

COWRA/GRENFELL FROZEN MEAL SERVICE MENU – JULY 2018	
PICK UP FROM OFFICE – OR DELIVERY WEDNESDAYS & FRIDAYS	
PHONE 6342 4165	
CODES FOR MEALS: (S) SOFT TEXTURED FOOD (GF) GLUTEN FREE	
(LS) LOW SALT (DF) DAIRY FREE	
MAIN MEALS - Bathurst	MAIN MEALS – Bathurst
BEEF - Bathurst - \$6.00	ROASTS - Bathurst - \$6.00 (All GF & LS)
Braised Steak & Onion Gravy (GF) (LS)	Roast Beef & Gravy
Corned Silverside & Parsley Sauce (GF) (LS)	Roast Chicken & Gravy
Cottage Pie (GF) (LS)	Roast Lamb & Gravy
Curried Sausages	Roast Pork & Gravy
Grilled Sausages, Onions & Gravy	Roast Turkey & Gravy
Hi Fibre Rissoles & Gravy (GF) (LS)	
Meatloaf and Gravy (LS)	SEAFOOD – Bathurst - \$6.00
Savoury Mince & Vegetables (GF) (LS)	Cheesy Tuna Bake
Steak & Kidney Pie (LS)	Fish & Potato Bake
Chinese Imperial Beef with Snow Peas	Salmon Patties
	Smoked Cod with Parsley Sauce (GF)
CHICKEN – Bathurst - \$6.00	Steamed Barramundi & Lemon Sauce
Apricot Chicken (LS)	
Chicken Casserole (GF) (LS)	VEGETARIAN – Bathurst - \$6.00
Chinese Chicken and Vegetables (GF)	Pumpkin, Spinach & Feta Frittata (GF) (LS)
Lemon Chicken Schnitzel & Veg. (LS)	Vegetable Pasta Bake (GF) (LS)
Mild Chicken Curry (GF) (LS)	Vegetable Patties - Crumbed (GF)
Mild Satay Chicken	Vegetable Quiche (LS)
	Spinach & Ricotta Cannelloni
LAMB - Bathurst - \$6.00	Coconut Vegetable Korma (LS)
Lamb Casserole (LS)	
Lambs Fry, Bacon & Gravy	FINGER FOOD – Bathurst - \$6.00
Lancashire Hot Pot (LS)	Tempura Fish Bites
Spinach & Almond Stuffed Leg of Lamb (GF)	
	DELUXE: - \$6.50
PASTA - Bathurst - \$ 6.00	Seafood Crepe
Chicken Fettuccini & Vegetables	Steak Dianne (GF) (LS)
Lasagne & Vegetables (LS)	Chicken & Bacon Béarnaise
	Chicken & Mushroom Crepe (LS)
PORK – Bathurst - \$6.00	Chicken Breast w Pistachio & Parmesan
Honey Pork & Pineapple Casserole (GF) (LS)	Honey Chicken with Cashews
Smothered Pork Steaks with Apple (GF)	Barramundi with Prawn Dill Sauce
Sweet & Sour Pork (GF)	
Pork Loin with Apricot, Prunes (GF) (LS)	
	GOURMET:
	Grilled Lamb Chops & Veges (GF) - \$7.60
	King Prawns in Garlic Cream Sauce - \$7.60
	Grilled Fish Fillet w White Wine Cream Sauce and Steamed Potatoes - \$7.60
	Grilled Barramundi Fillet w Ginger, Lime & Shallot Butter on Rice Pilaf (GF) - \$7.60
	Grilled Atlantic Salmon - \$8.40

