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Snap Frozen Meal Menu - Great taste and excellent value

Main Meals \$6.00

Brown Rice Vege Patties potato swt potato beans	  	Creamy Veganballs with beans broccoli carrots	 
Vegan Mixed Bean Casserole	   	Yellow Potato Curry with rice & veg melange	  
Mushroom Casserole potato mash spinach carrots	 	Coconut Dahl with basmati rice	  
Vegetarian Parmi creamy tomato sauce & veg		Barramundi with Lemon butter rice & vege	 
Crumbed Whiting Wedges carrots corn peas		Chicken Breast with mango sauce & vegetables	 
Roast Chicken Breast potato carrots peas		Sweet & Sour Chicken steamed rice mixed veg	  
Honey Soy Chicken fried rice carrots beans	  	Chicken Mushroom Casserole potato beans	
Lamb Casserole potato mash broccoli	 	Beef Pot Roast potato carrots peas	  
Beef Casserole potato mash baked pumpkin peas	 	Beef Stroganoff broccoli carrots potato	 
BBQ Sausage pan fried potato broccoli baked beans	 	Curried Sausages potato mash carrots peas corn	  
Beef Patties w creamy sauce & vegetables			
Pork Steak Diane potatoes carrots cabbage		Pork Sausage onion gravy m/potato carrot peas	 

Main Meals \$7.00

Vegetarian Cottage Pie pumpkin peas	   	Vegetable Pasta Bake carrots beans	  
Macaroni Cheese vege melange peas	 	Curry Prawns with asian greens rice	 
Fish Cake with parsley sauce fries carrots broccoli	 	Chicken Parmigiana potato pumpkin peas	
Curried Chicken boiled rice broccoli carrots		Chicken Asparagus Mornay potato beans vege	 
Chicken Schnitzel mixed vege fries with gravy		Chicken Scallopini bacon potato carrots broccoli	 
Chicken & Vegetable Pie potato pumpkin peas	  	Chicken Strips lemon sauce rice peas & vege	
Butter Chicken with rice	 	Beef Lasagne pumpkin beans	
Beef & Bacon casserole potato pumpkin broccoli	  	Silverside potato carrots cauliflower	
Beef Pie with gravy potato mash peas		Rissolle onion gravy potato mash & veges	
Cottage Pie pumpkin beans	  	Steak & Kidney Pie potato mash carrots beans	
Roast Beef with gravy potato pumpkin peas	  	Vienna Schnitzel potato carrots beans	
Spaghetti Bolognese w zucchini eggplant leek		Veal Parmigiana potato mash carrots peas	 
Ham Steak & Pineapple w potato pumpkin beans	 	Ham & Cheese Omelette rice carrots beans	 
Pork Apple Cranberry Casserole w rice & vege	   	Roast Pork apple gravy pumpkin mash & veges	
Mongolian Lamb w mixed vegetables & rice	  	Sweet & Sour Pork with rice broccoli carrots	 
Roast Lamb w gravy potato pumpkin & greens	 		

Texture Modified Main Meals \$6.50

Available for special dietary needs. Please ask when ordering.

Recommended Heating instructions for 1,000 watt microwave
heating times may vary with microwave strength








Mini meals 3 to 5 minutes (instructions on pack) on high DO NOT THAW

Main meals 5 to 7 minutes (instructions on pack) on high DO NOT THAW

Soups - thaw in refrigerator heat for 2 minutes

Desserts - thaw in refrigerator

DIET KEY LEGEND

 =Soft  = Low Fat  = Low Salt  = Gluten Free  = Lactose Free  = Vegetarian  = Vegan

Snap Frozen Meal Menu - Great taste and value

July 2023 - Menu

Restaurant quality meals delivered FREE by friendly volunteers

200 g Mini Meals \$5.00			
Bubble & Squeak with breakfast sausage		Steak & Kidney Pie potato mash carrots beans	
Meat Pie with gravy potato mash peas		Sausages w gravy potato mash carrots beans	★
Spaghetti Bolognese pumpkin peas	○ ▲	Roast Beef w gravy roast potato pumpkin beans	▲ + ★
Chilli Con Carne	○ + ★	Sweet & Sour Pork with Fried Rice	+
Curried Chicken w rice carrots broccoli	○	Roast Lamb w gravy roast potato pumpkin beans	▲ + ★
Chicken and Vege Pie potato pumpkin peas	○ ▲	Chicken Asparagus Mornay potato & vege	▲
Spinach & Feta Omelette pumpkin Thai veg	○ ☁ ★	Chicken Wing in BBQ sauce w fried rice	★
Singapore Noodle stir fry	☒ +	Crumbed Fish oven fried Chips pumpkin peas	○ +
Macaroni Cheese vege melange	○ ☁		
250g Mini Meals \$5.00			
Cottage Pie carrots peas zucchini topped w mash & cheese	★	Silverside mustard sauce potato carrots broc & cauli	★
Steak & Bacon Casserole potato mash carrots cauli broc	★	Roast Pork apple sauce potato pumpkin broccoli	☒ ★
Roast Chicken Breast potato carrot peas gravy	☒ ★	Garlic Prawns rice broccoli cauliflower carrots	★
Soups \$2.60			
Tomato	○ ★	Minestrone	○ ☒ +
Pumpkin	○ ☒ ▲ ★	Pea and Ham	○ ☒ + ★
Creamy Chicken and Vegetable	○ ☒ ★	Beef and Vegetable	○ ☒ + ★
Potato and Leek	○ ☒ ★	Corn & Bacon chowder	★
Chicken and Corn	+ ★	Chicken and Vegetable broth	○ ☒ ★ +
Chicken Noodle Soup	○ ☒ +		
Desserts \$3.00			
Double Chocolate Pudding	○ ▲	Trifle with Custard	○ ▲
Peaches and custard	☒ ▲ ★	Rice Pudding	○ ☒ ▲ ★
Sticky Date with caramel sauce	○	Stewed Apple with custard	○ ☒ ▲ ★
Tiramisu	○ ★	Apple Rhubarb Crumble with custard	○ ▲
Berry Crumble with custard	★	Chocolate Mousse	○ ☒ ☁ ▲ ★
Carrot Cake	☁	Bread & Butter pudding	○ ▲
Vanilla Tea Cake and custard	○	Mango Flavoured Mousse	○ ☒ ▲ ★
Banana Cake		Lemon Cheesecake	○ ▲ ★
Tropical Pavlova	▲ ★	Lemon Cheesecake Mousse	○ ▲ ★
Desserts \$3.30			
Strawberry Swirl Cheesecake		Apple Pie with cream	
Apricot Pie with cream	▲		
Texture Modified Main Meals \$6.50			
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DIET KEY LEGEND			
○	☒	▲	★
=Soft	= Low Fat	= Low Salt	= Gluten Free
	+	☒	☁
			= Lactose Free
			= Vegetarian
			☒ = Vegan

Tweed Community Support Inc. - Meals on Wheels - Tweed; Turnock Street, Kingscliff

Phone orders: 02 6674 2205 Online orders: tweedmeals.org