



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

