



The Community amenity operated by the  
Northland Disabled Charitable Trust  
Reg No. AK 660509  
GST No: 63655678

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## **Frozen Meals**

At Forget Me Not we have identified a need for supply of meals that are easily heated at home, at an affordable cost.

These delicious meals are not restricted to clients only, but are available for any of the elderly and disabled people in our local community who can no longer cook roast meals themselves at home.

The meals are cooked in our WDC certified kitchen by our chefs and are freshly frozen. Moulded meals are available if needed on request.

Meals cost \$8.00 each and can be collected from the Centre Mon-Fri - 8.30am-4pm or we will deliver if we can for someone who is immobile etc. Please just phone us on 09 4371144 to order meals or you can visit us to see what meals we have available and to purchase meals between the hours of 8.30am- 3.30pm weekdays. Payment can be cash, internet banking or by cheque.

The Menu does vary but includes a broad range as below:

**Alfredo Chicken**  
**Butter Chicken**  
**Chicken and Gravy with vegetables**  
**Chicken Tikka (Mild) with rice and vegetables**  
**Cottage Pie**  
**Curry Sausages**  
**Devilled Sausages with rice and vegetables**  
**Irish Stew**  
**Lambs Fry bacon and vegetables**  
**Lasagne**  
**Macaroni Cheese**  
**Mariner seafood creamy pasta**  
**Pasta and Meat Balls**  
**Roast Beef with roast vegetables**  
**Roast Chicken**  
**Roast Lamb with roast vegetables**  
**Roast Pork with roast vegetables**  
**Sausage and Gravy**  
**Smoked fish pie with mashed potato top**  
**Steak and Kidney Stew with mashed potato and vegetables**  
**Vegetable Curry and rice**  
**Vegetable Ragout**

