

Family Size Meals

Beef Ragu Lasagne Family Size 2kg (700-90) \$25.00

Pies, Pasties & Sausage Rolls

Thai Green Chicken Curry Pie (700-44) \$4.00

Satay Chicken Pie (700-45) \$4.00

Gourmet Chicken Pie (700-46) \$4.00

Chunky Beef Pie (700-47) \$4.00

Beef, Cheese & Bacon Pie (700-48) \$4.00

Brekky Pie (700-49) \$4.00

Beef Mince Pie (700-50) \$4.00

Hot Chilli Beef Pie (700-51) \$4.00

Cornish Pasty - Beef (700-52) \$4.00

Cornish Pasty - Vegetarian (700-53)  \$4.00

Beef and Vegetable Pie (Gluten Free) (700-54)  \$5.00

Sausage Roll (700-58) \$2.90

Desserts

Caramel Pudding with Custard (114-15) \$3.50

Apple Pie (114-35) \$3.50

Apricot Pie (115-18) \$3.50

Tropical Pavlova (114-02) \$3.50

Strawberry Baked Cheesecake (114-08) \$3.50

Tiramisu (114-07) \$3.50

Vanilla Slice (114-01) \$3.50

Baked Cheesecake (114-16) \$3.50



COAST CUISINE

In support of Meals on Wheels Central Coast

2020 Menu

(Effective 1 July 2020)

We deliver across the Central Coast!*

**Convenient & delicious frozen meals.
No contracts, referrals, or minimum orders.**

coastcuisine.com.au

or

1800 956 477

**Follow us on Facebook and Instagram
[@coastcuisine](#)**









All profits go back to



*Delivery available Monday to Friday (public holidays excepted).
In most instances, we deliver next business day. All our meals are frozen and are delivered in an insulated box with ice. \$5 delivery fee applies.

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Soups and Snacks

Chicken & Vegetable Soup (600-06)	\$3.90
Beef & Vegetable Soup (600-07) 	\$3.90
Special Fried Rice (700-19)	\$2.50
Singapore Noodles (700-20) 	\$2.50
Hokkien Noodles (700-21)  	\$2.50
Vegetarian Fried Rice (700-22)    	\$2.50
Potato Bake (700-23)	\$2.50

Main Meals

Chicken Breast Schnitzel with Gravy & Mashed Potato* (700-71) 	\$8.90
Chicken Breast Parmigiana with Creamy Mashed Potato* (700-72) 	\$8.90
Sittee's Lebanese Chicken with Rice*(700-62)  	\$8.90
Pan Grilled Chicken Breast, Grain Mustard Cream sauce and Steamed Potato* (700-63)	\$8.90
Apricot Chicken with Creamy Mashed Potato*(700-73)	\$8.90
Sweet & Sour Pork with Steamed Rice*(700-74)   	\$8.90
Lambs Fry & Bacon with Onion Gravy & Mashed Potato* (700-75)	\$8.90
Slow Cooked Lamb Shanks with  Creamy Mash * (700-80)	\$8.90
Steak & Bacon Casserole with a Short Crust Pastry top* (700-82)	\$8.90
Roast Lamb with Gravy & Baked Potato*(700-59)  	\$8.90
Roast Pork with Gravy & Baked Potato* (700-61)  	\$8.90
Roast Turkey Breast with Gravy & Baked Potato* (700-64)   	\$8.90

Main Meals (Cont)

BBQ Pulled Pork with Potato Gratin* (700-60) 	\$8.90
Curry Sausages with Mashed Potato* (700-76)	\$8.90
Grilled Sausages with Onion Gravy & Steamed Potato* (700-77) 	\$8.90
Beef Stroganoff with Macaroni* (700-65)	\$8.90
Beef & Red Wine Casserole & Mashed Potato* (700-66)	\$8.90
Beef Spaghetti Bolognese* (700-68) 	\$8.90
Beef Lasagne* (700-69)	\$8.90
Vegetable Lasagne with Bechamel Sauce*(700-70) 	\$8.90
Crumbed Fish with Baked Potato Wedges* (700-67)	\$8.90
Grilled Fish Fillet & White Wine Cream Sauce* (700-78)	\$8.90
Tuna Mornay with Creamy Mashed Potato* (700-79)	\$8.90
Butter Chicken (700-24)	\$8.90
Lamb Rogan Josh (700-27)  	\$8.90
Lemon Honey Chicken & Rice (700-33)    	\$7.00
Steamed Fish with Soy Sauce & Ginger with Rice (700-36) 	\$7.00
Fish Cocktails, Sweet & Sour Sauce with Rice (700-37) 	\$7.00
Honey Soy Chicken and Rice (700-38)  	\$7.00
Stir Fried Hokkien Noodles with BBQ Pork (700-39)  	\$7.00
Authentic Chinese Fried Rice & BBQ Pork (700-41)  	\$7.00
Beef Black Bean & Rice (700-42)  	\$7.00
Curry Prawns & Rice (700-30)   	\$7.00
Sweet & Sour Chicken & Rice (700-31)   	\$7.00

 Gluten Free
  Low Fat
  Vegetarian
  Dairy Free
 Packaging not suitable for oven use

* Main meals marked with an asterisk (*) include seasonal vegetables