COWRA/GRENFELL FROZEN MEAL SERVICE MENU – JULY 2018

MAIN MEALS – My Chef	MINI MEALS - Bathurst
BEEF – My Chef - \$6.50	ROASTS – Bathurst - \$4.80 (All GF & LS)
Steak & Bacon Casserole w Pastry Top	Roast Beef & Gravy
Beef & Red Wine Casserole/Mashed Potato	Roast Chicken & Gravy
Beef Spaghetti Bolognese & Vegetables	Roast Lamb & Gravy
Beef Rissoles & Onion Gravy/Mashed Potato	Roast Pork & Gravy
Savoury Mince	Roast Turkey & Gravy
Beef Stroganoff with Macaroni	
Shepherds Pie	BEEF – Bathurst - \$4.80
	Braised Steak & Onion Gravy (GF) (LS)
CHICKEN – My Chef - \$6.50	Corned Silverside & Parsley Sauce (GF)(LS)
Chicken Breast Parmigiana/Creamy Mash	Cottage Pie (GF) (LS)
Chicken Honey/Curry Rice	Curried Sausages
Pan Grilled Chicken Breast/Grain Mustard Sce	Grilled Sausages & Gravy
Creamy Chicken & Mushroom Casserole	Hi-Fibre Rissoles & Gravy (GF)(LS)
Indian Butter Chicken with Steamed Rice	Meatloaf & Gravy (LS)
	Savoury Mince & Vegetables (GF) (LS)
SEAFOOD – My Chef - \$6.50	Steak & Kidney Pie (LS)
Tuna Mornay	Chinese Imperial Beef with Snow Peas
Curried Prawns, Rice & Vegetables	Beef Curry with Steamed Rice (mild) (GF)
	Spaghetti Bolognese
PASTRY – My Chef - \$6.50	
Quiche with Bacon, Spinach & Cheese	CHICKEN – Bathurst - \$4.80
	Apricot Chicken (LS)
SNACKS – My Chef - \$3.40	Chicken Casserole (GF) (LS)
Creamy Bacon & Cheese Pasta	Chinese Chicken & Vegetables (GF)
Chicken Fried Rice	Lemon Chicken Schnitzel & Vegetables (GF)
Spirali Bolognese	Mild Chicken Curry
SOUPS – Bathurst - \$2.00	LAMB – Bathurst - \$4.80
Chicken Stockpot (LS)	Lamb Casserole (LS)
Beef, Barley & Vegetable Soup (GF) (LS)	Lambs Fry, Bacon & Gravy
Potato & Leek Soup (GF)	Lancashire Hot Pot (LS)
Pea & Ham Soup (GF) (LS)	
Pumpkin Soup (GF) (LS)	SEAFOOD – Bathurst - \$4.80
Sweet Corn & Chicken Soup (GF)	Cheesy Tuna Bake
	Fish & Potato Bake
	Salmon Patties
	Smoked Cod with Parsley Sauce (GF)
	Steamed Barramundi & Lemon Sauce
	Curry Prawns with Steamed Rice (DF)
	VEGETARIAN / PASTA – Bathurst - \$4.80
	Vegetable Quiche (LS)
	Chicken Fettuccini & Vegetables
	Lasagne & Vegetables (LS)
	PORK – Bathurst - \$4.80
	Honey Pork & Pineapple Casserole (GF) (LS)
	Sweet & Sour Pork (GF)
	Pork Loin w Apricot, Prune & Apr Sce (GF) (LS)

It is important that the meals are placed in your freezer as soon as they are delivered

MICROWAVE OVEN HEATING INSTRUCTIONS

<p>Microwave - Frozen Main or Mini Meal:</p> <ul style="list-style-type: none"> • DO NOT pierce or remove the film. • Place the meal in the microwave oven in the centre of the turntable. • Thaw on defrost for 3 - 5 minutes, stir, then heat main meals on high for 2 - 4 minutes for mini meals on high for 1 - 2 minutes. 	<p>Microwave - Frozen Desserts:</p> <ul style="list-style-type: none"> • Remove the lid from the container. • Place the dessert in the center of the turntable. • Thaw on defrost for 3 - 5 minutes, stir, then heat on high for 2 - 4 minutes • Note it is safe to put the foil containers in the microwave providing that the container does not touch the sides of the microwave.
<p>Microwave - Thawed Main or Mini Meal:</p> <ul style="list-style-type: none"> • DO NOT pierce or remove the film. • Place the meal in the centre of the turntable. • Heat main meals on high for 3 - 5 minutes and mini meals on high for 3 - 4 minutes. 	<p>Microwave - Thawed Desserts:</p> <ul style="list-style-type: none"> • Remove the lid from the container. • Place the dessert in the centre of the turntable. • Heat on high for 2 - 4 minutes.

OVEN HEATING INSTRUCTIONS

<p>Oven - Frozen Main or Mini Meal:</p> <ul style="list-style-type: none"> • Preheat oven to 170°C or 330°F. Place meal in the oven with film on, and heat main meals for 35-45 minutes and mini meals for 25 - 35 minutes. 	<p>Oven - Frozen Dessert:</p> <ul style="list-style-type: none"> • Preheat oven to 170°C or 330°F. • Place frozen dessert, with the lid on, into the oven and heat for approximately 20 - 30 minutes.
<p>Oven - Thawed Main or Mini Meal:</p> <ul style="list-style-type: none"> • Preheat oven to 170°C or 330°F. • Place meal in the oven with film on, and heat main meals for 25 - 35 minutes and mini meals for 15 - 25 minutes. 	<p>Oven - Thawed Desserts:</p> <ul style="list-style-type: none"> • Place thawed dessert, with the lid on, into the oven and heat for 10 - 15 minutes. • <i>Note cold desserts should be thawed in the refrigerator.</i>

<p>Please Note:</p> <ul style="list-style-type: none"> • Best practice for your frozen meals is to thaw for up to 24 hours in the coldest part of the fridge. • All meals have different heating times. Reheating times are approximate and depend on oven types. • CAUTION FILLING MAY BE HOT PLEASE CHECK BEFORE CONSUMING 	<p>IMPORTANT:</p> <ul style="list-style-type: none"> • Always use meals within 24 hours of removing from the freezer • Never thaw meals at room temperature • Never re-freeze thawed meals • Never leave oven, microwave or stove unattended • Always place frozen meals in your freezer as soon as they are delivered
---	---

If you have any problems, please discuss it with our staff and they can help you. Enjoy 😊