

# Main Meals \$7.50

## Beef

F1	Corned Silverside	.....
F10	Cottage Pie	.....
F13	Roast Beef	.....
F16	Beef Stroganoff	.....
F18	Steak & Kidney Pie	.....
F43	Grilled Sausages	.....
F17	Rissoles	.....
F54	Beef & Bacon Casserole	.....
F012	Honey Mustard Beef	.....
F11	Beef pie and mash	.....
F204	Curried Sausages	.....

## Chicken

F30	Roast Chicken	.....
F34	Chicken strips & lemon	.....
F32	Chicken & Veg Pie	.....
F33	Chicken Schnitzel	.....
F35	Honey soy chicken	.....
F47	Chick Asparagus Mornay	.....
F31	Chicken Scallopini	.....
F206	Butter Chicken	.....

## Lamb

F21	Mongolian Lamb	.....
F22	Lamb Chops	.....
F19	Lamb Patties	.....
F23	Roast Lamb	.....

## Pork

F28	Pork & Apple Casserole	.....
F29	Sweet & Sour pork	.....
F27	Roast Pork	.....
F53	Pork in BBQ sauce	.....

## Qty Veal

F55	Veal parmigiana	.....
F56	Vienna Schnitzel	.....

## Fish

F124	Crumbed Fish	.....
F125	Fish Cakes	.....
F126	Steamed Fish	.....
F127	Curried Prawns	.....

## Vegetarian

F65	Vegetable pasta bake	.....
F66	Veg. Cottage pie	.....
F201	Macaroni Cheese	.....
F205	Vegan Mixed Bean Casserole with rice	.....

## Pureed

F62	Roast Beef	.....
F75	Roast Chicken	.....
FS234	Savoury Pork	.....
F79	Roast Lamb	.....

## Pasta

F12	Spaghetti Bolognese	.....
F202	Beef Lasagne	.....
F65	Vegetable pasta bake	.....

## Qty Soups \$2.10

F2	Pumpkin	.....
F4	Pea & Ham	.....
F224	Chicken & Vegetable	.....
F9	Potato and Leek	.....
F203	Beef and Barley Soup	.....

## Desserts \$4.00

F101	Apple & Rhubarb	.....
F102	Baked Rice Pudding	.....
F130	Wine Trifle	.....
F103	Sticky date pudding	.....
F82	Creamy Rice & apricots	.....
F81	Bread & Butter Pudding	.....
F71	Apple Pie	.....
F72	Chocolate Mousse	.....
F131	Blueberry Sponge	.....
F89	Pavlova	.....
F149	Mango Mousse	.....
F85	Stewed Apple & custard	.....
F86	Banana Cake	.....
F90	Strawberry Swirl Cheesecake	.....
F91	Tiramisu	.....
F208	Vanilla Slice	.....
F207	Carrot Cake	.....

Your Name: \_\_\_\_\_

Delivery Date: \_\_\_\_\_

Run Name \_\_\_\_\_



# MENU

## Meal Delivery Service



### Who can receive these meals?

This service is offered to people who live in the St George area.

The Meal Delivery Service provides government subsidised, low cost nutritious meals for older people through the Commonwealth Home Support Program. 3Bridges can assist you with this process if you are not registered with My Aged Care. Please call our My Aged Care specialists on 1300 327 434.

Meals can also be ordered privately. Please call us to discuss if you would like further information.

### Delivery

Meals are delivered fortnightly by our team of volunteers and will arrive between 9am to 12noon. You may also choose to collect your meals from our office in Carss Park.

### Payment

For your convenience, we offer a direct debit facility so there is no need to keep the right amount of cash or to write a cheque. As a safety precaution we also prefer that our volunteers do not handle large amounts of cash.

### What are the meals like?

All meals are nutritionally balanced with low salt and sugar options available and with up to 40 main meals available, there are plenty of options to choose from. Meals are frozen for your convenience and can be microwaved in minutes straight from the freezer. We also have a range of delicious soups and desserts.

### Contact Us

**Phone:** 1300 327 434

**Address:** 1/72 Carwar Ave, Carss Park, 2221

**Email:** [sharri.bridge@3bridges.org.au](mailto:sharri.bridge@3bridges.org.au)

A meal order form can be downloaded at;  
[www.3bridges.org.au](http://www.3bridges.org.au)