

# Main Meals – Oldies but Goodies



## BBQ Sausages

Tasty beef sausages in a barbecue sauce. Served with pan-fried potatoes, broccoli, and baked beans.

*Gourmet Meals, Gluten Free, Dairy Free, High Protein*



## Chicken Roast

Succulent roast chicken breast. Served with gravy, creamed potatoes, carrots and peas.

*Gourmet Meals, Gluten Free, High Protein*



## Corned Beef

Traditional corned beef with a white mustard sauce. Served with carrots, cauliflower, broccoli and mashed potatoes.

*Gourmet Meals, Gluten Free, High Protein*



## Cottage Pie

Savoury beef mince mixed with carrots, peas and zucchini, topped with a creamy mash and cheese.

*Gourmet Meals, Gluten Free, High Protein*



## French Chicken Casserole

Slow braised chicken and vegetables with a creamy thyme sauce. Served with potatoes and pumpkin.

*Shoalhaven Chef, High Protein*



## Lamb Roast

Lamb roast with mint gravy. Served with mixed vegetables, pumpkin and roasted chat potatoes.

*Gourmet Meals, Gluten Free, Dairy Free, High Protein*



## Lasagne

Traditional minced beef lasagne. Served with a side of carrots and beans.

*Jervis Bay, High Protein*



## Pork Roast

Pork roast in a rich apple gravy served with pumpkin mash, roast potatoes, sweet potato and mixed seasonal vegetables.

*Gourmet Meals, Gluten Free, High Protein*

# Main Meals – Something Different



## Beef & Guinness Casserole

Rich beef casserole, slow cooked in Guinness stout, beef broth, celery, tomatoes, onions and mushrooms. Served with steamed potatoes, carrots and broccoli.

*Jervis Bay, Gluten Free, Dairy Free*



## Chicken Laksa

Rich yet mild laksa with chicken, vegetables and noodles. A warming autumn/winter dish.

*Shoalhaven Chef, High Protein*



## Country Lamb Stew

Hearty braised lamb, pearl barley and a mix of aromatic vegetables. Served with minted peas.

*Shoalhaven Chef, High Protein*



## Meatloaf with Barbecue Glaze

Traditional beef meatloaf packed with vegies and a smoky barbecue glaze. Served with a side of cheesy spinach pasta.

*Shoalhaven Chef, High Protein*



## Mexican Chicken

Shredded seasoned chicken, mixed through rice with beans, tomatoes, veg and cheese. Served in a tortilla with a side of charred corn and capsicum.

*Shoalhaven Chef, High Protein*



## Pork Ragu

Slow cooked pork in a tomato-based sauce. Served with creamy polenta, and roasted cauliflower on the side.

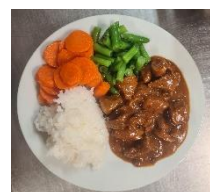
*Shoalhaven Chef, High Protein*



## Satay Chicken

Diced Chicken and carrots in a mild chilli, peanut, coconut sauce. Served with steamed rice and peas, corn and capsicum vegie mix.

*Jervis Bay, High Protein*



## Sweet Lamb Curry

Braised lamb in a sweet curry sauce. Served with steamed rice, carrots, beans and peas.

*Jervis Bay, Gluten Free, High Protein*

**Extra gravy is available at no charge**

# Main Meals – Seafood and Vegetarian



## Barramundi Lemon Butter

Steamed barramundi fillet in a lemon and dill sauce. Served with cauliflower, broccoli, carrots and basmati rice.

*Gourmet Meals, Gluten Free, High Protein*



## Brown Rice and Vegi Patties

Brown rice and vegetable patties in a chunky tomato-based sauce. Served with a potato/sweet potato stack and green beans.

*Gourmet Meals, Vegan, Dairy Free, Gluten Free, Light Protein*



## Cheesy Mushroom Pasta Bake

Cheesy tomato pasta with mushrooms for a protein punch. Served with peas & carrots.

*Jervis Bay, Vegetarian*



## Fish Curry

White fish curry with mild and sweet spices. Served with rice, cauliflower and green beans – perfect to stir through the curry.

*Shoalhaven Chef, Gluten Free, Dairy Free, Light Protein*



## Garlic Prawns

Prawns in a creamy garlic sauce. Served with rice, broccoli, cauliflower and carrots.

*Gourmet Meals, Gluten Free, Light Protein*



## Pumpkin Risotto

Creamy pumpkin risotto with tender roasted pumpkin, topped with a dollop of zesty hummus. Served with a side of creamed spinach.

