

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 :9:00 - 2pm

3 Commerce Crescent
Hindmarsh Valley
COMMENCING
MONDAY 13TH JULY

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

Beef Rissoles & Gravy	14.90
Braised Beef & Onions GF	14.90
Lambs Fry & Bacon GF	14.90
Chicken Schnitzel	14.90
Chicken Parmigiana	14.90
Curried Sausages GF	14.90
Apricot Chicken GF	14.90
Mild Beef & Potato Curry	14.90
Corned Silverside GF	14.90
English Pork Sausages GF	14.90
Cottage Pie	14.90

SEAFOOD DISHES

Grilled Barramundi GF	17.90
Baked Salmon GF	17.90
Garlic Prawns GF	16.90
Fish Cakes	14.90
Tuna Mornay	14.90

SOUP OF THE WEEK 8.00

- Freshly prepared
- Pick-up or Delivery

ROAST MEALS

Roast Lamb GF	15.90
Roast Turkey GF	15.90
Roast Pork GF	15.90

PASTA DISHES

Beef Lasagne	14.90
Spaghetti Bolognese	14.90
Cheesy Tuna & Mac	14.90

VEGETARIAN

Vegetarian Lasagne	14.90
Creamy Ravioli	14.90

SNACK BOXES

Morning Tea Box 12.90

Banana Bread, Yoghurt,
Grapes, Juice

Afternoon Tea Box 12.90

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	13.50
Egg & Beetroot Salad GF	13.50
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

Cheesecake	8.00
Sticky Date Pudding	8.00
Lemon Tart	8.00
Apple Pie	8.00
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

Winter Menu 2026

GF = GLUTEN FREE