



my dish

Regional Food Service



Information Pack

(02) 9477 4001

info@mydish.com.au

www.regionalfoodservice.com.au



To Business Owner,

As you know, serving quality food can be an expensive and time consuming service to provide to your guests, yet it is often a central component of their experience at your establishment. How can you enhance your guests' stay with limited facilities, staff or experience? My Dish's Regional Food Service offers a range of ready to eat frozen meal components you can combine and serve to your guests. You may be looking to offer a small room service menu, or a large restaurant menu, or maybe you're just looking to supplement your restaurant menu. My Dish is a simple solution to serve food to your guests with reduced wastage and decreased staffing costs.

My Dish's Regional Food Service produces a range of meals to suit the needs of you and your guests. After our professionals cook the meals, they are vacuum sealed and snap frozen to enhance the shelf life of the product (you can get six months or more). These meals can be simply reheated in boiling water, plated and then served to your guests. We have a range of products you can select from, so you can create your own menu, or be inspired by the suggested menus we have designed. From our tender Scotch Fillet Steaks to our Creamy Potato & Leek Soup there is something at My Dish for each one of your guests.

At My Dish we value the creation of quality meals from the freshest ingredients without added preservatives so your guests can enjoy restaurant quality meals with a home-style cooked taste. You will be impressed by the taste of our delicious meals, contact us to try a sample today!

Visit our website www.regionalfoodservice.com.au to find more details about our complete product list, pricing, suggested menus, delivery schedule and delivery costs.

Please contact me on **(02) 9477 4001** if you have any further questions or I can be contacted at info@mydish.com.au

I look forward to hearing from you,

Tim O'Donohue

REGIONAL FOOD SERVICE PRODUCT LIST 2018

Mains

Scotch Fillet Steak ^{GF}

Char Grilled Scotch Fillet Steak

Lamb Shank ^{GF}

Lamb shank slowly braised in a chunky vegetable sauce

Veal Osso Bucco ^{GF}

Veal Osso Bucco braised in a chunky vegetable sauce

Beef Bourguignon

Beef, onions and mushrooms slow cooked in wine, beef stock, garlic and herb sauce.

Sausages & Brown Onion Gravy

Lean beef sausages in a rich brown onion gravy

Atlantic Salmon ^{GF}

Atlantic Salmon with a Herb and Butter Sauce

Atlantic Salmon in a blend of Moroccan inspired spices

Italian Meatballs

Blend of quality Aussie beef mince, fresh herbs, parmesan and breadcrumbs

Lamb Korma Curry ^{GF}

Diced lamb braised in a blend of Indian Spices

Thai Green Chicken Curry ^{GF}

Diced chicken breast in spices and coconut cream

Butter Chicken Curry ^{GF}

Sautéed chicken with a blend of herbs, spices and cream

Lasagne

Traditional beef bolognese layered with pasta sheets and topped with a creamy béchamel sauce and cheese

Vegetable Lasagne

Roasted and steamed vegetables layered between pasta sheets and topped with a creamy béchamel sauce and cheese

^{GF} Gluten Free

Accompaniments/Sides

Steak Sauces

Dianne Sauce, Peppercorn Sauce, Mushroom Sauce

Mashed Potato ^{GF}

Jasmine Rice ^{GF}

Mushroom Risotto

Penne Pasta

Soups

Pumpkin Soup ^{GF}

Roasted pumpkin, potato, onion, garlic and fresh chicken stock

Potato & Leek Soup ^{GF}

Blend of potatoes, leek, onion, garlic and fresh chicken stock

Pea & Ham Soup ^{GF}

Smoky pieces of ham with peas, carrots, potato and onion

Chorizo, Vegetable & Lentil Soup ^{GF}

Blend of chorizo, split peas and vegetables

Chicken & Sweet Corn Soup

Shredded chicken breast and cream corn in a fresh chicken based stock

Chicken Noodle Soup ^{GF}

Shredded chicken breast with vegetables and gluten free noodles in a fresh chicken based stock

Minestrone Soup

Combination of vegetable and pasta in a stock and tomato puree.

