

# Helping you live your BEST LIFE

## Menu Winter 2020

Call: 1300 637 301  
Online: [sutherlandfoodservices.com.au](http://sutherlandfoodservices.com.au)

To avoid disappointment, please place your order 2 days in advance.\* \$1.00 charge for hot meals. All meals come with seasonal vegetables. Office hours 8.30am to 3pm Monday to Friday

### **BEEF 350g** Add \$1.00 for hot meals All meals come with seasonal vegetables

Beef and bacon casserole	GF	\$8.55
Beef stroganoff	GF	\$8.55
Corned silverside w parsley sauce	GF	\$8.55
Cottage pie	GF	\$8.55
Roast beef with gravy	GF	\$8.55
Sausages with gravy	GF	\$8.55
Spaghetti Bolognaise		\$8.55
Steak and kidney pie		\$8.55
Steak and mushroom pie		\$8.55
Veal parmigiana	GF	\$8.55
Vienna schnitzel with gravy		\$8.55

### **LAMB 350g** Add \$1.00 for hot meals All meals come with seasonal vegetables

Crumbed Lamb Pattie		\$8.55
Irish lamb stew		\$8.55
Lamb chop with gravy	GF	\$8.55
Lamb and mint rissoles with gravy	GF	\$8.55
Lamb and rosemary Pie		\$8.55
Roast lamb with gravy	GF	\$8.55
Shepherd's pie	GF	\$8.55

### **PORK 350g** Add \$1.00 for hot meals All meals come with seasonal vegetables

Pork, apple & cranberry casserole	GF/DF	\$8.55
Pork steak with honey soy sauce		\$8.55
Quiche with bacon, spinach, cheese		\$8.55
Roast pork with gravy	GF	\$8.55
Sweet & Sour Pork with steamed rice		\$8.55

### **CHICKEN 350g** Add \$1.00 for hot meals All meals come with seasonal vegetables

Apricot and Fig Chicken		\$8.55
Chicken and coriander rissoles with chunky tomato	GF	\$8.55
Chicken and vegetable pie		\$8.55
Chicken schnitzel with gravy		\$8.55
Curried chicken with rice		\$8.55
Honey soy chicken		\$8.55
Roast chicken with gravy	GF	\$8.55
Thai Green Chicken Curry (spicy)		\$8.55

### **FISH 350g** Add \$1.00 for hot meals All meals come with seasonal vegetables

Crumbed fish & Chips		\$8.55
Curried prawns and rice	GF	\$8.55
Salmon fish cakes		\$8.55
Steamed Fish		\$8.55

### **PREMIUM MEALS** Add \$1.00 for hot meals All meals come with seasonal vegetables

Beef ragu Lasagne		\$9.00
Lamb shanks with creamy mash	GF	\$9.00
Pulled pork with BBQ sauce	GF	\$9.00
Roast turkey breast with gravy	GF	\$9.00
Grilled atlantic salmon with lemon and dill cream sauce		\$10.00
Grilled barramundi with ginger shallot butter and rice	GF	\$11.00

### **VEGETARIAN 350g** Add \$1.00 for hot meals All meals come with seasonal vegetables

Macaroni cheese		\$8.55
Vegetarian cottage pie	GF	\$8.55
Mixed Bean Casserole with Rice		\$8.55

