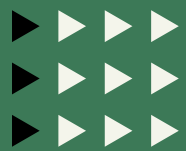
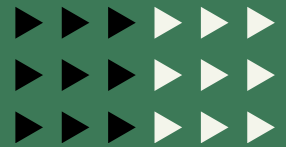


DELICIOUSLY
CLEAN *eats*



2024 HOME CARE PACKAGE MENU



For order and delivery information www.deliciouslycleaneats.com.au or phone 0409105250

HOME CARE PACKAGE MENU 1



THAI GREEN CHICKEN CURRY

(GF DF)

Grilled Chicken (Vegetarian: Tofu) served in a House-made Thai Green Curry Sauce w Brown Rice & Seasonal Vegetables.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



PESTO CHICKEN GNOCCHI

(GF AVAILABLE)

Lemon Pepper Chicken (Vegetarian: Veg Loaded) served w Potato Gnocchi, Roasted Pumpkin, Roasted Capsicum, Zucchini & Parmesan Cheese.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



SPAGHETTI BEEF BOLOGNESE

(GF AVAILABLE)

House-made Beef & Vegetable Loaded Bolognese (Vegetarian: Lentil & Olive) served w Spaghetti & Shredded Cheese.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



SLOW COOKED PULLED BEEF (GF DF)

Slow cooked Sweet n Smoky Pulled Beef served w Kale, Apple & Almond Slaw, Honey Mustard Dressing & Roast Sweet Potato.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



CHAR SIU PORK (GF DF)

Grilled Pork (Vegetarian: Tofu) in a house-made Sweet BBQ Sauce served w White Rice, Asian Greens & Ponzu Dressing.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



LAMB SHEPHARDS PIE (GF DF)

A mix of Lamb & Vegetables topped w Creamy White Potato Mash & served w Seasonal Greens.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)

DELICIOUSLY
CLEAN *eats* **Menu 2**



CHICKEN MASSAMAN CURRY

(GF DF)

Grilled Chicken (Vegetarian: Chickpea & Eggplant) served in a House-made Masaman Sauce w Brown Rice, Sweet Potato & Seasonal Greens.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



MEXICAN CHICKEN FAJITA BOWL

(GF)

Grilled Mexican Chicken (Vegetarian: Concarne) served w Brown Rice, Grilled Capsicum & Onion, Corn, Black Beans & Cheese.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



CREAMY CHICKEN PASTA

(GF AVAILABLE)

Grilled Chicken (Vegetarian: Veg Loaded) served w a House-made Creamy Sauce, Fettuccine & Seasonal Greens.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



MOROCCAN LAMB MEATBALLS (GF DF)

House-made Moroccan Lamb Meatballs (Vegetarian: Haloumi) served w a House-made Tomato Sauce, Quinoa/Brown Rice, Minted Yoghurt (seperate) & Seasonal Greens.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



BEEF & VEGETABLE LASAGNE

A hearty Mix of Beef & Vegetables (Vegetarian: Veg Lasagna), topped w a Spinach & Ricotta Cheesy Sauce & served w Seasonal Greens.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



SMOKEY CHICKEN BURGER BOWL (GF)

Grilled Chicken Thigh w House-made Smokey Marinade served w Roasted Sweet Potato, Fresh Salad & House-made Honey Mustard Dressing.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)

DELICIOUSLY
CLEAN *eats* **Menu 3**



PANANG CHICKEN CURRY

(GF DF)

Grilled Chicken (Vegetarian: Tofu) served in a House-made Panang Curry Sauce w Brown Rice & Seasonal Vegetables.

