



September to November 2026

# Spring Menu

MADE  
from  
scratch  
IN TOOWOOMBA

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 | 420g |   |  |   | • |
| 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

|                         |                                   |      |   |   |   |   |
|-------------------------|-----------------------------------|------|---|---|---|---|
| Pork Sausages           | Gravy, Creamy Mash Potato & Veg   | 435g |   |   | • |   |
| Chinese Braised Pork    | Egg Fried Rice, Bok Choy & Carrot | 400g | • |   |   | • |
| Pork Ricotta Cannelloni | ♥ Filled pasta with tomato sauce  | 400g |   |   |   | • |
| Roast Pork              | Traditional Roast                 | 420g | • | • | • | • |

## CHICKEN

|                         |                                              |      |   |  |   |   |
|-------------------------|----------------------------------------------|------|---|--|---|---|
| Roast Chicken           | Roasted Potato, Carrot & Parsnip             | 380g | • |  | • | • |
| Apricot Chicken         | ♥ Rice, Peas                                 | 400g |   |  |   | • |
| Chicken Carbonara Pasta | ♥ Creamy Pasta Dish                          | 380g |   |  |   |   |
| Butter Chicken          | ♥ Mild Indian Curry served with Rice & Beans | 380g | • |  |   | • |
| Satay Chicken Skewers   | Malaysian Yellow Rice                        | 380g |   |  |   | • |

## LAMB & SEAFOOD

|                     |                                   |      |   |  |  |   |
|---------------------|-----------------------------------|------|---|--|--|---|
| Shepherd's Pie      | Lamb & Minted Pea                 | 380g |   |  |  | • |
| Greek Lamb Sausages | ♥ Braised with Rosemary & Veggies | 400g | • |  |  | • |
| Lamb Meatloaf       | Gravy, Creamy Mash Potato & Veg   | 420g |   |  |  | • |
| Seafood Linguini    | ♥ Classic iCooked Favourite       | 420g |   |  |  |   |

# iCOOKED

Order via 0406 141 682

[www.icooked.com.au](http://www.icooked.com.au)

[mymeals@icooked.com.au](mailto:mymeals@icooked.com.au)



\$3 SNACKS

SWEET



|                          |                                |       |
|--------------------------|--------------------------------|-------|
| Lemon Cranberry Loaf     | Citrus Mini Loaves             | Pkt 2 |
| Choc Ganache Cake        | House-made treat               | Pkt 2 |
| Chocolate Crème          | Chilled Chocolate Pudding      | Pkt 2 |
| Vanilla Bean Panna Cotta | Chilled Vanilla Custard        | Pkt 2 |
| Ginger Pistachio Bites   | Biscuit Base with Ginger Icing | Pkt 4 |
| Rhubarb & Apple Crumble  | Local Rhubarb                  | 330g  |
| Sultana Scones           | House-made treat               | Pkt 3 |

SAVOURY

|                      |                             |       |
|----------------------|-----------------------------|-------|
| Classic Beef Pies    | Classic Snack Size          | Pkt 2 |
| Brazilian Veg Curry  | Vegetarian Curry            | 400g  |
| Chinese Chicken Soup | Chicken & Corn              | 480g  |
| Salmon Feta Quiche   | Fast lunch option!          | Pkt 1 |
| Ham Tomato Quiche    | Popular lunch option        | Pkt 1 |
| Tomato Soup          | Oven Roasted Tomato & Basil | 480g  |
| Potato Bake          | Creamy Spinach & Bacon      |       |

\$9 MEDIUM

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

|                         |                   |      |
|-------------------------|-------------------|------|
| Beef Goulash            | Slow cooked stew  | 600g |
| Beef Guinness Stout Pie | Potato topped pie | 600g |
| Chicken Carbonara Pasta | Creamy Pasta Dish | 600g |
| Cottage Pie             | Classic Beef      | 600g |
| Butter Chicken          | Mild Indian Curry | 450g |
| Savoury Mince           | Perfect on Toast  | 500g |
| Apricot Chicken         | Sweet and Savoury | 600g |
| Shepherd's Pie          | Lamb & Minted Pea | 600g |

- NEW menu item
- Gluten Free Friendly
- Dairy Free Friendly
- No Onion or Garlic
- 600mg Sodium per serve

**Our menu has been Dietitian accredited!**

**Our meals have +30g protein!**

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       |