The	Meal	Pantry
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			COMPLETE MEAL - including side		SAUCE and PROTEIN ONLY	
	DF	GF	350g	600g	250g	550g
CURRY						
Beef Madras	~	~	\$12.00	\$16.90	\$9.50	\$18.90
Butter Chicken		~	\$12.00	\$15.90	\$8.50	\$17.90
Green Chicken Curry	~	~	\$12.00	\$15.90	\$8.50	\$17.90
Sri Lankan Beef		~	\$12.00	\$16.90	\$9.50	\$18.90
Teriyaki Chicken	/	~	\$12.00	\$15.90	\$8.50	\$17.90
Thai Red Beef	/	~	\$12.00	\$16.90	\$9.50	\$18.90
Cauliflower Teriyaki - Vegan	~	/	\$11.00		\$8.00	\$15.90
Green Vegetable Curry - Vegan	/	/	\$11.00		\$8.00	\$15.90
Pumpkin Tikka Masala - Vegan	/	/	\$11.00		\$8.00	\$15.90
Curries are served with rice in the meal containers						
PASTA SAUCES						
Beef Ragu	/	~	\$12.00	\$16.90	\$9.50	\$18.90
Beef Stroganoff		~	\$12.00	\$16.90	\$9.50	\$17.90
Bolognese	~	~	\$11.00	\$14.90	\$9.50	\$17.90
Chicken and Chorizo	~	~	\$12.00	\$15.90	\$8.00	\$14.90
Chicken and Creamy Mushroom			\$11.00	\$15.90	\$8.50	\$17.90
Pork and Veal Meatballs	/	~	\$12.00	\$16.90	\$9.50	\$17.90
Salmon and Prawn Rose			\$14.20		·	·
Mushroom Bolognese - Vegan	~	~	\$11.00			\$15.90
Sweet Potato Cacciatore	/	~	\$11.00		\$8.00	\$15.90
Pasta sauces served with pasta in the meal containers	1				1	
Pasta is NOT GLUTEN FREE						
LASAGNE/PASTA BAKES						
Cauliflower Mac anc Cheese			\$8.90	\$12.90		
Bacon Mac and Cheese			\$8.90	\$12.90		
Lamb Moussaka		~	\$12.00	\$15.90		
Lasagne		Ť	\$11.00	\$16.90		
Spinach and Ricotta Cannelloni			\$13.00	\$16.90		
These items all contain relevant sides						
SLOW COOKED						
Beef in Red Wine	/	~	\$12.00	\$16.90	\$9.50	
Mexican Beef			\$12.00	\$16.90	\$8.50	\$17.90
Mustard Chicken		~	\$12.00	\$15.90	\$8.50	
Osso Bucco	~	~	\$13.00	\$16.90	\$9.50	\$18.90
Cassoulet	/	~	\$12.00	\$15.90	\$8.50	\$17.90
These items all contain relevant sides						
MEAT AND VEG/ROASTS						
Corned Beef and Vegetables	1		\$12.00	\$15.90		
Roast Lamb with Vegetables	/	~	\$16.70	\$20.90		
Chicken Breast with Vegetables	†	'	, ==::=	, ==:••		
Shepherds Pie	1	VEV.	\$11.00	\$15.90		
These items all contain relevant sides	1			·	1	†

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	DF	GF	200g	400g	1800g	
FAMILY SIZE						
Chicken Meatball Parmigiana Pasta Bake 1.8 kg					\$29.00	
SOUPS						
Chicken and Vegetable		~		\$7.00		
Potato and Leek				\$7.00		
Spiced Pumpkin				\$7.00		
SIDES						
Cauliflower Cheese			\$4.00	\$8.00		
Cauliflower Rice	~	~	\$3.00	\$6.00		
Jasmati Rice		~	\$3.00	\$6.00		
Mixed Vegetables	~	~	\$4.00	\$8.00		
Potato Bake			\$4.00	\$8.00		
DESSERTS						
Apple Rhubarb Slice (2)			\$10.00			
Apricot Almond Slice (2)			\$10.00			
Chocolate Macadamia Brownie (2)		~	\$10.00			
Sticky Date Pudding (2)		~	\$10.00			
White Chocolate Raspberry Cheesecake (2)		~	\$10.00			
KracKorn Caramel Popcorn		~	\$7.00			