



RMHC[®]
VIC & TAS



Meals from the
HEART

Meal Ideas

Beef or Chicken curry with rice & veggies

Shepherd's pie

Build your own burger

Pasta - bolognese/carbonara/pesto

Tacos/tortillas

Lasagne

Bangers and mash

Hearty winter warmer Soups

Barbeque

Casseroles with veggies

Fried Rice

Stir Fry with your choice of Meat or Tofu

Roast meat with Roast vegetables

Veggie Bake

Side Ideas

Rice

Hot chips

Garlic & or Herb bread

Salads

Crusty bread

Mashed/Roast/scalloped potato

Mac and Cheese

Spring rolls

Curry Puffs

Roast Potatoes and Vegetables

Dessert Ideas

Fruit platter or fresh fruit kebabs

Watermelon wedges

Cake with fresh fruit & cream

Chocolate-dipped strawberries

Baked custard

Rice pudding

Chocolate brownies

Choc Chip Cookies

Trifle

Carrot cake

Banana Cake

Cheesecake

Cupcakes

Apple (or other fruit) pie or crumble

Yoghurt parfaits

Gelato / Sorbet / Ice cream - cones and choice
of toppings



Course ideas

Tacos/Tortillas with
salads, bean and rice

Main



Grilled Corn, Salad or
Salsa and Corn chips

Sides



Apple pie or Crumble with
Ice cream/Sorbet

Dessert



Stir Fry with choice of
meat or tofu

Main



Steamed Rice, Spring Rolls,
Salad or Curry Puffs

Sides



Cake with fresh
fruit & cream.

Dessert



Course ideas

Build your own Burger
(Veggie & Meat)

Main



Chips, Salad or
Mac & Cheese

Sides



Gelato/Ice cream with
Cones & Toppings

Dessert



Roast Meat/Mock
Meat & Vegetables

Main



Crusty Herb Bread
& Salads

Sides



Chocolate brownies
& custard/Ice cream

Dessert

