MANOR MEALS
MENU

FROZEN SOUPS & PASTRIES

25. SOUPS $4.20
(A) Pumpkin  (C) Minestrone  
(D) Pea and Ham  (E) Chicken & Vegetable  
(FF) Vegetable  (GG) French Onion

26. PASTIES $5.20

27. SAUSAGE ROLLS  2 for $5.20

28. PIES Single $5.20  Large $12.90
(F) Beef Steak  (G) Steak & Kidney  
(H) Curried Chicken  (ii) Chicken & Leek

29. FRESH QUICHES Single $8.40  Large $12.90
Spinach or Lorraine

FROZEN DESSERTS

30. DESSERTS $5.20
(I) Trifle
(J) Bread and Butter Pudding  
(K) Golden Syrup Dumplings  
(L) Apple Crumble
(M) Apricot Crumble
(N) Apple Pie  
(O) Apple and Blueberry Pie
(Y) Baked Custard
(Z) Rice Pudding
(AB) Cheesecake
(AC) Sago Pudding
(AD) Sticky Date Pudding
(S) Chocolate Self Saucing Pudding
(T) Lemon Delicious
(V) Profiteroles with Chocolate sauce

32. MUFFINS, SCONES & CAKES $5.20
(W) Scones – Date or Cheese and chives
(C) Cake – Carrot  or Banana
(Y) Muffins – Chocolate or Blueberry
(Z) Slices - Chocolate or Lemon

34. FRESH FRUIT SALAD
Single $5.90  Double $10.00

OUR DELICIOUS MEALS ARE DELIVERED TO YOUR HOME ON TUESDAYS AND / OR FRIDAYS
Orders Must Be Placed No Later Than:
1pm on Mondays for a Tuesday delivery &
1pm on Thursdays for a Friday delivery.
Orders can be placed by phone, fax, email or with the delivery driver on the prior delivery.
If you are likely to be absent, you must leave an Esky with sufficient Ice Packs to maintain the condition of the meals or have made arrangements with a neighbour.
Cancellations: Orders cancelled after 4.00pm the day prior to delivery or on the day of delivery are payable in full.

HEATING INSTRUCTIONS

MICROWAVE OVEN:
1. Remove the lid from meals and slide onto a microwave safe plate
2. Cover plate with glad wrap or microwave cover and place in microwave
3. Select ‘High’ power
4. If frozen, heat for 8 mins for a small meal or 15 mins for a medium meal
5. If thawed or fresh chilled, heat for 5 mins for small or 8 mins for a medium meal
6. Check the meal is heated throughout and if not, heat for another 2 mins or until meal is warm
Note: Instructions are based on a 600 watt oven, though Microwave ovens vary considerably, adjust cooking times if necessary.

CONVENTIONAL OVEN:
1. Preheat oven to 180°C
2. Remove the lid from the meal
3. Place foil container on oven tray
4. If frozen, heat for 20 mins for a small meal or 25 mins for a medium meal
5. If thawed, heat for 10 mins for a small meal or 15 mins for a medium meal
6. Check the meal is heated throughout and if not, place in oven for a further 5 mins, and repeat the process
Caution: HELPFUL HINT - If you take your meals out of the freezer the day before use. Place it in the fridge for thaw slowing and safety then heating is quicker on the day of use.

DINNER GUIDELINES
Manor Meals are healthy, nutritious meals and include low GI foods. Manor Meals can cater for clients likes and dislikes within the selection of fresh chilled meals. Customers may nominate vegetables they don’t like, a lot or little gravy, or any other reasonable requests.

GF  Does not contain Gluten
Vitamised or Diced Meals: All fresh meals are available in a vitamised or diced form upon request.

