

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
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

*Menu is correct at time of printing, April 2021.
Menu items and prices may change.

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

At times preparing healthy meals can seem more effort than its worth. Its nice to know there's someone you can rely on to bring a healthy and satisfying meal to your door at an affordable price, without sacrificing your independence.

Sutherland Food Services has been providing meals throughout the Sutherland Shire for over 50 years, helping locals maintain a healthy diet and independence with ready made meals delivered to the door with a warm smile.

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 give us a 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.

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sutherlandfoodservices.com.au

SUTHERLAND
FOOD
SERVICES

Helping you live your
BEST LIFE



MENU

Autumn/Winter 2021

T 1300 637 301

MENU

Autumn 2021

To avoid disappointment, please place your order 2 days in advance.*

\$1.00 charge for hot meals.

All meals come with seasonal vegetables.

ORDERS - Call 1300 637 301
from 830am until 3pm Monday to Friday

Online: sutherlandfoodsolutions.com.au



Our new online ordering system is now available anytime you need to order. You will receive a confirmation email and order number.

BEEF 350g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Beef and bacon casserole	GF	\$8.55
Beef stroganoff with rice		\$8.55
Corned silverside w parsley sauce	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	GF	\$8.55
Lamb chop with gravy	GF	\$8.55
Lamb and mint rissoles with gravy	GF	\$8.55
Roast lamb with gravy	GF	\$8.55
Shepherd's pie		\$8.55

PORK 350g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Pork, apple & cranberry casserole	GF	\$8.55
Quiche with bacon, spinach, cheese		\$8.55
Roast pork with gravy	GF	\$8.55
Sweet & sour pork with steamed rice		\$8.55
Pork & red wine ragu	GF	\$8.55

CHICKEN 350g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Apricot and fig chicken		\$8.55
Chicken and vegetable pie		\$8.55
Chicken schnitzel with gravy		\$8.55
Curried chicken with rice		\$8.55
Honey soy chicken with rice		\$8.55
Roast chicken with gravy	GF	\$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

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
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

Creamy pasta & veg		\$8.55
Vegetarian risotto		\$8.55
Spinach ricotta cannelloni		\$8.55

MINI MEALS 200g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Apricot chicken with mashed potato		\$6.15
Beef and bacon casserole		\$6.15
Beef stroganoff with macaroni		\$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
Macaroni cheese		\$6.15
Meat pie, mashed potato and vegetables		\$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 bolognaise		\$6.15
Spinach and feta omelette	GF	\$6.15
Steak and kidney pie		\$6.15
Tuna mornay with mashed potato		\$6.15