

Delivery Date: ___/___/___ Name: _____ Week: _____

Client Feedback

How were your previous meals?

- Excellent
 Good
 Fair
 Poor

Comments: _____

Orange Juice

Apple juice

Main Meal & Soup \$12

Main Meal & Dessert \$12

Main Meal, Soup & Dessert \$14

Soup

BASS COAST HEALTH IS PLEASED TO OFFER A RANGE OF MEALS TO SUIT ALL DIETARY AND ALLERGY REQUIREMENTS, HOWEVER OUR FOODS MAY COME INTO CONTACT WITH OTHER FOODS CONTAINING COMMON ALLERGENS DURING PRODUCTION.

1. Pea & Ham

A thick pea soup with vegetables and chunks of ham.

2. Pumpkin

A rich pumpkin soup

3. Fresh Seasonal Vegetable

A hearty vegetable soup made from fresh & locally sourced vegetables

4. Lamb Shank Vegetable

A traditional lamb shank, pearl barley and vegetable soup. *Contains gluten.*

5. Chicken & Corn

A delicious soup made with fresh chicken, vegetables & corn kernels

6. Sweet Potato & Carrot

A delicious sweet puree of sweet potato & carrot

7. Chicken Noodle

A fresh chicken soup with vegetables & noodles. *Contains gluten.*

8. Chicken & Vegetable

A fresh chicken soup made with local fresh vegetables

9. Minestrone

A chunky Italian style soup with fresh vegetables, tomato & pasta. *Contains gluten and Dairy.*

Dessert

ALL OUR DESSERTS MAY CONTAIN TRACES OF PEANUTS, TREE NUTS, SOYBEAN, SESAME SEEDS AND GLUTEN

10. Apple Pie

Home styled apple pie served with custard. *Contains eggs, dairy and gluten.*

11. Sticky Date Pudding

Sumptuous sticky date pudding served with butterscotch sauce & custard. *Contains dairy, eggs, soy bean and gluten.*

12. Chocolate Cheesecake

Vanilla cheesecake with a rich chocolate ganache. *Contains eggs, dairy, gluten and soybean.*

13. Chocolate Pudding

Chocolate pudding served with a delicious chocolate sauce & custard. *Contains dairy, eggs, soybean and gluten.*

14. Lemon Pudding

Lemon pudding served with lemon sauce & custard. *Contains dairy, eggs and gluten.*

15. Apple & Blueberry Crumble

A delicious apple & blueberry crumble served with custard. *Contains eggs, dairy and gluten.*

16. Strawberry Mousse

A light strawberry mousse. *Contains dairy.*

17. Blueberry Cheesecake

Vanilla cheesecake topped with a delicious blueberry sauce and cream. *Contains eggs, dairy and soy bean.*

18. Banana & Toffee Pudding

A banana pudding served with a sweet toffee sauce with custard. *Contains eggs, dairy and gluten.*

19. Chocolate Mousse

A light chocolate mousse. *Contains dairy.*

20. Apple Crumble

Stewed apple topped with a crumble topping & custard. *Contains eggs, dairy and gluten.*

21. Fruit Platter

A selection of cut up seasonal fruit pieces. (Maximum 3 per order)

Mains

22. Roast Beef Sirloin

Roast Beef Sirloin served with seasonal vegetables

23. Roast Chicken

Roast Chicken served with seasonal vegetables
Contains dairy.

24. Roast Leg of Lamb & Mint Sauce

Roast leg of lamb with a delicious mint sauce & seasonal vegetables

25. Roast Leg of Pork & Apple Sauce

Roast leg of pork with a delicious apple sauce & seasonal vegetables

26. Apricot Chicken

Chicken served with apricot sauce on a bed of rice & seasonal vegetables

27. Chicken Schnitzel

Chicken Schnitzel with gravy served with scallop potato & seasonal vegetables.
Contains gluten and dairy.

28. Chicken Dianne

Chicken fillet in a Dianne sauce served with chat potatoes & seasonal vegetables.
Contains dairy.

29. Italian chicken

Chicken in a tomato based Italian sauce served with rice & seasonal vegetables

30. Creamy Garlic Chicken with Pasta

Chicken in a creamy sauce served on pasta with seasonal vegetables.
Contains dairy and gluten.

31. Chicken Chow Mein

A classic Chinese dish with shredded cabbage & vegetables served with rice & seasonal vegetables.
Contains gluten and fish.

32. Crumbed Fish

Crumbed fish served with mashed potato & seasonal vegetables.
Contains fish, eggs, gluten and dairy.

33. Tuna Mornay & Mash

Tuna in a white sauce served with a selection of seasonal vegetables.
Contains fish and dairy.

34. Shepherds Pie (Lamb)

Traditional Shepherds pie with potato topping served with seasonal vegetables.
Contains dairy.

35. Lamb Casserole

Succulent Lamb Casserole served with Mash and seasonal vegetables.
Contains dairy.

36. Curried Sausages & Rice

Lightly curried sausages, served on rice with seasonal vegetables.
Contains lupin, soy and gluten.

37. Beef Sausages & Onion Gravy

Succulent beef sausages with onion gravy on mashed potato & seasonal vegetables.
Contains lupin, dairy and soy.

38. Silverside & White Parsley Sauce

Silverside served with white parsley sauce, mashed potato & seasonal vegetables.
Contains dairy.

39. Braised Beef Steak

Beef, slow cooked, served with a selection of seasonal vegetables.
Contains dairy.

40. Steak Dianne

Tender steak served with a delicious Dianne sauce, chat potatoes & seasonal vegetables.
Contains dairy.

41. Beef Meatloaf

Succulent beef meatloaf served with gravy & seasonal vegetables.
Contains soy and dairy.

42. Beef Rissoles

Rissoles served with gravy and mash with a selection of seasonal vegetables.
May contain traces of soy. Contains dairy.

43. Irish Stew

A traditional Irish stew with roasted chat potatoes & seasonal vegetables.
Contains gluten.

44. Beef Steak Stroganoff

Succulent beef steak in a stroganoff sauce served with chat potatoes & seasonal vegetables.
Contains dairy.

45. Beef Lasagne

A layered pasta with a bolognaise sauce served with seasonal vegetables.
Contains gluten and dairy.

46. Macaroni Bolognaise

Served with seasonal vegetables.
Contains gluten.

47. Fresh Ham Salad

Contains eggs and dairy.

48. Fresh Chicken Salad

Contains eggs and dairy.