

# The Meal Pantry

			COMPLETE MEAL - including side		SAUCE and PROTEIN ONLY	
	DF	GF	350g	600g	250g	550g
<b>CURRY</b>						
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
<i>Curries are served with rice in the meal containers</i>						
<b>PASTA SAUCES</b>						
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
<i>Pasta sauces served with pasta in the meal containers</i>						
<i>Pasta is NOT GLUTEN FREE</i>						
<b>LASAGNE/PASTA BAKES</b>						
Cauliflower Mac and Cheese			\$8.90	\$12.90		
Bacon Mac and Cheese			\$8.90	\$12.90		
Lamb Moussaka		✓	\$12.00	\$15.90		
Lasagne			\$11.00	\$16.90		
Spinach and Ricotta Cannelloni			\$13.00	\$16.90		
<i>These items all contain relevant sides</i>						
<b>SLOW COOKED</b>						
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
<i>These items all contain relevant sides</i>						
<b>MEAT AND VEG/ROASTS</b>						
Corned Beef and Vegetables			\$12.00	\$15.90		
Roast Lamb with Vegetables	✓	✓	\$16.70	\$20.90		
Chicken Breast with Vegetables		✓				
Shepherds Pie			\$11.00	\$15.90		
<i>These items all contain relevant sides</i>						

[illegible]