



Food for Life

# Meals and Accompanying Vegetables

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<u>BEEF</u>		
100	Beef Rissole	Mash / *Mix
101	Corned Beef with Parsley Sauce	Mash / Broccoli / Carrots
102	Country Casserole	Rice/ Carrot / Beans
103	Beef Curry	Rice/ Broccoli/ Corn
104	Beef Lasagne	*Mix / Cauliflower
105	Beef Stroganoff	Mash Potato / *Mix
107	Spaghetti Bolognaise	*Mix
108	Hearty Mince Casserole	*Mix
109	Savoury Mince	Mash Potato / Carrots / Peas
110	Cottage Pie	Carrots / Beans
112	Meat Pastie	Mash Potato / Carrots / Beans
113	Roast Beef	Potatoes/ Pumpkin / Beans
114	Meatballs in Gravy	Mash Potato / Carrot / Peas
115	Spaghetti & Italian Meatballs	Carrots / Peas
116	Sweet & Sour Meatballs	Rice / **Medley
119	Chilli Con Carne in Oven Baked Potato	Corn / Beans
141	Steak & Kidney Pie	Mash Potato / *Mix
142	Steak & Mushroom Pie	Mash Potato / Broccoli / Carrots
150	Sausages in Onion & Gravy	Mash Potato / *Mix
151	Curried Sausages	Rice / Carrots / Peas
152	Savoury Sausages	Mash Potato / Carrots / Beans
<u>LAMB</u>		
200	Lamb Curry	Rice / Carrots / Beans
201	Minted Lamb Casserole	Mash Potato / *Mix
202	Traditional Irish Stew	Mash Potato / Broccoli / Carrots
203	Lamb Korma	Rice / Peas / Carrots
<u>PORK</u>		
300	Pork & Apple Casserole	Mash Potato / Beans / Carrot
301	Ham & Potato Bake	Peas / Carrots
302	Sweet & Sour Pork	Rice / **Medley
305	Bacon & Egg Slice	Mash Potato / Carrot / Peas
306	Roast Pork	Potatoes / Pumpkin/ Peas
308	Pork Riblet	Potatoes / Pumpkin/ Peas

<b>CHICKEN</b>		
600	Chicken Chop Suey	Rice / **Medley
602	Chicken Patties	Mash Potato / *Mix
601	Chicken Curry	Rice / Carrots / Beans
604	Creamy Mustard Chicken	Rice / Broccoli / Carrots
605	Chicken Cacciatore	Rice / Carrots / Peas
606	Mushroom Chicken	Mash Potato / *Mix
607	Apricot Chicken	Mash Potato / Peas / Carrots
608	Sweet & Sour Chicken	Rice / Broccoli / Corn
609	Roast Chicken	Potatoes / Pumpkin / Beans
610	Chicken Schnitzel	Mash Potato / *Mix
611	Chicken Parmigiana	Mash Potato / Carrot / Peas
613	Chicken & Vegetable Pie	Mash Potato / Carrot / Beans
614	Thai Green Curry Chicken	Rice / **Medley
615	Butter Chicken	Rice / **Medley
<b>FISH</b>		
800	Crumbed Fish (no sauce)	Wedges / Carrot / Peas
801	Crumbed Fish & Seafood Sauce	Wedges / Carrot / Peas
803	Crumbed Fish & Tartare Sauce	Wedges / *Mix
804	Crumbed Fish & Fresh Lemon	Wedges / Carrots / Beans
805	Crumbed Fish & Sweet & Sour Sauce	Wedges / Carrots / Beans
806	Baked Fish (uncooked)	Mash Potato / Peas / Carrot
807	Fish & Parsley (uncooked)	Mash Potato / *Mix
808	Tuna Patties	Mash Potato / Carrots / Beans
809	Tuna Mornay	Carrots / Beans
810	Fish Korma	Rice / **Medley
<b>VEGETARIAN</b>		
900	Frittata	Mash Potato / Carrot/ Peas
902	Vegetable Open Pie	Mash Potato / Carrot / Peas
903	Pastie	Mash Potato / Carrot / Broccoli
904	Savoury Stuffed Potato	**Medley
905	Macaroni Cheese	**Medley
906	Vegetarian Lasagne	Carrots / Broccoli
907	Spinach Ravioli in Italian Sauce	Cauliflower / Beans
908	Vegetable Fritters	Mash Potato / *Mix
909	Chickpea Vegetable Curry	Rice / Broccoli / Carrots

\*Mix contains: Green Beans, Carrots, Turnips, Peas

\*\*Medley contains: Carrots, Baby Corn, Snap Peas, Capsicum, Celery