

# Our menu, inspired by you



Nutrition  
*Select*

[aveo.com.au/nutritionselect](https://aveo.com.au/nutritionselect)



## Light Meals

### Breakfast

- Omelette with Bacon and Tomato (N) \$6.00
- Sausages with Beans and Hash Brown\* (N) \$6.00
- Savoury Mince with Bread to Toast\* (N) (HE) \$6.00

### Soups

\$3.50 per serve

- Homestyle Chicken Broth\* (N) (GF)
- Pumpkin (N) (GF)
- Minestrone\* (N)
- Chicken and Sweetcorn (N) (GF)

## Main Meals

### Homestyle

\$9.20 per serve

- Corned Silverside with Parsley Sauce and Vegetables (N) (GF)
- Salmon Patties with Seasonal Vegetables\* (N)
- Chicken in White Wine with Seasonal Vegetables\* (N) (HE) (GF)
- Macaroni Cheese with Bacon

### Classic

\$9.20 per serve

- Beef Lasagne with Napoli Sauce and Spinach\* (N)
- Lamb Rogan Josh with Pilaf Rice\* (N) (HE) (GF)
- Sweet n Sour Chicken with Fried Rice\* (N)
- Vegetable Moussaka with Tomato Chutney\* (N) (HE) (GF) (V)

### Favourites

\$9.20 per serve

- Butter Chicken with Steamed Rice\* (N) (HE) (GF)
- Roast Leg of Lamb with Roast Vegetables (N) (HE) (GF)
- Roast Chicken Breast, Stuffing and Roast Vegetables\* (N)
- Roast Loin of Pork, Apple, Thyme Jus and Roast Vegetables\* (N) (HE) (GF)

### Gourmet

\$10.50 per serve

- Eye Fillet with Red Wine Jus and Seasonal Vegetables (N)
- Salmon Fillet with Vin Blanc Sauce and Seasonal Vegetables (N)
- Chicken Kiev with Seasonal Vegetables\* (N) (HE)
- Smoked Cod, Parsley Sauce and Seasonal Vegetables (N) (HE)

## Desserts

\$4.50 per serve

- Bread and Butter Pudding with Custard
- Apple Pie and Custard
- Apricot Crumble and Custard (GF)
- Strawberry Cheesecake
- Sticky Date Pudding with Caramel Sauce

**Please note:** Meals are prepared in a commercial kitchen which also processes common allergens including tree nuts and dairy products to which some clients may be allergic.

(N) Nourishing Meals. Approved by Nutrition Professionals Australia. Designed to meet the nutritional needs of older people and are also designed to be 'diabetes friendly'. People with diabetes should consult an Accredited Practising Dietitian for individualised advice.

(HE) Healthy Eating. These foods are designated as meeting the Australian Guide to Healthy Eating and are lower in fat, saturated fat, sugar and salt.

\*Contains Garlic.

## How to Order



### Call:

1300 030 370 Monday – Friday 9am - 5pm



### Email:

[nutritionselect@daveo.com.au](mailto:nutritionselect@daveo.com.au)



### Online:

Order online [nutritionselect.com.au](http://nutritionselect.com.au)



### Minimum order value \$30.00

Delivery fee may apply. Confirm on ordering.

## Cooking Instructions

To warm up fresh meals, remove cardboard sleeve and pierce film in several places and then heat:

<b>Microwave</b>	3 - 4 minutes (based on 900w)
<b>Conventional Oven</b>	180°C (350°F) for 20 minutes
<b>Fan Forced Oven</b>	160°C (325°F) for 20 minutes

Do not overheat meals as this may affect their quality.

### FOOD SAFETY – IMPORTANT INFORMATION

#### FRESH MEALS

In order to protect meals they must be refrigerated immediately. Please note our meals have a fridge-life of 5 days from delivery. If freezing meals ensure frozen on the day of delivery to guarantee quality and food safety. Refer to the label on the meal for more information.

#### FROZEN MEALS

It is recommended that you defrost your meal before heating.

Menu items are subject to change due to availability.



Nutrition Select brought to you by Aveo.

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