

**ASK US HOW**

**TO ACCESS SUBSIDISED  
MEALS THROUGH YOUR  
HOME CARE / NDIS  
PACKAGE!**

**PICK UP OR DELIVERY  
WED / THURS / FRI**

**HOW TO ORDER:**

1. **PLACE YOUR ORDER ON  
MON / TUES / WED**
  2. **CHOOSE DELIVERY DAY**
  3. **PAY YOUR GAP PORTION**
  4. **WE INVOICE THE  
REMAINDER TO YOUR  
CARE PROVIDER**
  5. **REPEAT!**
- (APPROVED HCP/NDIS REQUIRED)**



**ORDER  
NOW  
8555 1655**

**Shop Front Open  
Mon - Fri: 9:30am - 3pm**

**Shop 4/22 Cadell St  
Goolwa**

**convenientchefgoolwa@gmail.com  
www.convenient-chef.com.au**



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Fresh Chef Prepared Meals, Delivered!



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**FRESH,  
CHEF PREPARED  
READY MEALS**

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# CHICKEN DISHES

## Chicken Schnitzel

Ingredients: Chicken Breast, Bread Crumbs, Milk, Eggs, Canola Oil, Potato, Butter, Salt, Gravy, Peas, Beans, Cauliflower, Broccoli, Carrot  
Allergen: Gluten and Dairy

## Baked Chicken Breast:

Ingredients: Chicken Breast, Potato, Milk, Butter, Salt, Gravy, Mixed Veg  
Allergens: Gluten and Dairy

## Satay Chicken & Veg\*

Ingredients: Chicken Breast, rice, mixed veg, satay sauce (GF)  
Allergen: Contains Nuts, dairy

## Sweet and Sour Chicken\*

Ingredients: Chicken Breast, rice, onion, capsicum, sweet & sour sce, pineapple, chilli, salt, maize corn starch, mixed veg  
Allergens: Soy

## Honey Mustard Chicken\*

Ingredients: Chicken Breast, rice, mixed veg, cream, seeded mustard, Dijon mustard, honey, chicken stock  
Allergen: Contains Dairy

# SEAFOOD DISHES

## TUNA MORNAY

Tuna, corn, butter, milk, flour, cheese breadcrumbs  
Allergen: dairy, fish, gluten

## Baked Salmon\*

Salmon, potato, salt, butter, milk, mixed veg, cream, garlic, chicken stock  
Allergen: dairy, fish

## Grilled Barramundi\*

Barramundi, mixed veg, potato, salt, butter, milk, garlic, chicken stock.  
Allergen: dairy, fish.

## Garlic Prawns\*

Prawns, rice, garlic, cream, chicken stock, maize starch, spring onion, capsicum.  
Allergen: dairy, fish

## Fish Cakes

Fish, flour, mixed veg potato, onion, salt, pepper, vegetable oil, bread crumbs, butter, milk  
Allergen: gluten, dairy, fish



## **BEEF DISHES**

### **Beef Schnitzel**

Beef, bread crumbs, milk, eggs, flour, canola oil, potato, salt  
gravy\*, mixed veg  
Allergen: Gluten & Dairy

### **Braised Beef & Mushroom,**

Beef, mushroom, beef stock, gravy\*, potato, salt, butter, milk, mixed veg  
Allergen: Dairy, Gluten

### **Beef Chow Mein Noodles**

Beef, Hokkien noodles, onion, garlic, cabbage, beans, capsicum, broccoli, cauliflower, curry powder, chicken stock, soy sauce.  
Allergen: Soy, gluten

### **Corned Silverside\***

Silverside, potato, milk, salt, butter, mixed veg, cream, dijon mustard, seeded mustard, maize starch  
Allergens: Dairy

### **Chilli Con Carne**

Beef, rice, chilli, tomato, kidney beans, corn, beef stock, maize starch, mixed veg.  
Allergen: gluten

### **Cottage Pie**

Beef, onion, carrot, peas, gravy, Worcestershire sauce, BBQ sauce, maize starch, potato, salt, butter, milk  
Allergen: dairy, gluten, nuts

### **Roast Beef**

Beef, potato, mixed veg, gravy, salt, canola oil, dried mixed herbs  
Allergen: gluten

## **VEGETARIAN**

### **Vegetable Curry\*(V)**

Potato, pumpkin, onion, carrot, garlic, cauliflower, peas, tomato, curry powder, vegetable stock, rice.  
Allergen: nuts

### **Vegetarian Lasagne**

Carrot, onion, tomato, eggplant, zucchini, capsicum, garlic, cream, parmesan, cheese, vegetable stock, pasta, salt.  
Allergen: gluten, dairy

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## LAMB DISHES

### Roast Lamb

Lamb leg, mixed herbs, salt, potato, canola oil, mixed veg, gravy

Allergen: gluten

### Lambs Fry & Bacon

Lamb liver, bacon, potato, milk, salt, butter, gravy\*

Allergen: dairy & gluten

## PASTA DISHES

### Spaghetti Bolognese

Pasta, beef, onion, tomato, cheese, salt, pepper.

