

**ASK US HOW**

**TO ACCESS SUBSIDISED MEALS  
THROUGH YOUR SUPPORT AT  
HOME PROGRAM/NDIS  
PACKAGE!**

**AFFILIATED WITH MANY  
SUPPORT AT HOME PROVIDERS**

**PICK UP OR DELIVERY  
WED / THURS / FRI**

**HOW TO ORDER:**

1. PLACE YOUR ORDER ON MON / TUES / WED
2. CHOOSE DELIVERY DAY (MUST ALLOW 2 DAYS NOTICE)
3. PAY YOUR GAP PORTION
4. WE INVOICE THE REMAINDER TO YOUR CARE PROVIDER
5. REPEAT!



**ORDER  
NOW**

**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**



**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
Chicken Schnitzel	14.90
Chicken Parmigiana	14.90
Apricot Chicken*	14.90
English Pork Sausages*	14.90
Swedish Meatballs	14.90
Curried Beef Mince*	14.90
Chicken Korma	14.90
Beef Pie & Mash	14.90
Beef Goulash*	14.90
Cottage Pie	13.90

## SEAFOOD DISHES

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

SOUP OF THE WEEK 7.50

**Gluten-Free - \***

## ROAST MEALS

Roast Lamb*	14.90
Roast Turkey*	14.90
Roast Pork*	14.90

## PASTA DISHES

Spaghetti Carbonara	14.90
Spaghetti Meatballs	13.90
Spaghetti Bolognese	13.90
Beef Lasagne	13.90

## VEGETARIAN

Vegetarian Lasagne	13.90
Vegetable Fried Rice	13.90

## DELIVERY

Fleurieu area	10.00
Other Areas	12.00

## Summer MENU 2026

## LIGHT MEALS & SALADS

Chef Salad*	14.00
Ploughman's Lunch	13.00
Crispy Chicken Salad	13.00
Egg & Beetroot Salad*	13.00
Zucchini Slice	8.00
Toasted Ham/Cheese	7.50
Croissant Ham/Cheese	7.50
Side Salad*	5.00
Mixed Veggies*	5.00
Gravy Tub*	5.00

## DESSERTS

Traditional Trifle	8.00
Cheese Cake	8.00
Sticky Date Pudding	7.50
Lemon tart	7.50
Apple Pie	7.50
Carrot Cake	7.00
Fruit, Jelly & Custard*	7.00
Fruit, Jelly & Cream*	7.00
Custard*	5.00