

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!



CALL TODAY

8555 1655

Shop Front Open

Mon - Thurs: 9:00am - 3pm

Friday: 9:00am - 2pm

**3 Commerce Crescent
Hindmarsh Valley**

**COMMENCING MONDAY
28 SEPTEMBER**

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



**LOCALLY MADE ON THE
FLEURIEU PENINSULA**



Convenient Chef

- ✓ Fresh, never frozen
- ✓ Home Care Friendly
- ✓ Delivered to your door



MAIN MEALS

Chicken Schnitzel	14.90
Chicken Parmigiana	14.90
Apricot Chicken GF	14.90
Honey Mustard Chicken GF	14.90
Butter Chicken Curry GF	14.90
Beef & Mushroom GF	14.90
Beef Chow Mein Noodles	14.90
Beef Pie, Mash & Peas	14.90
Gourmet Meatloaf	14.90
Corned Silverside GF	14.90
English Pork Sausages GF	14.90
Cottage Pie GF	14.90

ROAST MEALS

Roast Lamb GF	15.90
Roast Turkey GF	15.90
Roast Pork GF	15.90
Soup Of The Week	8.50

DELIVERY

Victor & Surrounds	10.00
Other Areas	12.00

PASTA DISHES

Beef Lasagne	14.90
Spaghetti Bolognese	14.90

SEAFOOD DISHES

Grilled Barramundi GF	17.90
Thai Green Prawns GF	17.90
Garlic Prawns GF	17.90
Salmon & Veg Patties	14.90
Tuna Mornay	14.90

VEGETARIAN

Vegetable Lasagne	14.90
Vegetable Fried Rice	14.90

DRINKS AND SNACKS

Orange Juice Box	3.00
UP&GO Vanilla	4.00
Blueberry Muffin	5.50
Banana Bread	5.50
Yogurt Tub	3.00

SPRING/SUMMER 2026

LIGHT MEALS & SALADS

Chef Salad GF	14.00
Ploughman's Lunch	14.00
Greek Chicken Salad GF	14.00
Quiche Lorraine	8.50
Spinach & Tom Quiche	8.50
Ham & Cheese Toastie	8.00
Ham & Cheese Croissant	8.00
Side Salad GF	5.50
Mixed Vegetables GF	5.50
Gravy Tub GF	5.50

DESSERTS

Cheesecake	8.50
Sticky Date Pudding	8.50
Choc Bavarian Slice	8.50
Lemon Tart	8.50
Apple Pie	8.50
Carrot Cake	7.00
Strawberry Mousse	8.00
Fruit, Jelly & Custard GF	8.00
Fruit, Jelly & Cream GF	8.00

GF = GLUTEN FREE