Allergen: gluten

### Beef Lasagne

Pasta, beef, cheese, flour,

Allergen: gluten

## PORK DISHES

### English Pork Sausages

Pork sausage, Mash (potato, butter, salt, milk), mixed veg, gravy

Allergen: Dairy, Gluten

### Curried Sausages

Pork sausage, onion, celery, carrot, peas, mash (potato, salt, butter, milk), sultanas, garlic, curry powder, chicken booster, maize starch,

Allergen: Dairy, MSG

### Roast Pork

Pork, Mash (Potato, salt, milk, butter), Mixed veg, gravy

Allergen: gluten, dairy

**Gluten-Free - \***

**GLUTEN FREE GRAVY  
AVAILABLE UPON REQUEST**

**MIXED VEG MAY INCLUDE  
CARROT, PEAS, CORN,  
BROCCOLI, CAULIFLOWER**

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## **LIGHT MEALS & SALADS**

### **Chef Salad\***

Prawn, chicken breast, lettuce, onion, cucumber, tomato, carrot, capsicum.

Dressing: mayo/balsamic vinegar / seeded mustard

Allergen: Crustaceans

### **Ploughman's Lunch**

Salami, Silverside, ham, lettuce, pickled onion, gerkhin, cucumber, tomato, carrot, egg, cheese,.

Dressing: French dressing.

Allergen: Gluten, Egg, Dairy

### **Egg & Beetroot Salad\***

Egg, beetroot, lettuce, cucumber, tomato, onion, capsicum, carrot, cheese.

Dressing: Mayonnaise

Allergen: dairy, egg

## **LIGHT MEALS & SALADS**

### **Chicken Caesar Salad**

Lettuce, Chicken breast, bacon, egg, parmesan cheese

Dressing: Mayonnaise, Worcestershire sauce, garlic

Allergen: egg, dairy

### **Pumpkin & Feta Quiche**

Pastry, egg, cream, milk, cheese, pumpkin, feta

Allergen: gluten, dairy, egg

### **Quiche Lorraine**

Pastry, bacon, onion, cream, egg, milk, cheese

Allergen: dairy, gluten, egg

### **Toasted Ham/Cheese**

Bread, ham, cheese

Allergen: dairy, gluten

### **Croissant Ham/Cheese**

Butter Croissant, ham, cheese

Allergen: dairy, gluten

### **Side Salad\***

lettuce, tomato, onion, cucumber, capsicum

No allergens.

## **DESSERTS**

### **Traditional Trifle**

sponge cake (self raising, flour, egg, sugar), jelly, apricot, pear, custard, cream  
Allergen: egg, gluten, dairy

### **Strawberry Delight\***

Strawberry, jelly, strawberry mouse (milk, food colouring), cream.

Allergen: dairy

### **Cheesecake - various**

Allergens: gluten, dairy, soy, nuts

### **Lemon tart**

Egg, sugar, flour, butter, cream, lemon.

Allergen: gluten, egg, dairy, soy



## DESSERTS CONT'D

### **Apple Pie**

Apple, flour, sugar, butter, mixed spice, salt, egg, sultanas, milk, vegetable oil.  
Allergen: Eggs, Soy, Gluten, Dairy, Nuts

### **Carrot Cake**

Carrot, flour, sugar, egg, butter, milk, cream, salt, walnuts, cinnamon  
Allergen: Dairy, egg, nuts, gluten, soy

### **Fruit, Jelly & Custard\***

Allergen: Dairy

### **Fruit, Jelly & Cream\***

Allergen: Dairy

### **Custard\***

Allergen: Dairy

FOR ANY QUERIES REGARDING  
ALLERGENS OR  
REPLACEMENTS OF MEALS TO  
SUIT YOUR NEEDS, PLEASE  
SPEAK WITH OUR FRIENDLY  
STAFF IN STORE  
AT 4/22 CADELL ST, GOOLWA  
OR BY CALLING  
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