

ASK US HOW

TO ACCESS SUBSIDISED MEALS
THROUGH YOUR HOME CARE
PACKAGE OR SUPPORT AT
HOME PROGRAM!

AFFILIATED WITH MANY
SUPPORT AT HOME PROVIDERS

PICK UP OR DELIVERY
WED / THURS / FRI

HOW TO ORDER:

1. PLACE YOUR ORDER MON-WED
2. CHOOSE DELIVERY DAY
(WED/THURS/FRI)
3. PAY YOUR GAP PAYMENT
4. WE INVOICE YOUR CARE PROVIDER
5. ENJOY YOUR MEALS!

**ORDER
NOW AT
8555 1655**

Shop Front Open
Mon - Thurs: 9:00am - 3pm
Friday :9:00 - 2pm

**3 Commerce
Crescent
Hindmarsh Valley**

convenientchefgoolwa@gmail.com
www.convenient-chef.com.au

**LOCALLY MADE ON THE
FLEURIEU PENINSULA**



**Convenient
Chef**

Fresh Chef Prepared Meals, Delivered!



**Convenient
Chef**

FRESH,
CHEF PREPARED
READY MEALS

PICK UP OR
DELIVERY

8555 1655



MAIN MEALS

Veal Surf & Turf	17.90
Beef Irish Stew GF ★	14.90
Beef Pie & Mash	14.90
Chicken Schnitzel ★	14.90
Chicken Parmigiana	14.90
Honey/Soy/Chick/Noodles	14.90
Chicken and Leek Pie GF	14.90
Thai Chicken Curry GF	14.90
Corned Silverside GF	14.90
English Pork Sausages GF	14.90
Cottage Pie ★	14.90

SEAFOOD DISHES

Grilled Barramundi GF ★	17.90
Garlic Prawns GF	16.90
Crumbed Fish	14.90
Tuna Mornay	13.90

SOUP OF THE WEEK

7.50

ROAST MEALS

Roast Lamb GF ★	14.90
Roast Turkey GF	14.90
Roast Pork GF	14.90
Roast Beef GF	14.90

PASTA DISHES

Beef Lasagne ★	14.90
Spaghetti bolognese	14.90

VEGETARIAN

Vegetarian Lasagne	14.90
Vegetarian Pasta	14.90

SNACK BOXES

Morning Tea Box 11.90

Banana Bread, Yoghurt, grapes
(Juice)

Afternoon Tea Box 11.90

(Muffin, Dried Apple, Cheese
& Crackers, Grapes)

DELIVERY

Fleurieu area	10.00
Other Areas	12.00

LIGHT MEALS & SALADS

Chef Salad GF	14.00
Ploughman's Lunch★	13.00
Roast Pumpkin & Feta GF	13.00
Round quiche Lorraine	8.50
Toasted Ham/Cheese	7.50
Croissant Ham/Cheese	7.50
Side Salad GF	5.00
Mixed Veggies GF	5.00
Gravy Tub GF	5.00

DESSERTS

Cheese Cake★	8.00
Sticky Date Pudding	7.50
Lemon tart	7.50
Apple Pie	7.50
Rice Pudding GF	7.00
Carrot Cake	7.00
Fruit, Jelly & Custard GF	7.00
Fruit, Jelly & Cream GF	7.00
Custard GF	5.00

★ = BEST SELLERS

Autumn/Winter Menu 2026

GF = GLUTEN FREE