

# Menu

GLASSHOUSE  
COUNTRY MEALS  
OUR KITCHEN TO YOURS



2026 - ISSUE 2

V-VEGETARIAN, GF-GLUTEN FREE

## ROASTS

Frozen

### ROAST CHICKEN (GF)

Fresh roasted chicken breast with baked potatoes, roasted pumpkin, fresh steamed vegetables and gravy.

### ROAST BEEF (GF)

Tender roast topside of beef with baked potatoes, roasted pumpkin, fresh steamed vegetables and gravy.

### ROAST PORK (GF)

Succulent roast pork loin with baked potatoes, roasted pumpkin, fresh steamed vegetables and gravy.

### MEDLEY OF ROAST VEGETABLES (V, GF)

Medley of seasonal roasted vegetables in virgin olive oil and fresh herbs, dressed with a light gravy. Vegetables may include potato, pumpkin, carrot, squash, field mushroom, zucchini, cherry tomatoes, beetroot, fennel, parsnips, cauliflower.

## FROM THE SEA

Frozen

### BARRAMUNDI WITH LEMON AND PARSLEY SAUCE (GF)

Oven grilled barramundi fillet with lemon butter and coated with a velvety lemon and parsley sauce. Served with mashed potatoes and fresh steamed vegetables.

### TUNA PASTA MORNAY

Poached yellowfin tuna, flaked and tossed through penne pasta in a creamy mornay sauce. Served with vegetables.

Frozen

## SOUPS

All varieties available to order.

Served with a crusty bread roll & butter.

LEEK AND POTATO SOUP (V, GF)

CREAMY PUMPKIN SOUP (V)

VEGETABLE AND BARLEY SOUP (V)

## A TASTE OF ASIA

Frozen

### LAMB KORMA (GF)

Diced lamb leg marinated in yogurt and fragrant spices. Cooked in a rich, aromatic and velvety curry gravy (mild), thickened with cashew paste. Served with basmati rice.

### CHAR SIU PORK LOIN (GF)

Pork loin marinated in garlic, ginger and char siu sauce. Reverse seared and topped with a creamy balsamic and soy reduction sauce. Served with steamed greens and jasmine rice.

### VEGETABLE CURRY (V, GF)

Selection of vegetables and chickpeas braised in an aromatic, mildly spiced curry gravy with tomato and finished with coconut cream and coriander. Served with basmati rice.

## PASTA

Frozen

### CHICKEN AND PRAWN ROSE LINGUINE

Linguine tossed with tender strips of chicken and prawn cutlets cooked in a white wine and cream sauce with a hint of tomato.

### PENNE CARBONARA

Penne pasta tossed in a classic bacon, mushroom, garlic, white wine and cream sauce. Topped with a sprinkle of parmesan and fresh chopped parsley. Served with a side of fresh steamed vegetables.

### VEGETABLE LASAGNE (V)

Layers of grilled vegetables, baby spinach, Italian durum wheat pasta sheets, rich tomato Napoli and creamy garlic sauce. Topped with grated cheese and ricotta.

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## FAMILY FAVOURITES

Frozen

### JUICY BEEF RISSOLES (GF)

Homemade succulent beef rissoles and onion gravy, served with mashed potatoes, peas, carrots and gravy.

### BRAISED LAMB SHANK (GF)

Tender slow braised lamb shanks in a rich, minted gravy, served with mash and steamed vegetables.

### PORK SAUSAGES (GF)

Traditional English pork sausages coated in rich gravy, served with mashed potatoes, peas and carrots.

### BEEF SILVERSIDE WITH MUSTARD AND PARSLEY SAUCE (GF)

Tender silverside with a creamy mustard and parsley sauce, served with mash and steamed vegetables.

### SIDE OF VEGETABLES (V) Small meal only

Selection of fresh steamed vegetables, accompanied by a serve of creamy mashed potatoes.

## SALADS

Fresh

### GARDEN SALAD (V, GF)

Fresh tossed salad with dressing on the side.

### GARDEN SALAD WITH HAM (GF)

Fresh tossed salad with sliced smoked ham.

### GARDEN SALAD WITH CHICKEN (GF)

Fresh tossed salad with roast chicken breast.

### ROASTED PUMPKIN, FETTA & ROCKET (GF)

Fresh salad tossed with roasted pumpkin, fetta, and walnuts. Served with a balsamic dressing.

## PIES AND PASTRIES

Frozen

### BEEF AND MUSHROOM PIE

Slow cooked diced beef topside in a rich mushroom gravy, served with mash and vegetables.

### BEEF MINCE PIE WITH BACON AND CHEESE

Homemade rich bacon and cheese mince pie, served with mash and vegetables.

### CHICKEN, LEEK AND ASPARAGUS QUICHE

Tender chicken, braised leek and asparagus quiche served with mash and vegetables.

### VEGETARIAN QUICHE (V)

Homemade vegetarian quiche served with steamed vegetables and roast potatoes.

## SANDWICHES AND WRAPS

Fresh

Fresh made sandwiches on white or wholemeal.

### HAM, CHEESE AND TOMATO

### EGG AND LETTUCE (V)

### CORNED BEEF & MUSTARD PICKLE

### CAESAR SALAD WRAP

Chicken breast, bacon, lettuce and parmesan in a creamy caesar dressing wrapped in a tortilla.

### EGG SALAD WRAP (V)

Egg salad wrapped in a tortilla and fresh salad vegetables.

## SNACK BOX (GF)

Fresh

Freshly cut vegetables, hummus dip, cheese and crackers, with or without kabana.

## DESSERTS

Frozen

### STICKY DATE PUDDING

### NEW YORK BAKED CHEESECAKE (GF)

### TRIO OF VELVETY MOUSSE (V, GF)

Chocolate, vanilla and caramel