

- 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](mailto:meals@mrctas.org.au) or phone 6221 0999

**Delivery Friday 15<sup>th</sup> May (orders close Monday 11<sup>th</sup> May)**

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

**Delivery Friday 22<sup>nd</sup> May (orders close Monday 18<sup>th</sup> May)**

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

**Delivery Friday 29<sup>th</sup> May (orders close Monday 25<sup>th</sup> May)**

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

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