

## At Home with Willoughby – Meals on Wheels – Frozen Meal Menu

CHICKEN	BEEF	DESSERTS
Chicken & Leek Casserole & Mashed Potato		
Chicken & Leek Pie	Beef Sausages (G.F)	Baked Custard
Chicken Kiev & Mashed Potato	Italian Meatballs with Tomato sauce and Pasta	Apple Danish Custard
Chicken Parmigiana & Mashed Potato	Roast Beef	Black Forest
Chicken Schnitzel with Gravy & Mashed Potato	Traditional Beef Lasagne	Crème Brulee
Roast Chicken with Gravy or White Wine	Honey Soy Beef with Rice	Mocha Pannacotta
Sweet & Sour Chicken with Rice		Baked Passionfruit Cheesecake
Satay Chicken with Rice		Sticky Date Pudding
Green Chicken Curry		Prunes & Custard
	LAMB	Strawberry Cheesecake
	Lamb Casserole with Mashed Potato	Tiramisu
	Lamb Rissoles with Mashed Potato & Gravy	
PORK	Lamb Sausages with Mashed Potato (G.F)	DESSERTS
BBQ Pork Spare Ribs with Saffron Rice	Roast Lamb with Gravy/mint jelly	Chocolate Pudding
Pork Sausages with Pasta	Sheppard's pie	
Roast Pork with Apple Sauce	Hearty Irish Stew	
Sweet & Sour Pork with Rice		
Thai Pork Stir Fry		
Pork Stroganoff		
VEGETARIAN	FISH	
Pumpkin and Sage Ravioli	Baked Barra with Lemon Dill and Rice	
Spinach & Ricotta Ravioli	Beer Battered Flathead with Vegetables	
Vegetable Lasagne	Crunchy Crumbed Fish with Tartare Sauce	
Vegetable Pasta Bake Herb Crust	Crumbed Tuna with Tartare Sauce	
Vegetarian Croquets	Salmon & Barramundi Pie	
Vegetarian Frittata	Sweet & Sour Fish with Steamed Rice	
	Baked Fish Puttanesca	
	Coconut Fish Curry	