



**ESSENTIALLY
FRESH** DELI & CATERING

EMAIL: info@essentiallyfresh.com.au

MICHEL'S MEALS

ORDER FORM

2018

HOMEMADE



OFFICE USE ONLY:

PAID: PAY ON PICKUP: INVOICE:

Customer Information

NAME **LAST NAME**

EMAIL ADDRESS **MOBILE NUMBER**

PICK UP DATE **PICK UP TIME**

A number of the meals listed are made on a daily basis, pre-ordering is requested to ensure their availability. We can vary the meals and the choice of vegetables to suit. We can also provide portion control size meals. Please add these details in special requests. Our chefs also offer to snap Freeze meals for convenience. **We require 24 – 48 hours' notice.**



Order Details

MICHEL'S MEALS	PRICE	QTY	FRESH/FROZEN	SPECIAL REQUESTS
**Peppered Eye Fillet w/ pepper sauce & vegetables	\$16.95		Fresh Frozen	
Beef Burgundy w/ mashed potato or vegetables	\$15.95		Fresh Frozen	
Lean Pork Fillet & caramelised apple w/ gravy & vegetables	\$16.95		Fresh Frozen	
Slow Cooked Pulled Pork w/ braised cabbage & vegetables	\$16.95		Fresh Frozen	
Corned Beef w/ light white sauce & vegetables	\$15.95		Fresh Frozen	
Roast Pork , apple & vegetables w/ gravy	\$15.95		Fresh Frozen	
Roast Lamb , vegetables & gravy	\$15.95		Fresh Frozen	
Roast Beef , vegetables & jus	\$15.95		Fresh Frozen	
Mediterranean Chicken topped w/ light white sauce & vegetables	\$15.95		Fresh Frozen	
Chicken Cacciatore w/ vegetables	\$15.95		Fresh Frozen	
Chicken Roulade pocketed w/ baby spinach & pine nuts w/vegetables	\$15.95		Fresh Frozen	
Mild Chicken Penang Curry & rice or vegetables	\$15.95		Fresh Frozen	
Chicken w/ green olive & mushroom w/ vegetables	\$15.95		Fresh Frozen	
Slow Cooked Lemon & Thyme Chicken w/ vegetables	\$15.95		Fresh Frozen	
**Creamy Garlic Prawns & rice or steamed vegetables	\$16.95		Fresh Frozen	
**Mild Curry Prawns & Rice or steamed vegetables	\$16.95		Fresh Frozen	
**Chargrilled Atlantic Salmon w/ mash & vegetables	\$16.95		Fresh Frozen	
Meatballs in Napoli Sauce	\$14.95		Fresh Frozen	
Meatballs & Pasta w/ Napoli Sauce	\$14.95		Fresh Frozen	



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Spaghetti Bolognaise	\$14.95		Fresh Frozen	
Creamy Chicken Pasta w/ mushrooms & bacon	\$14.95		Fresh Frozen	
Spinach & Ricotta Tortellini (vegetarian)	\$14.95		Fresh Frozen	
Mexican Chilli Con Carne	\$14.95		Fresh Frozen	
Low Fat Salmon Patties w/ vegetables	\$15.95		Fresh Frozen	
Low Fat Chicken Patties w/ vegetables	\$15.95		Fresh Frozen	
Roast Pumpkin & Leek Risotto w/ fresh parmesan	\$14.95		Fresh Frozen	
Vegetable Ratatouille (tomato based)	\$10.95		Fresh Frozen	
Creamy Potato Bake topped w/ cheese	\$10.95		Fresh Frozen	
Special Fried Rice (includes prawns & chicken)	\$16.95		Fresh Frozen	
Chicken Lasagna	\$7.70		Fresh Frozen	
Vegetable Lasagna	\$7.70		Fresh Frozen	

Other Orders:

	Fresh	Frozen
	Fresh	Frozen
	Fresh	Frozen
	Fresh	Frozen

**Exceptions with meal deal - does not include prawn meals/ eye fillet meals / salmon meals.