## MINI MEALS 200g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Apricot chicken with mash potato		\$6.15
Beef and bacon casserole		\$6.15
Beef stroganoff		\$6.15
Chicken and cheese pie		\$6.15
Chicken honey curry with rice		\$6.15
Chicken mornay with spiral pasta		\$6.15
Chicken schnitzel with gravy		\$6.15
Chicken wing in BBQ sauce	GF	\$6.15
Corned silverside with parsley sauce	GF	\$6.15
Cottage pie	GF	\$6.15
Crumbed Fish and Chips		\$6.15
Curried prawns with rice		\$6.15
Lamb and mint rissole with gravy	GF	\$6.15
Lamb and rosemary pie		\$6.15
Macaroni cheese		\$6.15
Meat pie, mash and vegetables		\$6.15
Pork steak with honey soy sauce		\$6.15
Pumpkin & arancini/mushroom balls		\$6.15
Roast beef with gravy	GF	\$6.15
Roast lamb with gravy	GF	\$6.15
Roast pork with gravy	GF	\$6.15
Sausages with gravy	GF	\$6.15
Shepherd's Pie	GF	\$6.15
Spaghetti bolognese		\$6.15
Spinach and fetta omelette	GF	\$6.15
Steak and kidney pie		\$6.15
Tuna mornay with mashed potato		\$6.15

## MODIFIED MEALS 350g

Beef, Lamb or Chicken Add \$1.00 for hot meals

All meals come with seasonal vegetables.

Minced meals		\$9.00
Pureed meals		\$9.00
Soft/chopped meals		\$9.00

## SOUPS

Add \$1.00 for hot meals

Beef and vegetable	GF	\$4.00
Chicken and vegetable	GF	\$4.00
Minestrone		\$4.00
Pea and ham		\$4.00
Potato and leek		\$4.00
Pumpkin	GF	\$4.00

## DESSERT

Apple sultana crumble with custard		\$4.00
Apple rhubarb crumble		\$4.00
Baked vanilla rice pudding	GF	\$4.00
Banana cake		\$4.00
Blueberry sponge crumble w custard		\$4.00
Bread and butter pudding		\$4.00
Carrot cake		\$4.00
Choc mud cake		\$4.00
Chocolate mousse	GF	\$4.00
Fruit salad	GF	\$4.00
Jelly peaches and custard	GF	\$4.00
Lemon cheesecake		\$4.00
Sticky date pudding w caramel sauce		\$4.00
Tiramisu pudding		\$4.00
Tropical pavlova		\$4.00

## It's like having a familiar friend around for dinner.

At Sutherland Food Services we are about working with you to maintain your wellbeing, nutrition and independence.

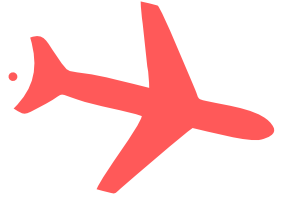
Meal times have always been meant to be shared with others. At times, particularly if you live alone, preparing a variety of healthy well balanced meals can seem more effort than its worth. At these times it's nice to know there is someone you can rely on to bring a satisfying meal to your door, at an affordable price and a chat.

Our menu consists of an extensive range of meals suitable for all tastes, lifestyles and dietary restrictions. Meals are delivered Monday to Friday, frozen or hot at lunch time with an easy to use online ordering system or a quick phone call.

We are able to provide meals to eligible individuals who are registered with My Aged Care (1800 200 422). We also cater for Aged Care Packages or private customers for a small administration fee provided we have no waiting list for eligible customers.

If you want to discuss any aspect of our service, just give us a call or drop us an email.

# TAKE A TRIP **AROUND THE WORLD MENU**



## **Hokkein noodles with BBQ Pork | 350gm \$8.55**

A traditionally popular dish from the Province of Hokkien in China, made from thick noodles, strips of BBQ pork, eggs, sliced beans, carrots, onions and spices.

## **Beef in Black Bean Sauce | 380gm \$8.55**

Tender pieces of beef served with flavoursome black bean sauce mixed with capsicum, carrots and celery.

## **Butter chicken | 380gm \$8.55**

Tasty chicken pieces cooked in a traditional rich tomato & butter sauce.

## **Sweet and Sour Fish Cocktails | 380gm \$8.55**

Fish Cocktails in a traditional sweet and sour sauce flavoured with capsicums, carrots and pineapples.

## **Penne Chicken Boscaiola | 380gm \$8.55**

Penne pasta loaded with mushrooms, chicken, peas, and a touch of cream.

*Add some spice  
to your life*

