

- Each meal is two courses - one soup plus your choice of one main meal
- You can order multiple meals each week
- Meals are delivered fresh and can be refrigerated or frozen for future reheating
- Price per meal depends on your package and situation, please discuss with your case manager
- Free home delivery to Hobart and surrounding suburbs on Friday morning each week
- To order meals, please talk with your case manager or email meals@mrctas.org.au or phone 6221 0999

Delivery Friday 15th May (orders close Monday 11th May)

SOUP - Roasted carrot and white bean soup with herbs	GF, NF, V, VG
CHOICE OF MAIN (choose 1 only) Both served with a side salad	GF, NF, V, VG
A. Meat Main: Creamy baked chicken with mustard and leek, with sweet potato mash	GF, NF
B. Vegetarian Main: Stir fried tofu, cauliflower and broccoli with roast almond satay sauce, with steamed rice	GF, V, VG

Delivery Friday 22nd May (orders close Monday 18th May)

SOUP - Potato and leek soup	GF, NF, V
CHOICE OF MAIN (choose 1 only) Both served with mixed steamed vegetables	GF, NF, V, VG
A. Meat Main: Hainanese chicken rice with spring onion and broccoli	GF, NF
B. Vegetarian Main: Spinach and haloumi lasagne	NF, V

Delivery Friday 29th May (orders close Monday 25th May)

SOUP - Red lentil and tomato soup	GF, NF, V, VG
CHOICE OF MAIN (choose 1 only) Both served with mixed steamed vegetables	GF, NF, V, VG
A. Meat Main: Chicken chow mein with cabbage and five spice	NF
B. Vegetarian Main: Tofu chow mein with cabbage and five spice	NF, V
C. Fish Main: Classic fish pie with potato topping	NF

GF= Gluten free, NF= Nut Free, V= Vegetarian, VG= Vegan