RRegular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



CHICKEN CACCIATORE

(GF AVAILABLE)

Grilled Chicken (Vegetarian: Haloumi) served in a House-made Tomato & Red Wine Sauce & served w Pasta & Seasonal Vegetables.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



CHICKEN TIKKA MASALA

(GF DF)

Grilled Chicken Breast served w a Creamy, Spice infused Tomato Curry Sauce, Brown Rice, Seasonal Greens, Fresh Chilli & Coriander.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



TURKEY AND CRANBERRY BURGER BOWL (GF)

House-made Turkey Patty (Vegetarian: Plant Power Patty) served w Roasted Sweet Potato, Fresh Salad, Honey Mustard Dressing & Cheese

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



BEEF MASSAMAN CURRY

(GF DF)

Slow Cooked Beef (Vegetarian: Chickpea & Eggplant) served in House-made Masaman Curry Sauce w Brown Rice, Sweet Potato & Greens

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



MEXICAN PULLED PORK FAJITA

(GF AVAILABLE)

Slow Cooked Mexican Pork served w Brown Rice, Mixed Grilled Capsicum & Onion, Corn & Black Beans & Shredded Cheese

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)

DELICIOUSLY
CLEAN *eats* **Menu 4**



FRIED RICE
(GF DF)

White Rice tossed w Soy, Sesame Oil, Ginger & Garlic, Pork Pieces (Vegetarian: Tofu), Bacon & Seasonal Vegetables; garnished w Omelette & Spring Onion.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



**BALI CHICKEN
CURRY**
(GF DF)

Grilled Chicken (Vegetarian: Tofu & Cauliflower) served in a House-made Bali Curry Sauce w Brown Rice & Seasonal Vegetables.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



**BANGERS AND
MASH**
(GF DF)

Quality locally sourced Sausages served w a side of Creamy Mashed Potato, Mushroom Red Wine Sauce & Seasonal Greens.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



**GINGER & ORANGE
CHICKEN POKE BOWL**
(GF DF)

Grilled Chicken (Vegetarian: Tofu) served w Fresh Asian Slaw, Rice Noodles & House-made Orange & Ginger Dressing.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



BEEF RAGU GNOCCHI
(GF AVAILABLE)

Slow Cooked Beef (Vegetarian: Lentil & Olive) served w Potato Gnocchi, Seasonal Greens & Parmesan Cheese.

Regular Meal: \$4.95 (500g)
Small Meal: \$3.90 (350g)



**CREAMY SUNDRIED
TOMATO PASTA**
(GF AVAILABLE)

Grilled Chicken (Vegetarian: Veg Loaded) served w House-made Creamy Tomato Sauce, Pasta, Seasonal Greens & Parmesan Cheese.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)

DELICIOUSLY
CLEAN *eats* **Menu 5**



ITALIAN CHICKEN MEATBALLS

(GF AVAILABLE)

House-made Italian Chicken Meatballs (Vegetarian: Eggplant) served in a Tomato Basil Sauce w Spaghetti & Cheese.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



MEXICAN CHICKEN FAJITA BOWL (GF)

Grilled Mexican Chicken (Vegetarian: Concarne) served w Brown Rice, Grilled Capsicum & Onion, Corn, Black Beans & Cheese.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



BEEF STROGANOFF (GF AVAILABLE)

Slow Cooked Beef (Vegetarian: Mushrooms) cooked in a Creamy House-made Stroganoff Sauce served w Fettuccine, Spinach & Seasonal Greens.

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



BUTTER CHICKEN (GF DF)

Grilled Chicken (Vegetarian: Eggplant & Chickpea) served in a Creamy House-made Butter Chicken Sauce w Brown Rice & Seasonal Vegetables

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



SLOW COOKED PULLED PORK SALAD (GF DF)

Slow Cooked Pulled Beef (Vegetarian: Jackfruit) served w Kale, Apple & Almond Slaw, Roasted Sweet Potato & Honey Mustard Dressing

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



APRICOT CHICKEN (GF DF)

Grilled Chicken (Vegetarian: Tofu) served w House-made Apricot Sauce, White Rice & Seasonal Vegetables

Regular Meal: \$4.65 (500g)
Small Meal: \$3.60 (350g)



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The meals are the perfect size for me & full of really healthy vegetables & a great lean source of protein. I no longer have to think of what I want to eat.

THANK YOU

WE LOOK FORWARD TO WORKING WITH YOU



Phone call
0409105250



Website
www.deliciouslycleaneats.com.au



Email Address
admin@deliciouslycleaneats.com.au



Kitchen HQ
4/17 Newing Way Caloundra. QLD