Phone: 03 5977 6966
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ALL PRICES ARE GST INCLUSIVE
Effective from 1 July 2017
ABN 50 095 035 297
FRESH COOKED CHILLED DINNERS  
Small $10.30  Medium $12.90

ROASTS
44. Roast Chicken with vegetables  
45. Roast Beef with vegetables  
47. Roast Lamb with vegetables  
48. Roast Pork with vegetables

FISH
35. Salmon Patties with Parsley Sauce & vegetables  
46A. Grilled Fish with chips or vegetables  
46B. Battered Fish with chips or vegetables  
59. Mixed Seafood Crepe  
72. Salmon Vol Au Vents with vegetables

CHICKEN
42. Chicken Kiev with vegetables  
62. Chicken Schnitzel with vegetables  
66. Chicken Parmigiana with vegetables  
74. Chicken Cordon Bleu with vegetables  
75. Cheese and Spinach Chicken Duets with vegetables  
92. Chicken & mushroom Vol Au Vents with vegetables

PORK
65. Ham Steak and Pineapple with vegetables  
13. Beef Casserole with mash potato & vegetables  
14. Pork Sausages with mash potato & vegetables  
15. Sweet and Sour Pork with rice or mash & vegetables  
84. Honey & Ginger Pork chops with rice

LAMB
36. Crumbed Cutlets with vegetables  
37. Lambs Fry and Bacon with vegetables  
16. Lamb Chops & Veggies with Tomato Relish  
17. Irish Stew with mash potato  
85. Plum Lamb Casserole with rice  
106. Lamb red wine & rosemary casserole with mash potato  
107. Lamb Tikka masala with rice

EGG
18. Egg and Bacon Pie  
64. Omelette with vegetables  
77. Vegetable Hot Pot  
82. Vegetable Frittata  
96. Caesar Salad

VEGETARIAN MEALS
52. Curried Vegetables  
53. Vegetable Mornay  
56. Vegetable Dinner  
77. Vegetable Hot Pot  

FROZEN COOKED DINNERS  
Small $10.30  Medium $12.90

PASTA & RICE
1. Beef Lasagna  
4. Pasta Carbonara  
23. Macaroni Cheese  
90. Pasta Bolognese  
98. Spiral pasta with semi dried tomato, basil pesto, spinach & cream sauce  
99. Spiral pasta with chicken, semi dried tomato, basil pesto, spinach & cream sauce  
100. Roasted mushroom risotto with garlic & parmesan cheese  
101. Chicken & mushroom risotto with garlic & parmesan cheese

CHICKEN
7. Apricot Chicken with mash potato & vegetables  
22. Curried Chicken with rice or mash potato & vegetables  
83. Butter Chicken with rice  
102. BBQ Chicken drumsticks with mash potato & vegetables

FRESH COOKED CHILLED DINNERS  
Small $10.30  Medium $12.90

ROASTS
44. Roast Chicken with vegetables  
45. Roast Beef with vegetables  
47. Roast Lamb with vegetables  
48. Roast Pork with vegetables

FISH
35. Salmon Patties with Parsley Sauce & vegetables  
46A. Grilled Fish with chips or vegetables  
46B. Battered Fish with chips or vegetables  
59. Mixed Seafood Crepe  
72. Salmon Vol Au Vents with vegetables

CHICKEN
42. Chicken Kiev with vegetables  
63. Chicken Schnitzel with vegetables  
66. Chicken Parmigiana with vegetables  
74. Chicken Cordon Bleu with vegetables  
75. Cheese and Spinach Chicken Duets with vegetables  
92. Chicken & mushroom Vol Au Vents with vegetables

PORK
65. Ham Steak and Pineapple with vegetables  
11. Beef Casserole with mash potato & vegetables  
13. Shepherds Pie & vegetables  
20. Sausages in Onion Gravy with mash potato & vegetables  
39. Rissoles & gravy with vegetables  
67. Porcupine Balls with mash potato & vegetables  
70. Savoury Mince with mash potato & vegetables  
86. Beef Osso Bucco with vegetables  
87. Mild Beef Curry with rice  
88. Beef Burgundy with vegetables  
105. Chilli Con Carne with rice

LAMB
36. Crumbed Cutlets with vegetables  
37. Lambs Fry and Bacon with vegetables  
16. Lamb Chops & Veggies with Tomato Relish  
17. Irish Stew with mash potato  
85. Plum Lamb Casserole with rice  
106. Lamb red wine & rosemary casserole with mash potato  
107. Lamb Tikka masala with rice

VEGETARIAN MEALS
50. Veggie Burgers

DELIVERIES: $5.90 PER DELIVERY