

ASK US HOW

TO ACCESS SUBSIDISED
MEALS THROUGH YOUR
HOME CARE PACKAGE!

PICK UP OR DELIVERY
WED / THURS / FRI

HOW TO ORDER:

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



ORDER
NOW
85551655

Open Mon for phone
orders only.

Shop open
Tues - Fri: 8:30am - 3pm
Shop 4/22 Cadell St
Goolwa

convenientchefgoolwa@gmail.com



Convenient
Chef

Fresh Chef Prepared Meals, Delivered!



Convenient
Chef

FRESH
CHEF PREPARED
READY MEALS

PICK UP OR
DELIVERY

8555 1655



CHICKEN DISHES

Chicken Schnitzel	14.50
Chicken mignon	14.50
Chicken & Leek Pie*	12.50
Thai green curry*	12.50
Honey Soy noodles	12.50
Teriyaki Chicken & Cashew	12.50
Roast Chicken	11.50

BEEF DISHES

Beef bourguignon*	12.50
Beef pie	12.50
Beef & Ale Stew	12.50
Corned Silverside *	12.50
Gourmet Meatloaf	12.50
Roast Beef	11.50
Cottage Pie	11.50

SEAFOOD DISHES

Garlic Prawns *	14.50
Grilled Barramundi*	14.50
Fish Cakes	11.50
Tuna Mornay	10.00

PORK DISHES

English Pork Sausages	12.50
Curried Sausages*	11.50
Roast Pork	11.50
Fried Rice	10.00

LAMB DISHES

Roast Lamb	11.50
Lambs Fry & Bacon	10.00

PASTA DISHES

Spaghetti Bolognese	10.50
Beef Lasagne	10.50
Cheesy mac & Tuna	10.00

VEGETARIAN

Veg Lasagne	11.50
Spaghetti Ratatouille	11.50

DELIVERY

Within Goolwa	6.00
Victor/surrounds	8.00
Other Areas	10.00

LIGHT MEALS & SALADS

Chef salad	12.00
Chicken Caesar Salad	10.50
Ploughman's Lunch	10.50
Thai beef salad	10.50
Egg & Beetroot Salad *	10.50
Spinach & Tom Quiche	6.50
Quiche Lorraine	6.50
Toasted Ham/Cheese	6.50
Croissant Ham/Cheese	6.50
Zucchini Slice	6.50
Side Salad	4.00
Mixed Veggies	4.00

DESSERTS

Traditional Trifle	6.50
Pineapple Delight	6.50
Lemon Citrus Tart	6.50
Cheesecake	6.50
Apple Pie	6.50
Carrot Cake	5.50
Fruit, Jelly & Cream	5.50

spring/summer 2022/23

Gluten-Free - *