

# August 2022

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

Or Email us on: [far@skillsconnection.org.au](mailto:far@skillsconnection.org.au)



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Name:

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

| Wk 1 | Monday                  | 1 <sup>st</sup>  | Tuesday                | 2 <sup>nd</sup>  | Wednesday              | 3 <sup>rd</sup>  | Thursday                | 4 <sup>th</sup>  | Friday             | 5 <sup>th</sup>  |
|------|-------------------------|------------------|------------------------|------------------|------------------------|------------------|-------------------------|------------------|--------------------|------------------|
|      | Chicken Curry           | \$12             | Apricot Chicken*       | \$12             | Roast Chicken*         | \$12             | Chicken Parma Rissoles* | \$12             | Bacon &Pea Risotto | \$12             |
|      | Spaghetti Bolognese     | \$12             | Meatloaf Wellingtons*  | \$12             | Creamy Mushroom Soup   | \$6.50           | Beef Stroganoff         | \$12             | Rissoles*          | \$12             |
|      | Tiramisu                | \$6.50           | Marble Cheese Cake     | \$6.50           | Apple Crumble          | \$6.50           | Lemon Sago              | \$6.50           | Trifle             | \$6.50           |
| Wk 2 | Monday                  | 8 <sup>th</sup>  | Tuesday                | 9 <sup>th</sup>  | Wednesday              | 10 <sup>th</sup> | Thursday                | 11 <sup>th</sup> | Friday             | 12 <sup>th</sup> |
|      | Curried Sausages*       | \$12             | Chicken Casserole*     | \$12             | Roast Pork*            | \$12             | Sweet &Sour Chicken*    | \$12             | Chicken Carbonara  | \$12             |
|      | Chicken Kiev*           | \$12             | Beef Stir Fry& Noodles | \$12             | Potato & Leek Soup     | \$6.50           | Fish & Chips*           | \$12             | Meatloaf & Gravy*  | \$12             |
|      | Blueberry Danish        | \$6.50           | Mint Cheese Cake       | \$6.50           | Bread & Butter Pudding | \$6.50           | Apple Dumplings         | \$6.50           | Chocolate Pudding  | \$6.50           |
| Wk3  | Monday                  | 15 <sup>th</sup> | Tuesday                | 16 <sup>th</sup> | Wednesday              | 17 <sup>th</sup> | Thursday                | 18 <sup>th</sup> | Friday             | 19 <sup>th</sup> |
|      | Marinated ChickenWings* | \$12             | Sausage Casserole*     | \$12             | Roast Lamb*            | \$12             | Oven Baked Fish*        | \$12             | Pork Chops*        | \$12             |
|      | Honey Pork*             | \$12             | Aussie Parma*          | \$12             | Creamy Chicken Soup    | \$6.50           | Chow Mein               | \$12             | Chicken Alfredo*   | \$12             |
|      | Butterscotch Pudding    | \$6.50           | Strawberry Cheesecake  | \$6.50           | Steamed Jam Pudding    | \$6.50           | Apple & Sultana Cake    | \$6.50           | Pavlova            | \$6.50           |
| Wk4  | Monday                  | 22 <sup>nd</sup> | Tuesday                | 23 <sup>rd</sup> | Wednesday              | 24 <sup>th</sup> | Thursday                | 25 <sup>th</sup> | Friday             | 26 <sup>th</sup> |
|      | Savoury Mince*          | \$12             | Beef & Broccoli*       | \$12             | Sliverside*            | \$12             | Beef Slow Cooker*       | \$12             | Ham&Pineapple      |                  |
|      | Honey Soy Chicken*      | \$12             | Chicken & Ham Bake*    | \$12             | Pea & Ham Soup         | \$6.50           | Chicken Pot Pie         | \$6.50           | Steak*             | \$12             |
|      | Apple Pie               | \$6.50           | Apple & Vanilla Slice  | \$6.50           | Apricot Crumble        | \$6.50           | Lemon Pudding           | \$6.50           | Chicken Vol-Vonts  | \$12             |
|      |                         |                  |                        |                  |                        |                  |                         |                  | Anzac RippleCake   | \$6.50           |
| Wk5  | Monday                  | 29 <sup>th</sup> | Tuesday                | 30 <sup>th</sup> | Wednesday              | Thursday         | Friday                  |                  |                    |                  |
|      | Sausages & Gravy*       | \$12             | Lamb Chops &Gravy*     | \$12             |                        |                  |                         |                  |                    |                  |
|      | Chunk Beef Pie          | \$6.50           | Filo Wrapped Fish*     | \$12             |                        |                  |                         |                  |                    |                  |
|      | Carrot Cake             | \$6.50           | Caramel Cheesecake     | \$6.50           |                        |                  |                         |                  |                    |                  |

Meals will be delivered between **11am & 1pm**

Most Meals can be made into Family trays, 24 hours' notice needed- \$35 each

Please order before **10am** on the day of delivery