

PRE-MADE MEALS MENU

10 Belmont Street, Belmont

orders@amablecn.com.au

NDIS Funding available for self/plan managed - Private Orders Also Welcome

Orders :T (03) 5201 9093

Soups \$5.00		Qty
Pumpkin (GF)	\$5.00	
Pea & Ham (GF)	\$5.00	
Minestrone (GF)	\$5.00	
Potato & Leek (GF)	\$5.00	
Sandwiches \$5.00		Qty
Egg & Lettuce & Mayo	\$5.00	
Ham & Cheese	\$5.00	
Curried Egg	\$5.00	
Corned Beef & Pickles	\$5.00	
Chicken & Salad Roll	\$6.50	
Lunches & Snacks		Qty
Salad Tub (GF)	\$6.50	
Quiche Lorraine	\$8.50	
Beef Pie	\$5.50	
Chicken Wings (6) (GF) Honey Soy or BBQ	\$9.50	
Loaded Spud bacon, sour cream, cheese, slaw	\$9.50	
Burrito (Chicken)	\$6.50	
Spring Rolls (2)	\$3.00	
Dim Sims steamed (2)	\$3.00	
Wedges (served with sour cream and sweet chilli)	\$5.50	
Necessities		Qty
Bread	\$4.00	
Milk 2L	\$3.00	
Eggs	\$6.00	
Butter/Margarine	\$5.50	
Meals - Single \$9.90 Tray \$18.00		
	Single	Tray
Lasagne		
Spaghetti Bolognese		
Beef Casserole (GF)		
Corned Beef (GF)		
Bangers & Mash		
Tuna Bake		
Pasta Bake		
Chicken Pesto Pasta		
Potato Bake		
Sweet n' Sour Pork & Rice		
Curry Chicken & Rice		
Curried Sausages		
Spinach & Ricotta Cannelloni		
Vegetable Lasagne		
Our meals contain a range of cereals, gluten unless specified (GF), added sulphites, egg, fish, milk/dairy, peanuts, tree nuts, sesame, soy lupins and their products		

Main Meals Cont'		Qty
Salmon Patties (GF)	\$9.90	
Chilli Con Carne (GF)	\$9.90	
Stir fry Beef & Noodles	\$9.90	
Quiche Lorraine	\$9.90	
Caesar Salad	\$9.90	
Roast Beef & Veggies	\$9.90	
Roast Chicken & Veggies	\$9.90	
Condiments \$1.00		Qty
Tomato Sauce		
Tartare Sauce		
Aioli Sauce		
Soy Sauce		
Plum Sauce		
Mayonnaise		
Sour Cream		
Sweet Chilli		
Desserts & Sweets		Qty
Ice cream tub	\$4.50	
Jelly	\$3.00	
Apple Crumble	\$6.50	
Lemon Meringue Pie	\$6.50	
Chocolate Brownie	\$6.50	
Caramel Slice	\$6.50	
Lemon Slice	\$6.50	
Banana Bread Slice	\$4.00	
Carrot Cake	\$6.50	
Sticky Date Pudding	\$6.50	
Order Details		

Customer No	
Name	
Delivery Address	
Total Amount	
Delivery Date	

Order Times: By Wednesday 3pm for following Monday
By Friday 3pm for Wednesday delivery

Credit Card Name: _____

Card No: _____

Exp Date _____ CCV _____

Signature: _____

Free delivery over \$50, otherwise \$6 delivery fee applies