

All 'Meals for One' contain more than 30g Protein + 1500kJ Energy

Autumn Menu

March to May 2026

Support at Home (SAH) / NDIS – Out of Pocket Cost

\$5.4 MEALS FOR ONE

BEEF



Cottage Pie	Classic Beef	380g					●
Beef Rissoles	Gravy, Creamy Mash Potato & Veg	400g					●
Spaghetti Bolognese	Classic Beef	400g					● ●
Beef Burgundy Ragu	Australian Peas & Rice	380g	●	●			●
Farmhouse Casserole	Beef, Bacon & Barley	400g					●
Curried Sausages	Creamy Mash Potato & Broccoli	450g					
Savoury Mince ♡	Buttered Potato	400g	●				●
Teriyaki Ground Beef ♡	Japanese Udon Noodles	400g					● ●
Classic Beef Lasagna ♡	Microwaveable	380g					●

PORK

Cheesy Bolognese Pasta	Beef & Pork	380g					●
Pork Sausages	Gravy, Creamy Mash Potato & Veg	435g					●
Pork Loin	Honey Soy Ginger, Polenta & Asparagus	380g	●	●			●
Pickled Pork	Creamy Mash Potato, White Sauce & Veg	400g					●
Roast Pork ♡	Traditional Roast	420g	●	●	●	●	●

CHICKEN

Roast Chicken	Roasted Potato, Carrot & Parsnip	380g	●			●	●
Thai Chicken Curry	Coconut Rice	380g	●	●			●
Chicken Broccoli Bake	Italian Bread Topping	380g				●	●
Chicken Korma ♡	Chicken Tenders with Saffron Rice	400g	●				●
Satay Chicken Skewers ♡	Malaysian Yellow Rice	380g	●				●

LAMB & SEAFOOD

Shepherd's Pie	Lamb & Minted Pea	380g					●
Lamb Meatloaf ♡	Gravy, Creamy Mash Potato & Veg	420g					●
Fish Pot Pie ♡	Sea Bass & Prawns in White Sauce	480g					●

iCOOKED

Order via 0406 141 682

www.icooked.com.au

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\$3 SNACKS

SWEET

Carrot Cake	House-made treat	Pkt 2				
Mama's Fruit Cake	House-made treat	125g				
Rice Pudding	Chilled Birch & Waite	Pkt 2	●		●	●
Vanilla Bean Panna Cotta	Chilled Birch & Waite	Pkt 2	●		●	●
Portuguese Tarts ♡	Creamy Custard	Pkt 2			●	●
Apple Cobbler ♡	House-made treat	310g			●	●
Fig Scones ♡	House-made treat	Pkt 3			●	●

SAVOURY

Beef Sausage Rolls	Classic Snack Size	Pkt 3		●	●	●
Chicken Leek Pies	Classic Snack Size	Pkt 2				
Chicken Noodle Soup	Rice Noodle, Veg & Bone Broth	480g	●	●		●
Ham & Cheese Omelette	High Protein Snack	Pkt 1	●			●
Bacon Corn Quiches	Cheese & Fresh Herb	Pkt 1			●	●
Pumpkin Soup ♡	Classic Soup	500g	●			●
Pea & Ham Soup ♡	Classic Soup	500g	●			●

\$9 MEDIUM

2 serves. Add vegetables & other sides to make into a complete meal!

Beef Burgundy Ragu	Slow Cooked Grass Fed Beef	450g	●	●		●
Cheesy Bolognese Pasta	Beef & Pork	600g				●
Cottage Pie	Classic Beef	600g	●			●
Chicken Korma ♡	Chicken Tenders	500g	●			●
Savoury Mince ♡	Classic	500g	●	●		●
Farmhouse Casserole	Beef, Bacon & Barley	600g			●	●
Chicken Broccoli Bake	Italian Bread Topping	500g			●	●
Thai Chicken Curry	Mild Thai Curry	450g	●	●		●
Fish Pot Pie ♡	Sea Bass & Prawns in White Sauce	350g				●
Shepherd's Pie	Lamb & Minted Pea	600g	●			●

PROTEIN

Protein per serve



Gluten Free Friendly



Dairy Free Friendly



No Onion or Garlic



- 600mg Sodium per serve

**Our menu has been
Dietitian accredited!**

**Please note that a minimum order of 7
items is required for free SAH delivery.**

Menu Item	Co-Pay 30%	SAH 70%	Total 100%
Meal for One	\$5.4	\$12.6	\$18
Medium	\$9	\$21	\$30
Desserts & Snacks	\$3	\$7	\$10