*Shoalhaven Chef, Vegetarian*



## Salmon Fillet in Chive Sauce

Tasmanian fillet of salmon in a creamy chive sauce. Served with a potato stack, beans, broccoli and Asian greens.

*Shoalhaven Chef, High Protein, High Fibre*



## Seafood Crepe

Creamy seafood mornay enclosed in a folded, light crepe. Served with peas and carrots.

*Shoalhaven Chef, Light Protein*



## Vegetarian Lasagne

Lasagne layered with pumpkin, zucchini, cauliflower, onions, celery, carrots and tomatoes.

*Jervis Bay, Vegetarian*



## Vegetarian Shepherds Pie

Shepherds pie without the lamb, topped with mashed potato. Served with mushy peas on the side.

*Shoalhaven Heads, Vegetarian*

# Small Plates

For those times when you don't feel like a heavy meal, but you know your body needs more than toast and tea, our small plates are just right for a light, healthy meal.

(For crispier results, we recommend you heat your small plates in an air fryer instead of a microwave.)

## Beef & Guinness Pot Pie

A smaller serve of the Beef and Guinness casserole, with a pastry topper.

*Jervis Bay*

## Cheese & Spinach Puff

A savoury pastry filled with calcium-rich (and delicious!) cheese and iron-rich spinach.

*Shoalhaven Chef, Vegetarian*

## Chicken & Bacon Pizza

A slice of pizza topped with chicken and bacon – and don't forget the pineapple.

*Shoalhaven Chef*

## Chicken Pot Pie

Rich and creamy chicken and vegetables, with a pastry topper.

*Shoalhaven Chef*

## Pumpkin & Fetta Frittata

Not just for vegetarians, this dish delivers protein from eggs and calcium from cheese, with the heartiness that comes from pumpkin.

*Shoalhaven Heads, Vegetarian*

## Red Lentil Dahl

Lightly spiced and deliciously creamy with coconut milk, packed full of protein and vegetables.

*Shoalhaven Heads, Vegetarian*

## Sausage Roll

Beef mince with extra nutrition, wrapped in a flaky pastry. Add some tomato sauce for a true Aussie classic.

*Shoalhaven Chef*

## Shepherds Pie

Braised lamb and vegies in a tomato gravy, with a potato topper.

*Shoalhaven Chef, Gluten Free*

## Sweet Curry Lamb Pot Pie

A smaller serve of our much-requested sweet lamb curry with a pastry topper.

*Jervis Bay*

# Mix and Match

To make sure you're getting the best nutrition possible, dietitians recommend variety. To add variety, mix and match small plates, soups, omelettes, vegetable sides. You'll add variety and make a meal exactly to your taste.

## Vegetable Sides

These are the perfect addition for people who appreciate their vegetables. We've taken basic vegetables, shown them a lot of love, and made them really shine.

*(All vegetarian)*

Braised Cabbage	... and toasted almonds
Creamed Spinach	Honey Carrots
Green Beans with lemon butter ...	Sweet Potato Smash

## Soups and Omelettes

Perfect for cooler days and loaded with nutrition.

Cauliflower Soup <i>Vegetarian</i>	Pumpkin Soup <i>Vegetarian</i>
Chinese Chicken & Corn Soup	Roasted Tomato Soup <i>Vegetarian</i>
Creamy Vegetable & Lentil Soup <i>Vegetarian</i>	Sweet Potato & Bacon Soup
Minestrone Soup <i>Vegetarian</i>	Cheese & Chive Omelette <i>Vegetarian</i>
Pea & Ham Soup	Ham & Cheese Omelette

## Desserts

Dessert isn't just a treat for the tastebuds; it's a great way to get in some extra nutrition. Cream and dairy-based desserts are an important source of calcium, so you can feel good about indulging! *(All vegetarian)*

Apple & Cinnamon Pie	Peaches & Cream Cake
Banana Cake	Profiterole with Banana & Caramel
Chocolate Bavarian Slice	Rice Pudding w/ Citrus Poached Prunes
Orange & Honey Panna Cotta	Sticky Date Pudding

*Gluten Free*

## Sweet Sides

Optional extras to make the desserts extra special. We recommend adding custard or cream to your fruit- or cake-based desserts to make sure of your calcium requirements.

Chantilly Cream <i>Gluten Free</i>	Mixed Berry Topping <i>Gluten Free</i>
Cinnamon Crumble	Pouring Custard