



## Meals by Mandy - Meal Orders

Delicious, healthy home cooked meals made from 'FRESH' locally sourced produce & snap frozen for your convenience.

### WEEK 1

#### SLOW COOKED BEEF & POTATO CURRY

Tender chunks of beef, potato & sweet potato slow cooked with onions, tomatoes, green beans & Indian spices. basmati rice ( mild ).

#### BRATWURST SAUSAGE, POTATO BAKE & BROCCOLI

German sausage served with potato-bake (onion, bacon, cream, corn & peas) steamed broccoli & carrots.

#### CHICKEN PARMI, POTATO WEDGES & STEAMED VEGGIES

Crumbed chicken breast topped with tomato and basil sauce, olives, baby spinach, mushrooms and cheese, served with potato wedges, sour cream, sweet chilli sauce.

#### CHICKEN PESTO PASTA

Fresh chicken, baby spinach, broccoli and beans tossed through pasta with a basil pesto sauce (contains pine nuts).

#### ROAST OF THE WEEK

Slow cooked pork, roast potato, sweet potato and pumpkin, steamed broccoli & cauliflower with gravy.



## Desserts

Available Weekly

Key lime pie with coconut cream icing.  
Chocolate brownies  
Apple pie & custard

\$6.00



# Menu

All main meals  
\$13.50

Available Weekly  
Soups  
Pumpkin  
Chicken & Vegetable.  
Pea & Ham  
Potato & Leek  
\$6.50

### WEEK 2

#### BEEF & 6 VEGE SPAGHETTI BOLOGNESE

This bolognese sauce is loaded with fresh grated onion, garlic, carrots, zucchini, mushrooms, tomatoes & beef mince, with spaghetti.

#### CHICKEN IN WHITE WINE SAUCE WITH STEAMED VEGGIES

Chicken breast in white wine sauce with roast potato & sweet potato & steamed green beans & carrots.

#### APPLE CIDER & TARRAGON PORK CASSEROLE, WITH RICE & VEGGIES

Juicy pieces of pork slow cooked in dry apple cider, wholegrain mustard, tarragon & sour cream, served with basmati rice, steamed broccoli & carrots.

#### BANGERS AND MASH

Gourmet sausages with potato & sweet potato mash, broccoli & cauliflower in cheese sauce with peas, corn & gravy.

#### ROAST OF THE WEEK

Slow cooked beef, roast potato, sweet potato and pumpkin, steamed broccoli & cauliflower with gravy.



### WEEK 3

#### SILVERSIDE, CREAMY MASH POTATO & STEAMED VEGGIES

Traditional beef silverside, with white onion sauce, steamed fresh broccoli, carrots & baby peas.

#### THAI GREEN CHICKEN CURRY & BASMATI RICE (MED HEAT)

Tender chicken in thai green curry sauce, baby corn, green beans & baby spinach served with basmati rice.

#### TUNA PASTA BAKE & STEAMED VEGGIES

Tuna in a creamy sauce with sweetcorn & baby peas topped with tasty cheese and oven baked, served with steamed beans & carrots.

#### COTTAGE PIE

Beef mince with lovely fresh vegetables in delicious gravy, topped with mashed potato & parmesan cheese.

#### ROAST OF THE WEEK

Roast chicken, roast potato, sweet potato and pumpkin, steamed broccoli & cauliflower with gravy.



### WEEK 5

#### ASIAN CHICKEN WITH FRIED RICE

Chicken, broccoli, cauliflower & carrots in a tasty asian broth (garlic, ginger, shallots and sesame oil), with home made fried rice.

#### TUSCAN MEAT BALLS

Beef mince with grated vegetables, in a tuscan based sauce with a mashed potato, steamed carrots, peas and corn.

#### CHICKEN SPINACH & RICOTTA LASAGNE

Chicken mince, grated vegetables, creamy ricotta and baby spinach folded between layers of lasagne pasta and topped with basilico sauce and grated cheese.

#### TUNA PEA & LEMON PATTIES & BABY POTATOES WITH STEAMED VEGGIES

Homemade tuna patties with steamed baby potatoes tossed in sage butter and served with steamed veggies.

#### ROAST OF THE WEEK

Slow cooked beef, roast potato, sweet potato and pumpkin, steamed broccoli & cauliflower with gravy.



Leaving you time to do the more important things....

### WEEK 4

#### BEEF STROGANOFF WITH PASTA

Tender chunks of beef, onions, garlic & mushrooms cooked in traditional stroganoff sauce and served with fresh steamed broccoli & carrots.

#### TASTY KRANSKY SAUSAGES, GARLIC MASH & VEGGIES

Delicious kransky with creamy mashed potatoes, baby peas, corn & carrots.

#### BAKED ITALIAN TOMATO CHICKEN WITH STEAMED VEGGIES

Chicken breast cooked in a Italian tomato sauce with white wine, olives, oregano & basil, roast potato, sweet potato with steamed veggies

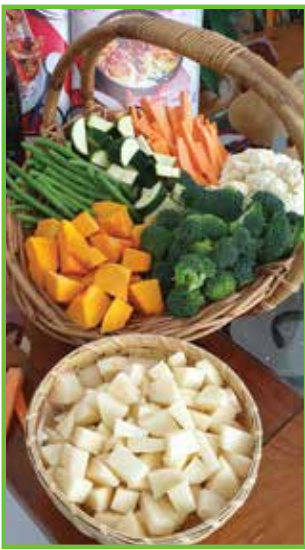
#### CHICKEN & CHORIZO JAMBALAYA

Fresh chicken, spicy chorizo, celery, carrot, red capsicum, red onion, tomatoes, oregano and smoked paprika with basmati rice.

