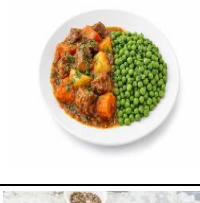


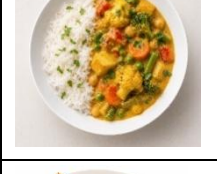
Main Meals – Classics

	Bangers & Mash – Tasty beef sausages. Served with sweet potato mash, broccoli and gravy. <i>Shoalhaven Chef, High Protein (GF)</i>
	Beef Lasagne – Traditional minced beef lasagne. Served with a side of carrots and beans. <i>Jervis Bay, High Protein</i>
	Chicken Roast – Succulent roast chicken breast. Served with gravy, creamed potatoes, carrots and peas. <i>Gourmet Meals, High Protein (GF)</i>
	Corned Beef – Traditional corned beef with a white mustard sauce. Served with carrots, cauliflower, broccoli and mashed potatoes. <i>Gourmet Meals, High Protein (GF)</i>
	Cottage Pie – Savoury beef mince mixed with carrots, peas and zucchini. Topped with a creamy mash and cheese. <i>Gourmet Meals, High Protein (GF)</i>
	Country Lamb Stew – Hearty braised lamb, pearl barley and a mix of celery, potato and carrot. Served with a side of minted peas. <i>Shoalhaven Chef, High Protein</i>
	Lamb Roast – Lamb roast with gravy. Served with potatoes, pumpkin, cauliflower, broccoli and carrots. <i>Gourmet Meals, Dairy Free, High Protein (GF)</i>
	Pork Roast – Pork roast in a rich gravy. Served with pumpkin mash, roast potatoes, sweet potato, cauliflower, broccoli, carrots. <i>Gourmet Meals, High Protein (GF)</i>

Main Meals – Around the world

	Apricot Chicken (Aussie) – Classic, nostalgic Australian comfort food. Chicken cooked in a thick sauce made from apricot nectar. Served on rice with a side of lemon butter green beans. <i>Shoalhaven Chef, High Protein (GF)</i>
	BBQ Chicken (USA) – Pulled chicken with smoky barbecue sauce. Served with charred corn and capsicum, as well as cheesy cornbread. <i>Shoalhaven Chef, High Protein</i>
	Chicken Coconut Curry (Thailand) – Chicken curry with just a little hit of spice, served on coconut rice with stir-fried vegies on the side. <i>Shoalhaven Chef, High Protein (GF)</i>
	Chicken Pizzaiola (Italy) – Chicken breast served 'pizza style' with a rich, cheesy tomato topping. Served alongside creamy risoni (pasta) with spinach tossed through. <i>Jervis Bay, High Protein</i>
	Lamb Goulash (Hungary) – A mild Hungarian-style lamb goulash on a bed of mashed potatoes. Served with green beans and cauliflower. <i>Shoalhaven Chef, High Protein (GF)</i>
	Meatloaf (Sweden) – Traditional Swedish meatloaf with mushroom gravy. Served with mashed potatoes, carrot chips and creamed spinach. <i>Shoalhaven Chef, High Protein</i>
	Pork with Plum Sauce (Cantonese) – Braised pork with a fruity plum marinade. Served on rice with Asian-style stir-fried vegies. <i>Shoalhaven Chef, High Protein</i>
	Sweet Lamb Curry (India) – Braised lamb in a sweet curry sauce. Served with steamed rice, carrots, beans and peas. <i>Jervis Bay, High Protein (GF)</i>

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. <i>Gourmet Meals, High Protein (GF)</i>
	Creamy Pesto Pasta – Penne pasta in a smooth and creamy pesto (basil) sauce, combined with vegetables, parmesan and a sprinkling of feta cheese. <i>Gourmet Meals, Light Protein (V)</i>
	Dumpling Soup – Vibrant green dumplings with a home-made vegetable broth. Served with egg noodles and a side of tofu (contains soy). <i>Shoalhaven Chef (V)</i>
	Honey Prawn Stir Fry – Prawns and colour-rich vegetables, sweetly stir-fried to perfection with a hint of ginger. Served with rice. <i>Shoalhaven Chef, High Protein</i>
	Prawn Curry – Whole prawns with peas, corn and carrots in a vibrant but not-too-spicy curry sauce. Served with rice on the side. <i>Shoalhaven Heads, High Protein</i>
	Seafood Crepe – Creamy seafood mornay enclosed in a folded, light crepe. Served with peas and carrots. <i>Shoalhaven Chef</i>
	Teriyaki Tofu Stir-fry – Bold teriyaki flavours and aromatic vegetables deliver a delicious meal. Tossed with egg noodles. <i>Shoalhaven Heads (V)</i>
	Tuna Mornay – Shell-shaped pasta with a cheesy mornay sauce and protein-packed tuna. Served with a cauliflower and broccoli mix. <i>Shoalhaven Head</i>
	Vegetable Korma – A familiar favourite packed with potato, carrots, sweet potato, cauliflower, peas and beans soaking up the fragrant flavours of a korma curry. Served with rice. <i>Jervis Bay (V) (GF)</i>
	Vegetarian Lasagne – Lasagne layered with pumpkin, zucchini, cauliflower, onions, celery, carrots and tomatoes. <i>Jervis Bay (V)</i>

Mix & Match

To make sure you're getting the best nutrition possible, dietitians recommend variety. Mix & Match – Small Plates, Soups, Vegetable Sides and Omelettes – add variety and make a meal exactly how you like it. They are light but loaded with nutrition!

SMALL PLATES For those times when you don't feel like a heavy meal, our small plates are just right for a light, healthy option. Chicken & Bacon Quiche (GF) Chicken Coconut Curry Pot Pie Lamb Goulash Pot Pie Loaded Spud – BBQ chicken & Cheese on jacket potato (GF) Mediterranean Picnic Loaf Risoni – Creamy pasta (V) Sausage Roll Veggie Korma Pot Pie (V) NB: For crispier pastry, microwave for 2 minutes from frozen, then air fry for 7 minutes at 180 degrees.	SOUPS (All GF) Cauliflower Soup (V) Chinese Chicken & Corn Soup Minestrone Soup (V) Pumpkin & Apple Soup (V) Roasted Tomato Soup (V) VEGETABLE SIDES (All V and GF) Creamed Spinach Honey Carrots Minted Peas Sweet Potato Smash OMELETTES Cheese & Chive Omelette (V) Ham & Cheese Omelette
--	--

Desserts

Desserts aren't just treats for the tastebuds; they are a great way to get in some extra nutrition. Cream and dairy-based desserts are an important source of calcium – you can feel good about indulging! (All V)

Apple & Cinnamon Pie Carrot Cake (GF) Chocolate Bavarian Slice (GF) Choc-Orange Mud Cake Lemon Crumble (GF) Orange & Honey Panna Cotta (GF) Peaches & Cream Cake	SWEET SIDES Add custard or cream to your fruit or cake-based desserts to meet your calcium requirements. Chantilly Cream (GF) Mixed Berry Topping (GF) Pouring Custard
--	---