

May 2022



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Phone Orders thru on: **0428 521 534**

Or Email us on: far@skillsconnection.org.au

Name:

We are practicing contactless delivery. Please leave an esky or cooler bag out by your front door

Wk 1	Monday	2 nd	Tuesday	3 rd	Wednesday	4 th	Thursday	5 th	Friday	6 th
Bangers & Mash	\$10		Swedish Meatballs & Veg	\$10	Roast Pork & Veggies	\$10	Apricot Chicken & Veg	\$10	Vegetable Lasagna	\$10
Chicken Keiv Balls & Veg	\$10		Spaghetti Bolognese	\$10	Pumpkin Soup	\$6	Beef Lasagna	\$10	Beef Chow Mein	\$10
Fruit Salad & Custard	\$6		Trifle	\$6	Sago Pudding	\$6	Lemon Meringue Pie	\$6	ChocmintCheeseCake	\$6
Wk2	Monday	9 th	Tuesday	10 th	Wednesday	11 th	Thursday	12 th	Friday	13 th
Savoury Mince & Veg	\$10		Aussie Parma & Veg	\$10	Roast Lamb & Veg	\$10	Pork Chops & Veg	\$10	Rissoles & Veg	\$10
Chicken Schnitzel & Veg	\$10		Beef Stroganoff	\$10	Chinese Chicken & Corn Soup	\$6	Cottage Pie	\$6	Chicken Carbonara	\$10
Tiramisu	\$6		Sticky Date Pudding	\$6	Pavlova	\$6	Lemon Pudding	\$6	Chocolate Mousse	\$6
Wk3	Monday	16 th	Tuesday	17 th	Wednesday	18 th	Thursday	19 th	Friday	20 th
Marinated Wings & Veg	\$10		Chicken Pot Pie	\$6	Roast Beef & Veggies	\$10	Chicken Stir-Fry & Noodles	\$10	Quiche Lorraine	\$6
Beef Stir Fry & Noodles	\$10		Meatloaf & Veg	\$10	Minestrone Soup	\$6	Fish & Chips	\$10	HoneySoy Chicken & Veg	\$10
Creamed Rice & Fruit	\$6		Caramilk Cheese Cake	\$6	Apple Crumble	\$6	GoldenSyrupDumplings	\$6	Strawberry CheeseCake	\$6
Wk4	Monday	23 rd	Tuesday	24 th	Wednesday	25 th	Thursday	26 th	Friday	27 th
Curried Sausages & Mash	\$10		Zucchini & Carrot Slice	\$10	Roast Chicken & Veg	\$10	Lemon Chicken & Rice	\$10	Ham Pineapple	
Sweet Sour Chicken & Rice	\$10		Tropical Parma & Veg	\$10	Pea & Ham Soup	\$6	Lamb Chops & Veg	\$10	Steaks & Veg	\$10
Custard Danish	\$6		Apple Pie	\$6	Bread & Butter Pudding	\$6	Butterscotch Pudding	\$6	Beef Casserole & Veg	\$10
Wk5	Monday	30 th	Tuesday	31 st	Wednesday	Thursday	Friday			
Chunky Beef Pie	\$6		Salmon Cakes & Veg	\$10						
Chicken Casserole & Veg	\$10		Chicken Vol-Vonts	\$10						
Chocolate Pudding	\$6		Jam Rollypolly	\$6						

ALL MEALS CAN BE MADE IN TO FAMILY TRAYS - \$30
PLEASE ORDER **BEFORE 10AM** ON THE DAY OF DELIVERY

MEAL WILL BE DELIVERED BETWEEN 11AM & 1PM
FOR **CANCELLATION** PLEASE PROVIDE **24 HRS** NOTICE