



Ready To Heat
Frozen Meals



Delicious and nutritious frozen meals delivered to your door!

All our frozen meals are made from scratch in house by our experienced award-winning team of chefs with locally sourced ingredients.

MENU

Satay Chicken with Vegetables and Jasmine Rice (GF)

Chicken Breast sautéed in house made peanut satay sauce with steamed vegetables and jasmine rice

Slow roasted Pork striploin (GF)

Served with mash potato, roast pumpkin, peas, carrots and gravy

Pumpkin soup (GF)

Roasted Butternut pumpkin with onion, carrots, vegetable stock and cream

Beef lasagne

Bolognaise sauce, bechamel and fresh lasagne sheets

Curried Sausages with Rice (GF)

Thick beef sausages in house made curry sauce with beans and jasmine rice

Chicken Pasta Bake

Chicken breast, mushrooms and bacon sautéed with onions and garlic in a creamy white wine sauce served with penne pasta and shallots

Mushroom Risotto (GF)

Variety of mushrooms cooked in a mushroom stock with arborio rice, white wine, parsley, thyme and finished with parmesan cheese

Rissoles with Sweet Potato Mash, Vegetables and Gravy (GF)

Traditional house made rissoles served with sweet potato mash, vegetables and gravy

Vegan Bolognaise (GF)

Red lentil pasta, fresh herbs and vegan cheese sauce

Lemon and Thyme Chicken with Sweet potato, Carrots, Beans and Broccoli (GF)

Chicken breast marinated in Lemon and thyme chargrilled and sliced served with sweet potato, carrots, beans and broccoli

Order online at www.clubtoukley.com.au/poppiesfrozenmeals

Meals \$8.00 each – Minimum order \$50.00

Orders must be received by 5pm Friday for a Monday delivery.

Free delivery Noraville, Toukley, Canton Beach, Gorokan, Kanwal, Lake Haven

\$5.00 delivery Hamlyn Terrace, Woongarah, Wadalba, Charmhaven

