



Food for Life

**MEALS AND ACCOMPANYING
VEGETABLES**

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BEEF

100	Beef Rissole	Mashed Potato / Mix
101	Corned Beef with Parsley Sauce	Mashed Potato / Brussel Sprouts / Carrot
102	Country Casserole	Rice / Carrot / Beans
103	Beef Curry	Rice / Broccoli/ Corn
104	Beef Lasagne	Mix / Cauliflower / Beans
105	Beef Stroganoff	Pasta / Mix
107	Spaghetti Bolognese	Corn / Medley
108	Hearty Mince Casserole	Mix / Medley
109	Savoury Mince	Mashed Potato / Carrot / Beans / Peas
110	Cottage Pie	Peas / Beans / Carrot / Corn
112	Meat Pastie	Mashed Potato / Carrot / Beans
113	Roast Beef	Potatoes / Pumpkin / Beans
114	Meatballs in Gravy	Mashed Potato / Carrot / Peas
115	Spaghetti & Italian Meatballs	Peas / Beans / Carrot / Corn
116	Sweet & Sour Meatballs	Rice / Medley
119	Chilli Con Carne in Oven Baked Potato	Peas / Beans / Carrot / Corn
120	Thai Beef Curry	Rice / Medley
141	Steak & Kidney Pie	Mashed Potato / Mix
142	Steak & Mushroom Pie	Mashed Potato / Broccoli / Carrot
150	Sausages in Onion & Gravy	Mashed Potato / Mix
151	Curried Sausages	Rice / Carrot / Peas
152	Savoury Sausages	Mashed Potato / Carrot / Beans

LAMB

200	Lamb Curry	Rice / Carrot / Beans
201	Minted Lamb Casserole	Mashed Potato / Mix
202	Traditional Irish Stew	Mashed Potato / Brussel Sprouts / Carrot
203	Lamb Korma	Rice / Peas / Carrot

PORK

300	Pork & Apple Casserole	Mashed Potato / Carrot / Green Beans
301	Ham & Potato Bake	Peas / Beans / Carrot / Corn
302	Sweet & Sour Pork	Rice / Medley
303	Ham Steak & Pineapple	Mashed Potato / Carrot / Peas
305	Bacon & Egg Slice	Mashed Potato / Carrot / Peas
306	Roast Pork	Potatoes / Pumpkin / Peas
308	Pork Riblet with Home-made BBQ Sauce	Mashed Potato / Peas / Pumpkin
309	Spiced Pork Casserole	Cauliflower Rice / Medley

CHICKEN

600	Chicken Chop Suey	Rice / Medley
601	Chicken Curry	Rice / Carrot / Beans
602	Chicken Patties	Mashed Potato / Mix
604	Creamy Mustard Chicken	Rice / Broccoli / Carrot
605	Chicken Cacciatore	Rice / Peas / Carrot
606	Mushroom Chicken	Mashed Potato / Mix
607	Apricot Chicken	Pasta / Peas / Carrot
608	Sweet & Sour Chicken	Rice / Broccoli / Corn
609	Roast Chicken	Potatoes / Pumpkin / Beans
610	Chicken Schnitzel	Mashed Potato / Mix
611	Chicken Parmigiana	Mashed Potato / Carrot / Peas
612	Lemon Chicken	Rice / Medley
613	Chicken & Vegetable Pie	Mashed Potato / Carrot / Beans

FISH

800	Crumbed Fish (no sauce)	Wedges / Carrot / Peas
801	Crumbed Fish & Seafood Sauce	Wedges / Carrot / Peas
802	Crumbed Fish & Cheese	Wedges / Carrot / Peas
803	Crumbed Fish & Tartare Sauce	Wedges / Mix
804	Crumbed Fish & Fresh Lemon	Wedges / Carrot / Beans
805	Crumbed Fish & Sweet & Sour Sauce	Wedges / Carrot / Beans
806	Baked Fish (uncooked)	Mashed Potato / Peas / Carrot
807	Fish & Parsley (uncooked)	Mashed Potato / Mix
808	Tuna Patties	Mashed Potato / Peas / Carrot
809	Tuna Mornay	Peas / Beans / Carrot / Corn

VEGETARIAN

900	Frittata	Mashed Potato / Carrot / Peas
902	Vegetable Open Pie	Mashed Potato / Carrot / Peas
903	Pastie	Mashed Potato / Brussel Sprouts / Carrot
904	Savoury Stuffed Potato	Carrot / Beans / Corn / Peas
905	Macaroni Cheese	Corn / Peas / Medley
906	Vegetarian Lasagne	Cauliflower / Peas / Carrot / Beans
907	Spinach Ravioli in Italian Sauce	Cauliflower / Peas / Carrot / Beans
908	Vegetable Fritters	Mashed Potato / Mix
909	Chickpea Vegetable Curry	Rice / Broccoli / Carrot

MIX CONTAINS: Green Beans / Carrot / Turnip / Peas

MEDLEY CONTAINS: Carrot, Baby Corn, Sugar Peas, Red Capsicum, Celery (from August 2018)

WEDGES have skin on

DISCLAIMER: HOME CHEF does not claim to treat or cure any disease and is not a substitute for medications. If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information provided by Home Chef.

This ingredient list is a guide only and may change without notice due to seasonal changes and product availability.