

MEALS SERVED

...with a side of company



Menu Spring/Summer 2021

Call: 1300 637 301
Online: sutherlandfoodservices.com.au

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

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

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

Beef and bacon casserole	GF	\$8.80
Beef stroganoff with rice		\$8.80
Corned silverside with mash and parsley sauce	GF	\$8.80
Roast beef with gravy	GF	\$8.80
Sausages with mash and gravy		\$8.80
Spaghetti bolognese		\$8.80
Steak and kidney pie with mash		\$8.80
Steak and mushroom pie with mash		\$8.80
Veal parmigiana with mash	GF	\$8.80
Vienna schnitzel with gravy		\$8.80

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

Pork, apple & cranberry casserole	GF	\$8.80
Pork & red wine ragu	GF	\$8.80
Quiche with bacon, spinach, cheese		\$8.80
Roast pork with gravy	GF	\$8.80
Sweet & sour pork with steamed rice		\$8.80

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

Crumbed lamb patties with gravy		\$8.80
Irish lamb stew	GF	\$8.80
Lamb chop with gravy	GF	\$8.80
Lamb and mint rissoles with mash and gravy	GF	\$8.80
Roast lamb with gravy	GF	\$8.80
Shepherd's pie		\$8.80



ONLINE ORDERS:
sutherlandfoodservices.com.au

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

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

Beef ragu lasagne		\$9.25
Lamb shanks with creamy mash	GF	\$9.25
Roast turkey breast with gravy	GF	\$9.25
Grilled atlantic salmon with lemon and dill cream sauce & steamed potato		\$10.15
Grilled barramundi with ginger shallot butter and rice	GF	\$10.15

AROUND THE WORLD Add \$1.00 for hot meals

Beef in black bean sauce with rice		\$8.80
Butter chicken with rice		\$8.80
Hokkein noodles with BBQ pork		\$8.80
Penne chicken boscaiola		\$8.80
Sweet and sour fish cocktails with rice		\$8.80

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

Apricot and fig chicken		\$8.80
Chicken and vegetable pie with mash		\$8.80
Chicken schnitzel with gravy		\$8.80
Curried chicken with rice	GF	\$8.80
Honey soy chicken with rice	GF	\$8.80
Roast chicken with gravy	GF	\$8.80

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

Crumbed fish & mash		\$8.80
Curried prawns and rice	GF	\$8.80
Salmon fish cakes		\$8.80

*Menu is correct at time of printing, September 2021. Menu items and prices may change without notice. GF Gluten Free.

VEGETARIAN 350g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Creamy pasta & veg	\$8.80
Spinach ricotta cannelloni	\$8.80
Vegetarian risotto with mushrooms	GF \$8.80

MODIFIED MEALS 350g

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

All meals come with seasonal vegetables.

Minced meals	\$9.25
Pureed meals	\$9.25
Soft/chopped meals	\$9.25

Meals selection subject to availability.

MINI MEALS 200g

Add \$1.00 for hot meals

All meals come with seasonal vegetables

Apricot chicken with mashed potato	\$6.30
Beef and bacon casserole	\$6.30
Beef stroganoff with macaroni	\$6.30
Chicken honey curry with rice	\$6.30
Chicken mornay with spiral pasta	\$6.30
Chicken schnitzel with mash and gravy	\$6.30
Chicken wing in BBQ sauce	GF \$6.30
Corned silverside with parsley sauce	GF \$6.30
Cottage pie	GF \$6.30
Crumbed fish and chips	\$6.30
Curried prawns with rice	\$6.30
Lamb & mint rissole with mash & gravy	GF \$6.30
Macaroni cheese	\$6.30
Meat pie, mashed potato and vegetables	\$6.30
Roast beef with gravy	GF \$6.30
Roast lamb with gravy	GF \$6.30
Roast pork with gravy	GF \$6.30
Sausages with mash and gravy	GF \$6.30
Shepherd's Pie	GF \$6.30
Spaghetti bolognese	\$6.30
Spinach and feta omelette	GF \$6.30
Steak and kidney pie with mash	\$6.30
Tuna mornay with mash	\$6.30

SOUPS

Add \$1.00 for hot meals

Beef and vegetable	GF \$4.15
Chicken and vegetable	GF \$4.15
Pea and ham	\$4.15
Potato and leek	GF \$4.15
Pumpkin	GF \$4.15

SNACKS

Omelette Bites - Box of 4 mini omelettes	\$2.50
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DESSERT

Apple sultana crumble with custard	\$4.15
Apple rhubarb crumble with custard	\$4.15
Baked vanilla rice pudding	GF \$4.15
Banana cake	\$4.15
Blueberry sponge crumble with custard	\$4.15
Bread and butter pudding	\$4.15
Carrot cake	\$4.15
Choc mud cake with custard	\$4.15
Chocolate mousse	GF \$4.15
Fruit salad	GF \$4.15
Jelly peaches and custard	GF \$4.15
Lemon cheesecake	\$4.15
Sticky date pudding with caramel sauce	\$4.15
Tiramisu pudding	\$4.15
Tropical pavlova	GF \$4.15

MEALS SERVED

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

Sutherland Food Services has been providing meals to the Sutherland Shire for over 50 years. Our menu consists of an extensive range of meals suitable for all tastes and dietary restrictions. Meals are delivered Monday to Friday either frozen or hot at lunch time.

We will work with you regarding registration with My Aged Care, your package provider or any other aspect of your service to ensure your independence, nutrition and wellbeing.

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

430 Kingsway, Caringbah NSW 2229
Post Office Box 2497 Taren Point 2229

T 1300 637 301

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