

Menu

GLASSHOUSE
COUNTRY MEALS
OUR KITCHEN TO YOURS



OCTOBER-DECEMBER 2025
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.

SALMON AND BARRAMUNDI BAKED FISH MORNAY

Moist flakes of salmon and barramundi in a creamy white wine mornay sauce, on a pastry base and topped with mashed potato. Served with steamed vegetables.

Frozen

A TASTE OF ASIA

Frozen

CHICKEN TIKKA MASALA (GF)

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

MONGOLIAN BEEF (GF)

Tender strips of beef and fresh vegetables sautéed in a classic Mongolian sauce and served with steamed jasmine rice.

CHICKPEA AND DAHL VEGETABLE CURRY (V, GF)

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

PASTA

Frozen

TUSCAN CHICKEN LINGUINE

Tender strips of chicken breast with a medley of Tuscan vegetables and fresh herbs in a white wine, tomato and cream sauce, topped with parmesan and toasted pine nuts.

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.

LINGUINE PRIMA VERA (V)

Linguine tossed in a selection of fresh spring vegetables and herbs, in a creamy garlic, white wine and pesto sauce. Topped with a sprinkle of fresh chopped parsley.

SOUPS

All varieties available to order.

Served with a crusty bread roll & butter.

CHUNKY CHICKEN AND CORN
CHOWDER

RICH PEA AND HAM SOUP

HEARTY BEEF AND VEGETABLE SOUP

CREAMY PUMPKIN SOUP (V)

VEGETABLE AND BARLEY SOUP (V)

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FAMILY FAVOURITES

Frozen

JUICY BEEF RISSOLES (GF)

Homemade succulent beef rissoles and onion gravy, served with mash, braised cabbage and green beans.

BRAISED LAMB SHANK (GF)

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

MUSTARD DIANE PORK LOIN STEAK (GF)

Grilled pork loin steaks with a mustard Diane sauce, served with homemade balsamic, rosemary and parmesan wedges and steamed vegetables.

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.

TURKEY WALDORF SLAW (GF)

Fresh Waldorf slaw of apples, celery and green cabbage in a tangy dressing with sliced turkey breast.

PIES AND PASTRIES

Frozen

PEPPER STEAK PIE

Homemade pepper steak pie, served with vegetables, mash and gravy.

BEEF MINCE PIE WITH BACON AND CHEESE

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

CURRIED CHICKEN PIE

Homemade (mild) curried chicken pie, served with vegetables, mash and gravy.

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)

CHICKEN MAYO AND LETTUCE

SWEET CHILLI CHICKEN WRAP

Chicken breast, salad and cheese with sour cream and sweet chilli sauce in a soft tortilla.

GRILLED VEGETABLE SALAD WRAP (V)

Grilled vegetables and 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

PEACH AND APRICOT CRUMBLE CAKE WITH CUSTARD (V)

PASSIONFRUIT CHEESECAKE WITH CREAM AND BERRY COULIS (GF)

TRIO OF VELVETY MOUSSE (V, GF)

Chocolate, caramel and vanilla mousse.