tropical pavlova	GF	Flag	
Vanilla Slice		Flag	

SOUPS size approx 200g

Beef and vegetable	GF	Flag	\$4.25
Cauliflower and bacon	GF	Flag	
Chicken and vegetable	GF	Flag	
Pea and ham		Flag	
Potato and leek	GF	Flag	
Pumpkin	GF	Flag	

LIGHT MEALS & SNACKS

Banana bread 200g		Flag	\$5.55
Crustless quiche with bacon	GF	Sunny Queen	\$3.55

*Menu is correct at time of printing, March 2024.
Menu items and prices may change without notice.

Experience the freedom of meals delivered to your door

At times preparing meals can seem more effort than it's worth. It's reassuring to know there's someone you can rely on to bring a healthy and delicious meal to your door at an affordable price without sacrificing your independence.

After 55 years of service to older Australians in the Sutherland Shire we are the experts in meal delivery. We will work with you to design a meal plan that suits your needs, choices and any dietary requirements.

Meals can be delivered frozen or hot at lunchtime Monday to Fridays.

We are here to help with not only your nutrition but a trusted partner in your care and overall wellbeing.



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MENU 2024



T 1300 637 301

sutherlandfoodservices.com.au

Office Hours 8.30am - 3pm Monday to Friday

MARCH 2024 EDITION

ORDERS: Call 1300 637 301

ONLINE: sutherlandfoodsolutions.com.au

Two (2) days notice for all orders please.

All meals are available delivered hot

at lunch time (\$1.00 extra)

**DID YOU KNOW YOU CAN USE
PART OF YOUR HOME CARE
PACKAGED FUNDS ON NUTRITION?**

PREMIUM MEALS SIZE approx 350g

served with seasonal vegetables

Beef ragu lasagne		MC	\$9.55
Lamb shanks with mash	GF	MC	\$9.55
Roast turkey breast with gravy	GF	MC	\$9.55
Grilled barramundi with ginger, shallot butter and rice	GF	MC	\$10.40

BEEF size approx 350g

served with seasonal vegetables

Beef and bacon casserole	GF	Flag	\$9.00
Beef stroganoff with potatoes		FFS	
Corned silverside with mash	GF	Flag	
Meatballs in tomato sauce and penne pasta		Flag	
Roast beef with gravy	GF	FFS	
Sausages with mash and gravy		FFS	
Steak and kidney pie with mash		Flag	
Steak and mushroom pie with mash		FFS	
Veal parmigiana with mash	GF	Flag	
Vienna schnitzel with potatoes and gravy		Flag	

PORK size approx 350g

served with seasonal vegetables

Pork meatballs with mushroom and potatoes	GF	FFS	\$9.00
Quiche with bacon spinach and cheese		MC	
Roast pork with gravy	GF	FFS	
Sweet and sour pork with rice		Flag	
Zucchini slice with bacon		FFS	

CHICKEN size approx 350g

served with seasonal vegetables

Apricot chicken with mash	GF	FFS	\$9.00
Chicken and vegetable pie with mash		Flag	
Chicken schnitzel with chips and gravy		Flag	
Curried chicken with rice	GF	Flag	
Honey soy chicken with rice	GF	Flag	
Roast chicken with gravy	GF	FFS	

LAMB size approx 350g

served with seasonal vegetables

Crumbed lamb patties with gravy		Flag	\$9.00
Irish lamb stew	GF	FFS	
Lamb chop with gravy	GF	Flag	
Roast lamb with gravy	GF	FFS	
Shepherd's pie		FFS	

FISH size approx 350g

served with seasonal vegetables

Crumbed fish with mash		FFS	\$9.00
Curried prawns with rice	GF	Flag	
Fish Cake with chips		Flag	

VEGETARIAN size approx 350g

served with seasonal vegetables

Spinach ricotta cannelloni		FFS	\$9.00
Vegetarian pie	GF	FFS	
Vegetarian risotto with mushrooms	GF	FFS	

AROUND THE WORLD size approx 350g

served with seasonal vegetables

Chicken chowmein		FFS	\$9.00
Chicken frittata		FFS	
Sweet and sour fish with rice	GF	FFS	
Tandoori chicken with rice		FFS	

MINI MEALS size approx 200g

served with seasonal vegetables

Apricot chicken with mash		MC	\$6.50
Beef and bacon casserole	GF	Flag	
Beef rissoles with mash		FFS	
Beef stroganoff with macaroni		MC	
Chicken honey curry with rice		MC	
Chicken mornay with spiral pasta		MC	
Chicken tenders with mash & gravy	GF	FFS	
Chicken wing with rice in BBQ sauce	GF	Flag	
Corned silverside with mash	GF	Flag	
Cottage pie	GF	Flag	
Crumbed fish with mash	GF	FFS	
Curried prawns with rice		MC	
Macaroni cheese		Flag	
Roast beef with mash and gravy	GF	FFS	
Roast lamb with mash and gravy	GF	FFS	
Roast pork with mash and gravy	GF	FFS	
Sausages with mash and gravy		FFS	
Shepherd's pie		FFS	
Spaghetti bolognaise		FFS	
Spinach and feta omelette	GF	Flag	
Steak and kidney pie with mash		Flag	
Steak pie with mash		FFS	
Sweet and sour pork with rice		Flag	
Tuna mornay with mash		MC	