

# FREEZE & HEAT MEALS



*Delivered to your door  
every Friday!*

## HOW TO ORDER

Call 07 5445 7044 OR order online via the link below:

[www.rangecare.com.au/freeze-and-heat-meals](http://www.rangecare.com.au/freeze-and-heat-meals).

Minimum of 5 meals and \$5 delivery fee applies to all orders.

## MAIN MEALS - \$10.00 EACH

### 1. Roast garlic and rosemary crusted lamb - LG

Served with roasted vegetables and gravy.

### 2. Crispy skinned lemon and herb roast chicken - LG

Served with roasted vegetables and gravy.

### 3. Beef lasagne

Lean beef bolognese layered with bechamel, pasta and cheese.

### 4. Braised beef and bacon casserole - LG

Slow cooked steak and bacon in a rich beef gravy, served with herb buttered potatoes and seasonal vegetables.

### 5. Corned beef with fresh herb white sauce - LG

Served with steamed vegetables.

### 6. Cottage pie - LG

Lean beef and vegetables sauteed in gravy and baked. Served with creamy mash potatoes and seasonal vegetables.

### 7. Mild Indian butter chicken - LG

Mildly spiced creamy tomato curry, served with basmati rice.

### 8. Creamy coconut Indian veggie and chickpea curry - LG DF VEG

Mild, served with rice.

### 9. Spinach and ricotta cannelloni pasta - VEG

With napoletana sauce, baked with cheese.

### 10. Creamy garlic prawns - LG

Australian prawns marinated in garlic and fresh herbs, sauteed in butter, white wine and cream and finished with parmesan. Served with rice.

## SOUPS - \$7.00 EACH

### 11. Cream of roasted sweet pumpkin soup - LG DF VEG

A wholesome soup of roasted sweet pumpkin, sweet potato, sauteed onion, celery, carrot and coconut cream.

**LG = Low gluten**

**DF = Dairy free**

**VEG = Vegetarian**

## SPECIALS - \$10.00 EACH

### 12. Chinese sweet and sour pork - LG DF

Tender pork pieces in sweet and sour sauce with stir-fry vegetables, served with rice.

### 13. Herb crumbed tuna and mushroom pasta bake

Penne pasta and tomato layered with creamy tuna and mushroom white sauce.

### 14. Cheese and chive quiche - VEG

Flaky filo pastry with a creamy savoury filling of egg, cream, cheese and fresh chives.



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