



Meals and Accompanying Vegetables

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<u>BEEF</u>		
1100	Beef Rissole	Mash / *Mix
1101	Corned Beef with Parsley Sauce	Mash / Broccoli / Carrots
1102	Country Casserole	Rice/ Carrot / Beans
1103	Beef Curry	Rice/ Broccoli/ Corn
1104	Beef Lasagne	*Mix / Cauliflower
1105	Beef Stroganoff	Mash Potato / *Mix
1107	Spaghetti Bolognaise	*Mix
1108	Hearty Mince Casserole	*Mix
1109	Savoury Mince	Mash Potato / Carrots / Peas
1110	Cottage Pie	Carrots / Beans
1112	Meat Pastie	Mash Potato / Carrots / Beans
1113	Roast Beef	Potatoes/ Pumpkin / Beans
1114	Meatballs in Gravy	Mash Potato / Carrot / Peas
1115	Spaghetti & Italian Meatballs	Corn / Peas
1116	Sweet & Sour Meatballs	Rice / **Medley
1119	Chilli Con Carne in Oven Baked Potato	Corn / Beans
1141	Steak & Kidney Pie	Mash Potato / *Mix
1142	Steak & Mushroom Pie	Mash Potato / Broccoli / Carrots
1150	Sausages in Onion & Gravy	Mash Potato / *Mix
1151	Curried Sausages	Rice / Carrots / Peas
1152	Savoury Sausages	Mash Potato / Carrots / Beans
<u>LAMB</u>		
1200	Lamb Curry	Rice / Carrots / Beans
1201	Minted Lamb Casserole	Mash Potato / *Mix
1202	Traditional Irish Stew	Mash Potato / Broccoli / Carrots
1203	Lamb Korma	Rice / Peas / Carrots
<u>PORK</u>		
1300	Pork & Apple Casserole	Mash Potato / Beans / Carrot
1301	Ham & Potato Bake	Peas / Carrots
1302	Sweet & Sour Pork	Rice / **Medley
1305	Bacon & Egg Slice	Mash Potato / Carrot / Peas
1306	Roast Pork	Potatoes / Pumpkin/ Peas
1308	Pork Riblet	Potatoes / Pumpkin/ Peas

<u>CHICKEN</u>		
1600	Chicken Chop Suey	Rice / **Medley
1602	Chicken Patties	Mash Potato / *Mix
1604	Creamy Mustard Chicken	Rice / Broccoli / Carrots
1605	Chicken Cacciatore	Rice / Carrots / Peas
1606	Mushroom Chicken	Mash Potato / *Mix
1607	Apricot Chicken	Mash Potato / Peas / Carrots
1608	Sweet & Sour Chicken	Rice / Broccoli / Corn
1609	Roast Chicken	Potatoes / Pumpkin / Beans
1610	Chicken Schnitzel	Mash Potato / *Mix
1611	Chicken Parmigiana	Mash Potato / Carrot / Peas
1613	Chicken & Vegetable Pie	Mash Potato / Carrot / Beans
1614	Thai Green Curry Chicken	Rice / **Medley
1615	Butter Chicken	Rice / **Medley
<u>FISH</u>		
1800	Crumbed Fish (no sauce)	Wedges / Carrot / Peas
1801	Crumbed Fish & Seafood Sauce	Wedges / Carrot / Peas
1803	Crumbed Fish & Tartare Sauce	Wedges / *Mix
1804	Crumbed Fish & Fresh Lemon	Wedges / Carrots / Beans
1805	Crumbed Fish & Sweet & Sour Sauce	Wedges / Carrots / Beans
1806	Baked Fish (uncooked)	Mash Potato / Peas / Carrot
1807	Fish & Parsley (uncooked)	Mash Potato / *Mix
1808	Tuna Patties	Mash Potato / Carrots / Beans
1809	Tuna Mornay	Carrots / Beans
1810	Fish Korma	Rice / **Medley
<u>VEGETARIAN</u>		
1900	Frittata	Mash Potato / Carrot/ Peas
1902	Vegetable Open Pie	Mash Potato / Carrot / Peas
1903	Pastie	Mash Potato / Carrot / Broccoli
1904	Savoury Stuffed Potato	**Medley
1905	Macaroni Cheese	**Medley
1906	Vegetarian Lasagne	Carrots / Broccoli
1907	Spinach Ravioli in Italian Sauce	Cauliflower / Beans
1908	Vegetable Fritters	Mash Potato / *Mix
1911	Spinach and Red Lentil Dahl	Rice / Broccoli / Carrots

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

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