

FROZEN MENU

DELIVERY

AVAILABLE MON - FRI

Client Name: _____

Delivery Date: _____

MASTER CATERING - FROZEN MENU

MON TUE WED THU FRI

- [LS] Low Salt
- [GF] Gluten Free
- (V) Vegetarian



2 Crane Street, Concord 2137

Ph: 9747 1135

E: delivery@bcw.org.au

| | MON | TUE | WED | THU | FRI |
|-------------------------------------|---------------|-----|------|------|------|
| BEEF MAIN MEAL (=400g) | | | | | |
| Roast Beef | | | [LS] | [GF] | |
| Cottage Pie | | | [LS] | [GF] | |
| Steak Dianne | | | | | |
| Beef Sausages | | | | | |
| Beef Rissoles | | | [LS] | | |
| Beef Burgundy | | | | | |
| LAMB MAIN MEAL (=400g) | \$7.50 | | | | |
| Roast Lamb | | | [LS] | [GF] | |
| Shepherd's Pie | | | [LS] | [GF] | |
| Lamb & Mint Rissoles | | | | | |
| Lamb & Fruit Curry | | | [LS] | | |
| CHICKEN MAIN MEAL (=400g) | \$7.50 | | | | |
| Roast Chicken | | | [LS] | [GF] | |
| Chicken Schnitzel | | | | | |
| Chicken & Spinach Casserole | | | | | |
| PORK MAIN MEAL (=400g) | \$7.50 | | | | |
| Roast Pork | | | [LS] | [GF] | |
| Pork & Mushroom Casserole | | | | | |
| SEAFOOD MAIN MEAL (=400g) | \$7.50 | | | | |
| Crumbed Fish | | | | | |
| Curried Prawns | | | | | |
| VEGETARIAN MAIN MEAL (=400g) | \$7.50 | | | | |
| Potato & Spinach Pie | | (V) | | | |
| TURKEY MAIN MEAL (=400g) | \$7.50 | | | | |
| Roast Turkey | | | | | [GF] |

MINI MEALS

| | | | | |
|--|---------------|------|--|--|
| CHICKEN MINI MEAL (=280g) | \$5.50 | | | |
| Chicken Schnitzel | | [LS] | | |
| Chicken Parmigiana | | | | |
| Lemon Chicken & Rice | | | | |
| BEEF MINI MEAL (=280g) | \$5.50 | | | |
| Hearty Beef Casserole & Rice & Vegetables | | | | |
| Steak & Mushroom Pie | | [LS] | | |
| Beef Sausages & Gravy | | | | |
| Beef & Black Bean & Rice | | | | |
| Beef Rissoles & Gravy & Vegetables | | | | |
| LAMB MINI MEAL (=280g) | \$5.50 | | | |
| Lamb & Mint Rissoles | | [LS] | | |
| Lamb & Rosemary Pie | | | | |
| Sweet Potato Shepherd's Pie | | | | |
| French Lamb Casserole & Creamed Potato & Vegetables | | | | |
| PORK MINI MEAL (=280g) | \$5.50 | | | |
| Pork Steak with Honey Soy Sauce & Rice & Beans | | | | |
| VEGETARIAN MINI MEAL (=280g) | \$5.50 | | | |
| Spinach & Potato Pie | | | | |
| Macaroni Cheese | | | | |
| PASTA MINI MEAL (=280g) | \$5.50 | | | |
| Spaghetti Bolognaise | | | | |
| SEAFOOD MINI MEAL (=280g) | \$5.50 | | | |
| Tuna Pasta Bake | | | | |
| DESSERTS (=120g) | \$3.00 | | | |
| Peaches, Jelly & Custard | | | | |
| Sticky Date with Caramel Sauce | | | | |
| Butterscotch Pudding & Custard | | | | |
| Tiramisu | | | | |
| Appl Sultana Crumble and Custard | | | | |
| Chocolate Mud Cake | | | | |
| SOUPS (=180g) | \$3.00 | | | |
| Broccoli & Cheese | | (V) | | |
| Chicken & Corn | | | | |
| Pumpkin | | (V) | | |
| Potato & Leek | | (V) | | |
| MUFFINS | \$3.00 | | | |
| Spinach & Ricotta | | | | |
| Bacon & Sweet Corn | | | | |
| Apple Cinnamon | | | | |
| SOUP & MUFFIN COMBINATION (1 x Soup & 1 x Muffin) | \$5.50 | | | |

