



Convenient Chef

8555 1655

NUTRITIONAL INFORMATION

PLEASE CONTACT OUR STORE SHOULD YOU HAVE ANY QUESTIONS REGARDING INGREDIENTS, SPECIAL REQUESTS OR ALLERGIES.

- ✓ CHEF-PREPARED
- ✓ NUTRITIONALLY DENSE
- ✓ SUBSIDISED MEALS
- ✓ FRESH, NOT FROZEN!
- ✓ PICK UP OR DELIVERY AVAILABLE

MAIN MEALS

Veal Surf & Turf

Veal 115g, bread crumbs, milk, egg, flour, mash, mixed veggies, cream, garlic, salt, maize starch

Beef Irish Stew GF

Diced beef, onion, carrot, potato, celery, cabbage, beef stock, parsley, peas, tomato puree, cornstarch

Beef Pie & Mash

175g four n twenty beef mince pie, Potato mash, carrot, peas, broccoli, cauliflower, GF gravy.

Chicken Schnitzel

Chicken breast 140g, milk, panko breadcrumbs, egg, potato mash, mixed veggies, GF gravy

Chicken Parmigiana

Chicken breast 140g, milk, panko breadcrumbs, egg, potato mash, tomato puree, cheese, mixed veggies.

Honey/Soy/Chick/Noodles

chicken breast, broccoli, cauliflower, carrot, green beans, yellow beans, red capsicum, onion, honey, soy sauce, garlic, sweet chilli sauce, hokkien noodles.

Chicken and Leek Pie GF

chicken breast, leeks, diced carrot, peas, chicken stock, cream, cornstarch, potato mash, cheese.

Thai Chicken Curry GF

chicken breast, onion, thai yellow curry paste, garlic, potato, coconut milk, chicken stock, cornstarch, rice.

Corned Silverside GF

Corned silverside, potato, mixed veggies, flour, milk, butter, parsley, dijon mustard.

English Pork Sausages GF

Pork sausages 180g (gf) , potato mash, mixed veggies, gravy (gf)

Cottage Pie

Beef mince, onion, carrot, garlic, bbq sauce, Worcestershire sauce, GF gravy, water, cornstarch, potato mash, cheese, salt.

SEAFOOD DISHES

Grilled Barramundi GF

Barramundi , mixed herbs, salt, mash potato, mixed veggies, cream, garlic, cornstarch.

Garlic Prawns GF

Prawns, cream, garlic, salt, cornstarch, parsley, red capsicum, rice.

Crumbed Fish

Pollock, eggs, flour, milk, panko crumbs, potato mash, mixed veggies.

Tuna Mornay

Tuna, corn, butter, plain flour, milk, thickened cream, parmesan cheese, shredded cheese, breadcrumbs.

ROAST MEALS

Roast Lamb GF

Lamb leg, salt, dried herbs, potato, mixed veggies, gluten free gravy.

Roast Turkey GF

Turkey breast, potato, mixed veggies, gluten free, gravy.

Roast Pork GF

Beef rump, dried herbs, salt, potato, mixed veggies, gluten free gravy.

Roast Beef GF

Pork leg, salt, potato, mixed veggies, gluten free gravy .

PASTA DISHES

Beef Lasagne

Beef mince, tomato puree, onion, carrot, garlic, herbs, salt, pasta sheets dried, cream, shredded cheese.

Spaghetti bolognese

beef mince, tomato puree, onion, carrot, garlic, mixed herbs, salt., spaghetti.

VEGETARIAN

Vegetarian Lasagne

onions, carrot, eggplant, zucchini, red capsicum, tomato puree, garlic, mixed herbs, salt, pasta sheets, cream, cheese.

Vegetarian Pasta

onions, carrot, eggplant, zucchini, red capsicum, tomato puree, garlic, mixed herbs, salt. spaghetti. cheese, salt.

SNACK BOXES

Morning Tea Box

Banana Bread, Yoghurt, grapes, Juice)

Afternoon Tea Box

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

LIGHT MEALS & SALADS

Chef Salad GF

Chicken breast, prawns, lettuce, onion, cucumber, tomato, carrot, capsicum, mayo, balsamic, seeded mustard.

Ploughman's Lunch

Ham, silverside, salami, pickled onion, gherkin, cucumber, tomato, carrot, egg, cheese, balsamic dressing sachet.

Roast Pumpkin & Feta GF

Roasted pumpkin, baby spinach, feta, pine nuts, dried cranberry, red onion, balsamic dressing sachet.

Round quiche Lorraine

Shortcrust pastry, eggs, milk, cream, shredded cheese, diced bacon, diced onion.

Toasted Ham/Cheese

White bread, butter, ham, cheese.

Croissant Ham/Cheese

Side Salad GF

Lettuce, tomato, cucumber, carrot, capsicum, onion.

Mixed Veggies GF

Broccoli, cauliflower, green beans, peas, carrot.

Gravy Tub GF

DESSERTS

Cheese Cake

Sticky Date Pudding

Dates, unsalted butter, vanilla extract, eggs, self raising flour, brown sugar, bicarb, cream.

Lemon tart

Lemons, egg, flour, butter, sugar, cream.

Apple Pie

Apple, flour, sugar, butter, mixed spices, salt, egg, sultanas, milk, vegetable oil.

Rice Pudding GF

Aborio rice, milk, white sugar, butter, vanilla essence, cinnamon.

Carrot Cake

Carrots, flour, sugar, egg, butter, milk, cream, salt, walnuts, cinnamon.

Fruit, Jelly & Custard GF

Fruit, Jelly & Cream GF

Custard GF

ASK US HOW

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

AFFILIATED WITH OVER 30
PROVIDERS

NO CARE PACKAGE? NO
WORRIES, WE ALSO DELIVER
TO THE GENERAL PUBLIC

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!

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