

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

Winter Menu

June to August 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 Goulash ♡	Slow cooked stew with Potato Dumplings	400g					•
Beef Guinness Stout Pie ♡	Old fashioned potato topped pie	450g				•	•
Beef Sausages ♡	Tomato Glaze, Mash Potato & Veg	420g				•	•
Savoury Mince	Buttered Potato	400g	•				•
Corned Beef ♡	Grass-fed beef, white sauce, veg	400g					
Classic Beef Lasagna	Nonna's Best Work	380g					•

PORK

Cheesy Bolognese Pasta	Beef & Pork	380g					•
Pork Sausages	Gravy, Creamy Mash Potato & Veg	435g				•	
Chinese Braised Pork ♡	Egg Fried Rice, Bok Choy & Carrot	400g	•				•
Porcupine Meatballs ♡	Thick Tomato Sauce with Mash Potato	480g					•
Roast Pork	Traditional Roast	420g	•	•	•	•	•

CHICKEN

Roast Chicken	Roasted Potato, Carrot & Parsnip	380g	•			•	•
Thai Chicken Curry	Coconut Rice	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			●	●
Choc Zucchini Cake 	House-made treat	Pkt 2			●	●
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			●	●
Date Scones 	House-made treat	Pkt 3			●	●

SAVOURY

Classic Beef Pies 	Classic Snack Size	Pkt 2				●
Brazilian Veg Curry 	Vegetarian Curry with Rice Quinoa	400g	●	●		●
Chicken Noodle Soup	Rice Noodle, Veg & Bone Broth	480g	●	●		●
Ham & Cheese Omelette	High Protein Snack	Pkt 1	●			●
Ham Tomato Quiche 	Popular lunch option	Pkt 1			●	●
Pumpkin Soup	Classic Soup	500g	●			●
Pea & Ham Soup	Slow Cook Ham Hock	500g	●			●
Potato Bake 	Creamy Spinach & Bacon	400g	●		●	●

\$9 MEDIUM

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

Beef Goulash 	Potato Dumplings	600g				●
Beef Guinness Stout Pie 	Old fashioned potato topped pie	600g			●	●
Cheesy Bolognese Pasta	Beef & Pork	600g				●
Cottage Pie	Classic Beef	600g				●
Chicken Korma	Chicken Tenders	500g	●			●
Savoury Mince	Perfect on Toast	500g	●	●		●
Thai Chicken Curry	Mild Thai Curry	450g	●	●		●
Fish Pot Pie	Sea Bass & Prawns	350g				●
Shepherd's Pie	Lamb & Minted Pea	600g				●



NEW menu item



Gluten Free Friendly



Dairy Free Friendly



No Onion or Garlic



- 600mq 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