

# Menu

GLASSHOUSE  
COUNTRY MEALS  
OUR KITCHEN TO YOURS



2026 - ISSUE 3  
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.*

## PASTA

Frozen

### TUSCAN CHICKEN PENNE

*Tender diced chicken with a medley of Tuscan vegetables and fresh herbs tossed in a white wine, pesto cream sauce, topped with parmesan*

### 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.*

### ITALIAN FENNEL SAUSAGE PASTA

*Penne with pork sausages, mushrooms and fennel in a light tomato sauce with baby spinach and parmesan.*

### FABLE MUSHROOM RAGU (V)

*Shiitake mushrooms in a rich tomato ragu with pappardelle pasta and baby spinach.*

## A TASTE OF ASIA

Frozen

### BUTTER CHICKEN (GF)

*Chicken marinated in garlic, ginger and masala cooked in a mild tomato based sauce with fresh vegetables. Served with basmati rice.*

### VEGETABLE CURRY (V, GF)

*Chickpeas, lentils and fresh vegetables in a fragrant spiced curry gravy. Served with basmati rice pilaf.*

### SWEET AND SOUR PORK (GF)

*Pork and vegetables with homemade sweet and sour sauce. Served with steamed rice.*

### BEEF AND LAMB KOFTA CURRY (GF)

*Beef and lamb koftas in a fragrant curry gravy. Served with basmati rice.*

## SOUPS

Frozen

*All varieties available to order.*

*Served with a crusty bread roll & butter.*

### CHICKEN NOODLE SOUP

### CREAMY PUMPKIN SOUP (V)

### CREAMY TOMATO SOUP (V)

### HEARTY BEEF AND VEGETABLE SOUP

### RICH PEA AND HAM SOUP

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## FAMILY FAVOURITES

Frozen

### MAPLE PORK LOIN (GF)

Maple glazed grilled pork loin, served with mashed potatoes, vegetables and gravy.

### PORK SAUSAGES (GF)

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

### SAVOURY MINCE (GF)

Savoury beef mince, served with peas and mashed potatoes.

## FROM THE SEA

Frozen

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

Lightly grilled barramundi fillets coated in a lemon and parsley sauce. Served with mashed potatoes and fresh vegetables.

## PIES AND PASTRIES

Frozen

### CHUNKY BEEF STEAK PIE

Homemade beef steak pie, served with vegetables and mashed potatoes.

### SAUSAGE ROLLS

Homemade sausage rolls in flaky pastry, served with mushy peas and roasted carrots.

### QUICHE LORRAINE

Homemade bacon and egg quiche served with fresh vegetables.

### VEGETARIAN QUICHE (V)

Homemade vegetarian quiche served with steamed vegetables and roast 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.

## SANDWICHES AND WRAPS

Fresh

Fresh made sandwiches on white or wholemeal.

HAM, CHEESE AND TOMATO

EGG AND LETTUCE (V)

ROAST BEEF, LETTUCE AND HORSERADISH CREAM

### CAESAR SALAD WRAP

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

### FRESH SALAD WRAP (V)

Vegetable salad with mayonnaise and pesto wrapped in a soft tortilla.

## SNACK BOX (GF)

Fresh

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

## DESSERTS

Frozen

### PAVLOVA (FRESH NOT FROZEN) (V, GF)

Served with assorted berries and kiwifruit, whipped cream and coulis.

### APPLE CRUMBLE CAKE with custard (V, GF)

### PASSIONFRUIT CHEESECAKE with cream and berry coulis (GF)

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

Chocolate, vanilla and caramel