

## Spring Menu

### Breakfast

	minimum order	price p/serve
English breakfast (a cooked breakfast)	6	4
Hot pancakes, maple flavoured syrup, berries	5	2
Bircher muesli, apple, almond, cinnamon and oats	4	2
Corn fritters and bacon	4	2
Seasonal fruit platter	4	4

### Frozen Smoothie Packs

Orange, strawberry, banana, and ginger	4	3.5
Chocolate chip, banana, protein	4	3.5
Green smoothie, apple, avocado, spinach, banana, almond milk	4	3.5
Piña colada, banana, pineapple, coconut, apple juice	4	3.5

### Soups

Chicken and corn chowder	4	2
Green lentil, tomato and vegetable	4	1.5
Pumpkin, pouring cream and croutons	4	1.5
Southeast Asian chunky pumpkin broth	4	1.5
Cream of cauliflower, parmesan bread	4	1.5
Hearty chicken and vegetable	4	2
Classic minestrone	4	1.5
Carrot and ginger	4	1.5
Lightly spiced cream of French lentils	4	1.5
Vietnamese Phở, chicken broth, rice noodles, coriander	4	4

**Sweet Snacks**

	minimum order	price p/serve
Milo swirl banana bread	12	1.5
Anzac biscuits	12	1.5
Banana bread	12	1.5
Blueberry scones	12	1.5
Carrot cupcakes, lime cream cheese icing	12	1.5
Chocolate crackles	12	1.5
Chocolate chip scones	12	1.5
Date and oat cookie	12	1.5
Apricot coconut slice	12	1.5
Jam drops	12	1.5
Mixed berry muffins	12	1.5
Pear, cranberry and sesame seed bars	12	1.5
Rice bubble, marshmallow, and white chocolate slice	12	1.5
Rocky road	12	1.5
Date, cranberry, nuts & seeds high energy slice	12	1.5
Rum and raisin protein ball	12	1.5
Strawberry muffins	12	1.5
Sultana scones	12	1.5
Zucchini and cacao brownie	12	1.5
Pineapple and coconut muffins	12	1.5

**Savoury snacks**

	minimum order	price p/serve
Crudités with hummus	6	3
Mushroom stuffed with artichoke hearts and almond	6	3
Sliced ham, cheese cubes, cherry tomatoes and pickles	5	3
Mini pork sausage rolls	16	1
Hash browns	12	1
Boiled eggs	12	40c
Spinach and Meredith goat cheese frittata	12	2
Brazilian cheese puffs (3 per portion)	24	60c
Ham and cheese frittata	12	2
Red onion frittata, goat cheese and basil	12	2
Roasted asparagus and green beans wrapped in prosciutto	12	2.5
Vegetable loaded frittata (potato, onions, spinach, kale, corn, zucchini)	12	2
Bacon and cheese frittata	12	2
Bagel pizzas	8	1.5

**Mains**

	minimum order	price p/serve
Thai beef stir fry, chilli, cashews, basil, jasmine rice	4	5
Chicken lasagne	5	5
Roasted honey garlic chicken drumsticks, parsnips, carrots	4	5
Lamb Moussaka, eggplant, crispy crumb top	4	5
Spaghetti with meatballs in rich tomato sauce	4	4
Cottage Beef pie, peas, mash potato	4	5
Thai green chicken curry, jasmine rice	4	5
Tuna, cheese, corn, and spinach pasta bake	4	5

