



READY MADE MEALS

Meals are prepared by Chefs and vacuum packaged. They are fresh not frozen with no preservatives added. They offer everyday tasty home cooked style meals, generous portions and no preparation.

The meals are simply reheated in a saucepan of boiling water for 10 minutes or reheated in the microwave.

Meals

Chicken and Pumpkin Risotto

Braised Arborio Rice with Char Grilled Chicken, roasted Pumpkin and Parmesan Cheese **\$10**

Linguine Pasta with your Choice of Sauce

Carbonara or Traditional Bolognese **\$10**

Beef Stroganoff

Sautéed Beef Strips, Mushroom and Onions in a White Wine, Sour Cream and Tomato Sauce. **\$13**
Served with Rice

Lamb Rogan Josh Curry

Braised Diced Lamb with Tomato, Turmeric and Indian Spices in a Rich Yoghurt Sauce. **\$13**
Served with Rice

Butter Chicken Curry

Sautéed Chicken with Tomato, Cumin and Indian Spices in Tomato Cream Sauce **\$13**
Served with Rice

Vegetarian Lasagne

Char Grilled Sweet Potato & Zucchini with Feta, Layered Pasta, Tomato & Béchamel Sauce **\$13**
Served with Steamed Vegetables

Dessert

Lemon Cheesecake with Grand Marnier Summer Berries **\$6**

Strawberry & Passion fruit Trifle **\$6**

Chocolate and Macadamia Pudding with Rich Chocolate Sauce (self saucing) **\$6**

Banana & Date Pudding (self saucing) **\$6**



Heating Instructions.

Please see individual products but in general:

Stove Top

(Recommended method)

- 3.4 fill large saucepan with hot water. Use large hot plate on high heat
- Bring water to the boil
- Add unopened pouches of food
- Replace lid and keep heat on high
- Heating time should start when the water returns to the boil
- HEAT FOR 10 MINUTES
- Remove food with tongs. Stand on side of the sink
- Cut top of sachet with scissors or a sharp knife – take care contents are HOT
- Use tongs to remove food from the pouch.

Microwave

- Empty contents into microwave safe bowl or onto plate
- Cover with Glad Wrap
- Microwave for 2 minutes on Medium High
- Stir or turn food
- Microwave for a further 2 minutes on Medium High
- Ensure contents are piping hot throughout the whole meal
- Let stand for 2 minutes.

Please note: pierce the bag if you choose to microwave the food in its pouch instead.