

FRESH COOKED CHILLED DINNERS	SMALL 300g \$15.75	LARGE 400g \$18.50	FROZEN COOKED DINNERS	SMALL 300g \$15.75	LARGE 400g \$18.50	FROZEN COOKED DINNERS	SMALL 300g \$15.75	LARGE 400g \$18.50
ROASTS			LAMB			PORK		
45 Roast Beef GF	X	X	13 Shepherds Pie & Vegetables GF	X	X	05 Mild Pork Curry & Rice & Veg GF	X	X
47 Roast Lamb GF	X	X	106 Lamb & Vegetable Casserole GF	X	X	06 BBQ Pork Ribs & Veg GF		X
48 Roast Pork GF	X	X	107 Moroccan Lamb & Vegetables GF	X	X	14 Pork Sausages w Tomato & Onion Sauce GF		X
44 Roast Chicken GF	X	X				PASTA/RICE		
49 Roast Turkey GF	X	X	FISH			01 Beef Lasagne	X	X
40 Silverside GF	X	X	33 Tuna Vegetable & Rice Bake & Veg	X	X	90 Pasta Bolognaise	X	X
CHICKEN			34 Crumbed Fish, Lemon Sauce & Vegetables			23 Macaroni, Ham & Cheese Bake & Vegetables	X	X
42 Chicken Kiev with Vegetables		X	35 Salmon Patties & Vegetables GF		X	INDIVIDUAL PIE MEALS		
68 Chicken Parmigiana with Vegetables		X	BEEF			15 Curry Vegetable Pie and Vegetables		X
07 Apricot Chicken & Rice w Vegetables GF	X	X	61 Beef Burgundy Casserole w Polenta	X	X	16 Chicken & Leek Pie & Vegetables		X
08 Chicken & Mushroom Casserole & Veg	X	X	62 Beef Sausages & Mash w Vegetables GF		X	17 Pepper Beef Pie & Vegetables		X
09 Chicken & Veg Pastie		X	63 Beef & Veg Pasties & Vegetables		X	18 Butter Chicken Pie & Vegetables		X
11 Honey Mustard Chicken GF			64 Beef Stroganoff, Pasta & Vegetables	X	X	VEGETARIAN		
EGG			65 Slow Cooked Beef Casserole, Mash Potato & Veg GF	X	X	50 Pumpkin Chickpea Pattie and Vegetables GF		X
29 Spinach & Feta Quiche & Vegetables		X	66 Veal Tortellini w Creamy Cheese Sauce	X	X	51 Thai Vegetable Curry	X	X
28 Quiche Lorraine & Vegetables		X	67 BBQ Beef Meatballs & Rice	X	X	52 Corn Fritters Cheese Sauce & Vegetables GF		X
97 Zucchini & Cheese Frittata & Vegetables		X				53 Potato, Pumpkin & Broccoli Bake GF	X	X
98 Mediterranean Quiche & Vegetables		X				54 Vegetable Fried Rice GF	X	X
10 Egg & Bacon Frittata	X	X				55 Zucchini Patties GF		X

SOUPS (FROZEN) 25

All Gluten Free

A Vegetable | B Pumpkin | C Carrot
D Broccoli | E Tomato | F French Onion
G Potato & Leek | H Chicken &
Vegetable | J Curry Vegetable

DESSERTS (FROZEN) 30 \$7.65

A Fruit Trifle | B Bread & Butter
Pudding | C Apple & Raspberry
Crumble | D Sticky Date Pudding | E
Lemon Drizzle Cake & Custard | F
Carrot Cake & Custard | G Banana Cake
& Custard | H Chocolate Mousse **GF** |
J Lemon Mousse **GF** | K Mango Mousse
GF | L Chocolate Mud Cake & Cream |
M Tiramisu Mousse | N Baked Lemon
Cheesecake & Cream | O Fruit Salad &
Custard **GF** | P Peaches & Custard **GF** |
Q Pears & Custard **GF** | R Date & Pear
Cake & Custard | S Orange & Raspberry
Cake & Custard | T Lemon & Blueberry
Cake & Custard | U Black Forest Cake
& Custard
JC Juice Cup (Apple, Orange) **\$1.75**

DINNER GUIDELINES

Manor Meals are healthy, nutritious meals,
meet the Australian government Department
of Health, Disability & Ageing standards.

GF does not contain gluten.

Vitamised or Diced Meals: All fresh meals are
available in a vitamised or diced form upon
request, with a surcharge of 20%.

A Food Safety Accredited Service

200g
\$6.50

ORDERS

Our delicious meals are delivered to your home on
Tuesdays and / or Fridays.

Orders can be placed by phone, fax or email or with the
delivery driver on the prior delivery. Please call
between 9am-5pm.

Orders Must Be Placed No Later Than:

- 5 pm Friday for delivery on the following Friday
- 5 pm Tuesday for delivery on the following Tuesday

Cancellations: Orders cancelled less than 72 hours
prior to delivery are payable in full.

DELIVERIES

If you are likely to be absent, you must leave an Esky
or freezer bag with sufficient ice packs to maintain
the condition of the meals or have made
arrangements with a neighbour.

Delivery fees: \$14.00 per delivery in all areas

USE BY DATES

Chilled, 3 days from day of delivery

Frozen, 3 months from day of delivery

HEATING INSTRUCTIONS

For heating instructions, please see the label on the
top of each meal.

HELPFUL HINT - Take your meal out of the freezer
the day before use. Place it in the fridge to thaw
slowly and safely, then heating is quicker on the day
of use.

Phone: 03 5977 6966 *Call between 9am-5pm*

Fax: 03 5977 6266

manormeals@snrs.com.au

SENIORS by **St John**
COMMUNITY CARE | MANOR MEALS **AMBULANCE**

Manor Meals

Menu



Home Delivered Meals

Phone: 03 5977 6966

www.snrs.com.au