



R2E
READY 2 EAT
MEALS

ORDER FORM

NAME:	
MOBILE NO:	
EMAIL ADDRESS:	
DATE ORDERED:	
Number of meals please X 1 meal \$12.50 <input type="checkbox"/> 7meals \$55 <input type="checkbox"/> 10 meals \$75 <input type="checkbox"/> 14 meals \$100 <input type="checkbox"/>	
Email form to manager@westsbulldogsrugby.com.au by 6pm Sunday for Wed pick up from 2pm Payment – please pay at time of order Nutritional information available on request	
Breakfast	Number required
CHORIZO & BEAN SHAKSHUKA - Chorizo, beans & egg baked in a spicy tomato sauce	
EGGS BENEDICT - Poached eggs, shaved leg ham, English muffin & hollandaise sauce	
SAUSAGE, BACON & EGGS - Poached eggs, bacon rashers & thin pork sausages	
BLUEBERRY PROTIEN PANCAKES - Protein enriched blueberry pancakes	
BREAKFAST FRITTATA - Bacon, cherry tomato, sweet potato & spinach frittata	
BIG BREAKIE WRAP - Bacon rasher, pork sausage, scrambled egg, cheddar, grilled potato & BBQ sauce wrapped in a tortilla	
HOUSE MADE GRANOLA - A slow roasted mix of oats, pepita seeds, sunflower seeds, dried apricot, dried cranberries, honey & cinnamon	
Lunch & Dinner	
Chicken	
CHICKEN RISSOTTO - Creamy chicken risotto with semi dried tomato, baby spinach leaves & parmesan	
SATAY CHICKEN - Chicken breast, seasonal stir fry vegetables, brown rice, satay sauce & peanuts	
BUTTER CHICKEN - Chicken breast, creamy curry sauce, brown rice & naan bread	
PIRI PIRI CHICKEN - Chicken breast, green beans, oven baked potato fries & Portuguese inspired sauce.	
GREEN THAI CHICKEN CURRY - Chicken breast, green beans, brown rice & creamy green curry sauce.	
TERIYAKI CHICKEN - Chicken breast, teriyaki sauce & egg fried rice	
CHICKEN & MUSHROOM CARBONARA - Chicken breast, mushroom, bacon & linguine tossed in a creamy parmesan sauce	
ROAST CHICKEN - Roasted chicken breast, creamy mashed potato, peas & gravy	
CHICKEN PESTO PASTA - Penne pasta, chicken breast, cherry tomato, fetta, basil pesto & rocket	
CHICKEN CAESER WRAP - Roasted chicken breast, bacon, parmesan, lettuce & Caesar dressing	
BBQ CHICKEN - Chicken breast, smoky BBQ sauce, broccoli & creamy 2 potato salad	

Lunch & Dinner	Number required
Beef	
TERIYAKI BEEF - Sliced beef fillet, seasonal stir fry vegetables, brown rice & teriyaki sauce	
ROAST BEEF & MAC - Roasted beef, broccoli, mac n 3 cheese & smoky BBQ sauce	
ROAST BEEF & POTATO Roasted beef, broccoli, potato bake & mushroom gravy	
MIDDLE EASTERN BEEF & HALOUMI - Marinated beef & haloumi skewers with quinoa salad	
Lamb	
LAMB KORMA Slow cooked lamb leg in a korma sauce with brown rice	
LAMB RATATOUILLE - Lamb leg, ratatouille & creamy mashed potato	
ROAST LAMB LEG - Roasted lamb leg, sweet potato, pumpkin, potato, peas & gravy	
Pork	
BBQ PULLED PORK - Slow cooked pork, smoky BBQ sauce, coleslaw & creamy 2 potato salad	
BBQ PULLED PORK ENCHILLADA - Slow cooked pork, smoky BBQ sauce, rice, cheddar, coriander, corn & roast capsicum	
BANGERS & MASH - Pork sausages, creamy mash potato, peas & onion gravy	
Pasta	
SPAGHETTI BOLOGNAISE -Spaghetti, bolognese sauce & parmesan	
BEEF LASAGNE - Layers of pasta, bolognese, parmesan sauce & cheese	
CHILLI CON CARNE - Spicy braised beef and beans with brown rice & sour cream	
BBQ MEATBALLS - BBQ meatballs, creamy 2 potato salad & smoky BBQ sauce	
Fish	
CAJUN FISH - Blackened Cajun fish, broccoli & creamy mash potato	
Soup	
POTATO & LEEK	
PUMPKIN	
TOMATO & CHORIZO	
MINISTRONE	
TOTAL No of Meals:	