#### ROAST OF THE WEEK

Slow cooked pork, roast potato, sweet potato and pumpkin, steamed broccoli & cauliflower with gravy.





## Food Preparation Service

Perhaps you have difficulty preparing food, work long hours or just have a crazy busy household. My food preparation service is designed to save you time & take a little stress out of that busy meal time ritual. I deliver pre-cut fresh vegetables ready for you to throw into a slow cooker before work or toss into the oven for a quick meal.

### Packages

- LARGE (based on family of 4-5)**  
Potato, sweet potato (or combination)  
Plus, any combination of 4-5 seasonal vegetables **\$35**
- MEDIUM (based on family 2-3)**  
Potato, sweet potato (or combination)  
Plus, any combination of 3-4 seasonal vegetables **\$20**



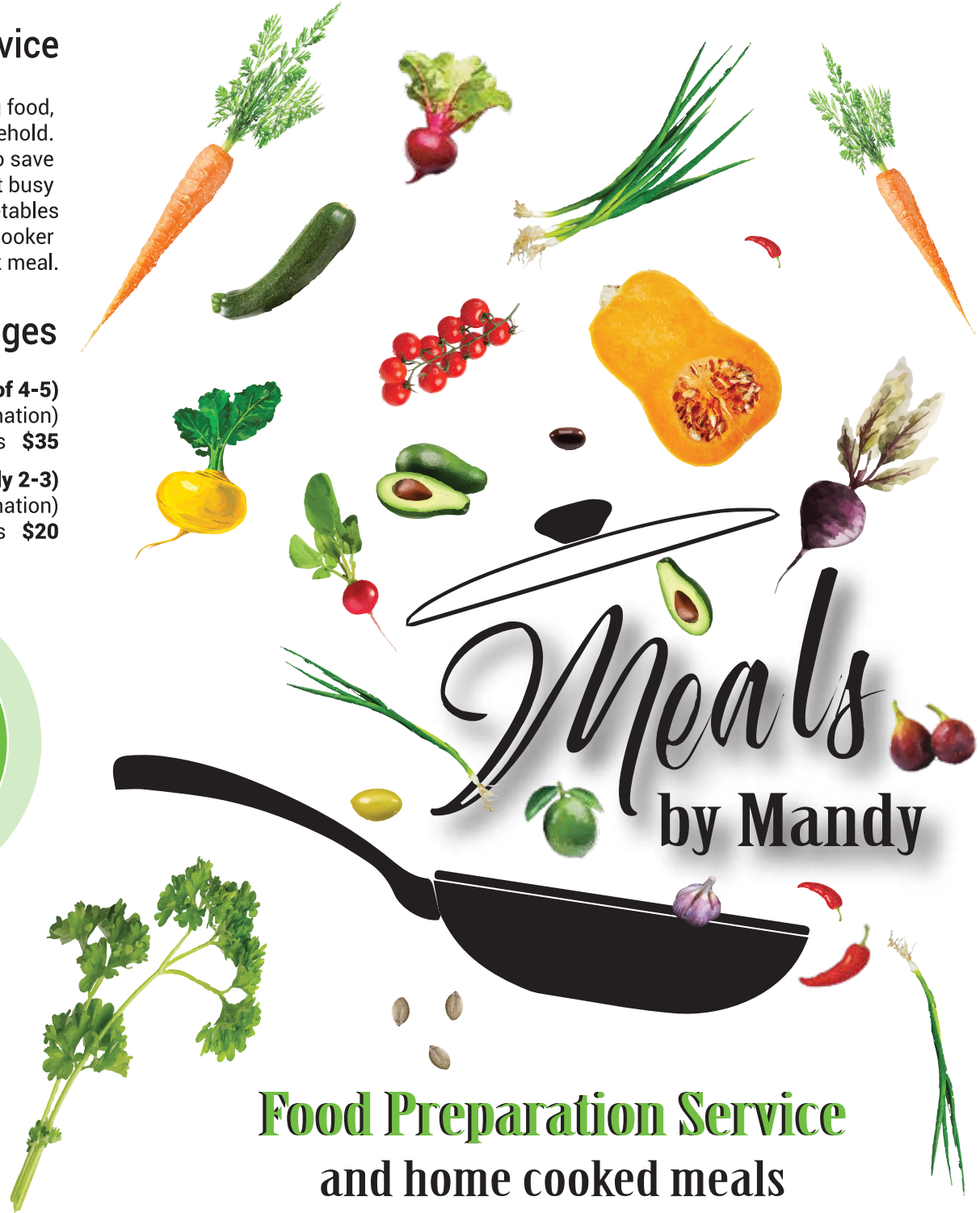
\$5 delivery charge for orders less than 4 meals.



*Enquiries & Orders*

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*Meals*  
by Mandy

**Food Preparation Service**  
and home cooked meals