



**Cameron's
Kitchen**
Colourful Meals to you

Colourful is the new
experience of flavour
www.cameronskitchen.com.au
or Phone 07 5522 0860

Please note: the "Support at Home" pricing is higher because no additional delivery fee can be charged.

Meal	Description	Standard Price	"Support at Home" Price
Roast Beef	Slow roasted Beef Eye Round, coated with our home made spice rub. Served with potato & cheese bake, steamed broccoli, toasted sliced almonds and a creamy whole grain mustard sauce (Low Gluten)	\$ 13.95	15.90
Roast Pork	Roast Pork Scotch Collar, rubbed in Caraway and roasted. Topped with rich Gravy and served with fresh mashed Potatoes, roasted Carrots & Onions as well as fresh Garden Peas. (Low Gluten)	\$ 13.95	15.90
Roast Lamb	Roast Leg of Australian Lamb with minted Gravy, served with Oven roasted Potatoes, roasted Queensland Pumpkin and seasonal Greens. (Low Gluten)	\$ 13.95	15.90
Spaghetti Bolognese	Spaghetti Bolognese, lean Australian Beef Mince is simmered until lovely and tender in a rich Tomato Sauce with Garlic, Oregano and Basil, served with Shaved Parmesan.	\$ 13.95	15.90
Fettuccine Carbonara	Fettuccine "Carbonara" – Prime rashers of Bacon, cut into strips and rendered, then pan fried with Garlic, Onion and sliced Mushrooms, finished with Cream and white Wine on Fettuccini. Served with Parmesan.	\$ 13.95	15.90
Baked Fish Fillet	A classic, delicious and healthy Baked New Zealand Hoki Fish fillet with Lemon Butter sauce, served with steamed Carrots, new Potatoes and garden Peas. A perfect meal for any occasion.	\$ 13.95	15.90
Beef Lasagne	Home baked Beef Lasagne with layers of Meat Sauce, Bechamel and Cheese, baked to perfection	\$ 13.95	15.90
Silverside with Vegies	Grandma's favourite boiled Beef Silverside, arranged with creamy mashed Potatoes, buttered fresh seasonal Vegetables and a white Sauce enhanced with fresh Parsley and a hint of Horseradish.	\$ 13.95	15.90
Bangers and Mash	A classic family favourite meal, succulent Pork sausages and freshly mashed Potatoes served with baby green Peas and Onion gravy. (Low Gluten)	\$ 13.95	15.90
Chicken Massaman Curry	A mild curry but rich in flavour. It is made with coconut milk, tender chicken, new potatoes and peanuts served with fragrant steamed jasmine rice. (Low Gluten, Low Dairy)	\$ 13.95	15.90
Beef & Mushroom Stew	Rich brown Beef Stew with Bacon strips, Button Mushrooms and roasted Onions, served with smooth Potato Mash and fresh Garden Vegetables. (Low Gluten)	\$ 15.95	17.90
Blueberry Cheesecake	If you're looking for a light and refreshing dessert that will satisfy your tastebuds, then this Blueberry Cheesecake is a perfect sweet treat for you. (Low Gluten)	\$ 10.95	12.30
Chicken Teriyaki	Tender and lean chicken, marinated in teriyaki sauce and ginger, served with steamed rice, green beans and steamed bok choy. Full of flavour, nutritious and will satisfy your tastebuds.	\$ 13.95	15.90
Shepherd's Pie	Premium minced lamb cooked in rich gravy with onions, peas, celery and carrots, topped with a layer of fresh mashed potatoes and grated tasty cheese. We use fresh herbs from our garden. A classic family favourite which everyone will enjoy. (Low Gluten)	\$ 13.95	15.90

Low Gluten - May contain Gluten
Low Dairy - May contain Dairy
V - Vegetarian
VG - Vegan

Apricot Chicken	Old time family favourite dish. Full of flavour, succulent Chicken thigh fillet, sweet and juicy Apricots with Thyme. Served with Rice, Broccoli and Carrots. (Low Gluten)	\$ 13.95	15.90
Bacon & Vegetable Quiche	A gorgeous smooth filling packed with a mix of smokey bacon, onion, carrot and fresh leek. The nice buttery short crust pastry together with a sprinkle of chives and shredded cheese completes this tasty dish.	\$ 13.95	15.90
Apple Crumble	A simple yet delicious and tender apple filling with a hint of cinnamon, on top of a coconut shortcrust and topped with a crumble that melts in your mouth. (V)	\$ 10.95	12.30
Creamy Garlic Prawns	Cooked Prawns in a creamy garlic sauce, refined with a hint of chilli. Served with a side of Jasmine rice and steamed Broccoli	\$ 15.95	17.90
Carrot Cake	Sweet and moist spice cake, full of cut carrots and toasted nuts, and covered in cream cheese icing. (V)	\$ 10.95	12.30
Honey Mustard Chicken	Diced chicken thigh fillets and sliced button mushrooms, cooked in a creamy honey – mustard sauce. Served with steamed green beans and Jasmine rice. (Low Gluten)	\$ 13.95	15.90
Roast Chicken	Juicy thyme roast chicken thigh fillet with lemon-butter sauce, served with roasted potatoes, steamed broccoli and green beans. (Low Gluten)	\$ 13.95	15.90
Thai Pumpkin Soup	A Thai inspired Pumpkin & Coconut Soup with a bit of a spicy kick to it. Also, fresh coriander and textures of roasted pumpkin. (V, Low Gluten, Low Dairy)	\$ 9.95	11.30
Honey Soy Pork	Slow Roasted Pork Loin with Honey Soy Dressing. Served with steamed trio of Rice, sauteed Asian greens and finished with fried Shallots. (Low Dairy)	\$ 13.95	15.90
Pasta Bake	Tender roasted chicken, crispy bacon, and broccoli in a rich, creamy parmesan velouté sauce. Topped with melted cheese and baked to golden perfection.	\$ 13.95	15.90
Mac & Cheese	Indulge in our ultimate Mac & Cheese, made with a rich blend of five cheeses, (Parmesan, Tasty, Cream, Gouda, and Mozzarella) for a perfectly creamy and flavorful bite. Topped with golden, toasted garlic Ciabatta breadcrumbs. (V)	\$ 13.95	15.90
Chicken Stir Fry	Juicy pieces of Chicken Thigh with Hokkien noodles and crisp stir-fried broccoli, green beans, capsicum and carrots, finished with Sesame seeds. (Low Dairy)	\$ 13.95	15.90
Apricot Slice	A soft, golden cake made with juicy tinned apricots and apricot nectar, lightly sweetened and baked with vanilla. Finished with a delicate dusting of icing sugar for a perfectly balanced, fruity treat. (Low Dairy, V)	\$ 10.95	12.30
Butter Chicken	Tender chicken thigh simmered in a rich, creamy butter chicken sauce with warming spices, garlic and ginger. Served with fragrant basmati rice and finished with Greek yoghurt. (Low Gluten)	\$ 13.95	15.90
Cauliflower and Bacon Soup	A creamy Cauliflower and Bacon Soup, infused with garlic and onion, then finished with chives and lemon thyme for a rich, comforting flavour. (Low Gluten)	\$ 9.95	11.30
Grilled Salmon	Grilled Atlantic Salmon Fillet with a tangy Citrus and Herb Dressing, accompanied by steamed green Beans, Carrots and brown Rice. (Low Gluten, Low Dairy)	\$ 15.95	17.90
Thai BBQ Chicken	Succulent marinated Thai style BBQ Chicken on wok tossed fried Rice (Low Dairy)	\$ 13.95	15.90

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