

FROZEN SOUPS & PASTRIES

25. SOUPS \$4.20

- (A) Pumpkin (GF) (C) Minestrone (GF)
(D) Pea and Ham (GF) (E) Chicken & Vegetable (GF)
(FF) Vegetable (GF) (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
(X) Cake – Carrot (GF) 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.

MANOR MEALS MENU



A Food Safety
Accredited Service

HOME DELIVERED MEALS

Phone: 03 5977 6966

Fax: 03 5977 6266

Email: manormeals@snrs.com.au

Web: www.snrs.com.au

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 (GF)
- 45. Roast Beef with vegetables (GF)
- 47. Roast Lamb with vegetables (GF)
- 48. Roast Pork with vegetables (GF)

FISH

- 35. Salmon Patties with Parsley Sauce & vegetables
- 46A. Grilled Fish with chips or vegetables (GF)
- 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
- 93. Chicken & mushroom Crepes
- 94. Chicken & Cashew Stir Fry with Rice

PORK

- 65. Ham Steak and Pineapple with vegetables (GF)

BEEF

- 38. Steak and Kidney Dinner with vegetables (GF)
- 40. Corn Beef with Parsley Sauce & vegetables
- 41. Savoury Meatloaf with vegetables (GF)
- 81. Beef Schnitzel with vegetables
- 95. Beef & Blackbean Stir Fry with Rice

LAMB

- 36. Crumbed Cutlets with vegetables
- 37. Lambs Fry and Bacon with vegetables (GF)

SALADS

- 60. Ham Salad (GF)
- 61. Chicken Salad (GF)
- 62. Corn Beef Salad (GF)
- 96. Caesar Salad

EGG

- 18. Egg and Bacon Pie
- 64. Omelette with vegetables (GF)
- 82. Vegetable Frittata (GF)
- 97. Zucchini & Cheese Frittata

VEGETARIAN MEALS

- 52. Curried Vegetables
- 53. Vegetable Mornay
- 56. Vegetable Dinner (GF)
- 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 (GF)
- 101. Chicken & mushroom risotto with garlic & parmesan cheese (GF)

CHICKEN

- 7. Apricot Chicken with mash potato & vegetables (GF)
- 22. Curried Chicken with rice or mash potato & vegetables
- 83. Butter Chicken with rice
- 102. BBQ Chicken drumsticks with mash potato & vegetables

- 103. Chicken Scallopini with bacon, mushroom, semi dried tomatoes & cream sauce with mash potato & vegetables (GF)
- 104. Mexican Chicken with Rice (GF)

BEEF

- 11. Beef Casserole with mash potato & vegetables (GF)
- 13. Shepherds Pie & vegetables
- 20. Sausages in Onion Gravy with mash potato & vegetable (GF)
- 39. Rissoles & gravy with vegetables
- 67. Porcupine Balls with mash potato & vegetables (GF)
- 70. Savoury Mince with mash potato & vegetables
- 86. Beef Osso Bucco with vegetables
- 87. Mild Beef Curry with rice
- 88. Beef Burgundy with vegetables (GF)
- 105. Chilli Con Carne with rice (GF)

PORK

- 14. Pork Sausages with mash potato & vegetables (GF)
- 15. Sweet and Sour Pork with rice or mash & vegetables (GF)
- 84. Honey & Ginger Pork chops with rice

LAMB

- 16. Lamb Chops & Veggies with Tomato Relish (GF)
- 17. Irish Stew with mash potato (GF)
- 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