**Mains**

	minimum order	price p/serve
Shepherd's pie with crispy puff pastry lid	4	5
Main size beef and pork sausage roll, vegetables, gravy	5	3
Chicken cacciatore, olives, rich tomato sauce	4	5
Lamb forequarter chops, broccoli, corn, peas, potato bake	6	5
Traditional Irish stew, lamb, carrots, potatoes, onions, parsley	5	5
Roast lemon chicken thighs, roast potato, ratatouille	4	4
Chicken Kyiv, creamy garlic sauce, potato, seasonal vegetables	4	4
Baked gluten free gnocchi, cheddar, pumpkin, bacon, and sage	6	4
Burger prep - beef patties, buns, tomato, cheese, lettuce, pickles	4	7
Moroccan lamb tagine, couscous, almonds	4	7
Butter chicken curry, basmati rice, carrots and beans	4	4
Turkey meatballs, tomato ragu, zucchini and carrot ribbons	4	4
Turkey meatballs, tomato ragu, wholemeal spaghetti	4	4
Peanut and tahini satay chicken stir fry	4	5
Crumbed basa fillets, fries, broccoli, carrots, cauliflower	4	5
Vietnamese grilled pork chops, lemongrass, fresh cucumber salad, pickled vegetables, fragrant rice	4	5
Chia Crusted Salmon, broccolini, sweet potato, miso dressing	4	5
Lamb kofta, roast spiced chickpeas, mediterranean vegetables	5	4
Fried rice (Pork or chicken), vegetables, and egg	5	4
Corned silverside, boiled potato, corn cob, brussels sprouts, bechamel	5	4
Tasmanian salmon fish cakes, green beans, zucchini	5	4
Beef lasagne	5	4
Chicken schnitzel, creamy mushroom gravy, broccoli, corn and carrots	4	4

**Mains**

	minimum order	price p/serve
Slow cooked spiced chicken fajita, corn pilaf	4	4
Penne pasta, handmade pesto, peas, toasted almonds, chilli flakes	4	4
San choy bau, chicken or turkey, water chestnuts, hoisin, spices, vegetables, (lettuce cups or rice)	4	4
Basa mornay, boiled egg, corn, cheese, breadcrumbs	4	4
Beef Stroganoff, mushroom, gherkin, sour cream	6	5
Lamb koftas, fragrant minced lamb bbqed with flatbread, tabouli, hummus	4	5
Fried Crispy chicken (JFC), chips, steamed broccoli	4	5
Beef Bourguignon, bacon, mushrooms, onions, red wine gravy, mash potato	6	5
Quiche Lorraine	6	3
Chicken thigh casserole, mustard seeds, bacon, thyme, cream gravy, roast baby potatoes	4	4
Chicken pappardelle, dijon cream, and bacon	5	5
Sesame chicken, noodle and vegetable stir fry	4	5
Roast beef, vegetables and gravy ( <i>choose pink or fully cooked</i> )	8	5
Mexican vegetable bowl, spiced tofu, brown rice	4	4
Roast pork, crackling, potatoes, parsnips, peas, gravy	5	5
Apricot chicken	4	5
Vegetable lasagne	5	4
Chicken pad thai	4	5
Beef and black bean stir fry	4	5
Spaghetti Bolognese	4	4
Lamb Rogan Josh, basmati rice	5	5
Pork shoulder, carrot, parsnip, celery, smoky paprika tomato sauce	6	3

**Salad**

	minimum order	price p/serve
Roasted broccoli, tofu with creamy miso dressing	4	3
Poached chicken, boiled egg, potato, carrot, peas, mayonnaise salad	4	3.5
Moroccan carrot salad	4	3.5
Rice vermicelli, lemongrass chicken, coriander	4	3.5
Mediterranean quinoa salad, feta, olives, tomato, pinenuts	4	3.5
Whole grains, fennel, rocket, olives, prosciutto and parmesan	4	5
Green salad, peas, asparagus, baby gem lettuce, avocado	4	3.5
Roasted sweet potato, corn, spices and avocado	4	3
Pasta salad, olives, roasted vegetables, parmesan	4	3
Roasted vegetable chickpea salad	4	3
Garden salad (Mesclun, tomato, cucumber, shallot, dressing)	4	3

**Dessert**

	minimum order	price p/serve
Gluten free chocolate cake	8	2.5
Baklava apple strudel	8	2.5
Custard tart	8	2.5
Sticky date pudding, butterscotch sauce	8	2.5
Gluten free whole orange and almond cake	8	2.5
Old fashioned creamy rice pudding	8	2.5

All menu items subject to seasonal availability and fluctuations in price. iSupportChef always purchases the cheapest price without sacrificing quality. Priced per individual adult serving size. Cost per portion is the best estimate not including setting up your pantry for future cooks.

**Allergens, intolerances, sensitivities**

Vegan (v)

Vegetarian (vg)

Gluten free (gf)

Dairy free (df)

Lactose free (Lacf)

Please let us know of any allergies or intolerances when selecting your menu. Almost all meals can be served gluten free or lactose free. If one person in the household has allergic anaphylactic reactions to any substance, all meals will be made omitting the allergen.