Desserts

Sticky Date Pudding

A traditional sticky date pudding topped with a rich caramel sauce

Bread & Butter Pudding

Layers of brioche and raisins soaked in a nutmeg infused cream

^{GF} Gluten Free

Regional Food Service Product List 2018

PLU	Product	Size	Unit Price
	<u>Mains</u>		
037	Scotch Fillet Steak	250g	13.70
023	Lamb Shank	400g	8.85
028	Veal Osso Bucco	1 piece	9.60
049	Beef Bourguignon	320g	8.90
050	Sausages & Brown Onion Gravy	300g	8.10
030	Italian Meatballs	330g	8.50
033	Lamb Korma Curry	330g	9.50
032	Thai Green Chicken Curry	330g	8.10
018	Butter Chicken	330g	8.10
027	Salmon (Herb & Butter)	220g	13.35
029	Moroccan Salmon	220g	13.35
005	Lasagna*	300g	7.50
016	Vegetable Lasagna*	300g	7.50
	<u>Steak Sauces</u>		
046	Dianne Sauce	70ml	1.80
043	Peppercorn Sauce	70ml	1.80
045	Mushroom Sauce	70ml	1.80
	<u>Sides</u>		
011	Mashed Potato	200g	2.80
041	Rice	200g	2.85
557	Mushroom Risotto	200g	4.50
042	Penne Pasta	200g	3.25
	<u>Soups</u>		
577	Pumpkin Soup	550g	4.15
596	Potato & Leek	550g	5.20
572	Pea & Ham	550g	4.80
312	Chorizo & Vegetable	550g	4.95
009	Chicken & Sweet Corn	550g	5.75
478	Chicken Noodle	550g	5.75
551	Minestrone	550g	4.25
	<u>Desserts</u>		
122	Sticky Date Pudding*	170g	5.50
121	Bread & Butter Pudding*	150g	5.50

*Price includes GST

Information for Customers

Ordering and delivery

For NSW: Every fortnight we will email you an order form on Friday morning for delivery the following week. Please place your order before Monday evening, to receive delivery later that week.

Delivery available to South East Queensland and Melbourne. Please contact My Dish to confirm your delivery date and freight cost.

Email: info@mydish.com.au

Ph: 9477 4001

Food Storage

Food is to be stored in the freezer below -18°C.

The meal components will be able to be stored in the freezer for up to 6 months. Soups can be stored up to 12 months. Please check the best before date on the white nutrition label for how long it can be stored.

Heating instructions – Boiling water

All products can be reheated from frozen. The following method can be used for the majority of products, please check the label for the correct method. Some products need to be reheated in the microwave.

1. Use a large pot and a large amount of water. (At least 10 litres)
2. Heat the water until it is boiling. Place pot lid on top to assist this process.
3. Place product (in sealed bag) into boiling water to reheat. Ensure the product has enough room to move in pot.
4. Heating times for each product are on white nutrition label. You may need to allow extra heating time when heating multiple products in the same pot.
5. Remove product with tongs.
6. Probe test the product after heating (temperature should be above 60°C) and adjust heating times in the future to suit your individual circumstances.

Accounts

Please visit the download page of our website to find a credit application.

A copy of your invoice will be sent with your order. Alternatively we can email your invoice to your preferred email.

Terms are 14 days from the date of your invoice. Thank you for your consideration.

Preferred payment method is by Direct Deposit. We also accept credit card payments.

Sample Restaurant Menu

Entrée

Pumpkin Soup ^{GF} **\$11.00**

Roasted pumpkin, potato, onion, garlic and fresh chicken stock

Chicken & Sweet Corn Soup **\$15.00**

Shredded chicken breast and cream corn in a fresh chicken based stock

Mains

Scotch Fillet Steak **\$30.00**

Char Grilled Scotch Fillet Steak topped with your choice of sauce served with a creamy mash potato and steamed vegetables *

Steak Sauces- Dianne Sauce, Peppercorn Sauce, Mushroom Sauce

Lamb Shank ^{GF} **\$23.00**

Lamb shank slowly braised in a chunky vegetable sauce served with a creamy mash potato and steamed vegetables*

Atlantic Salmon **\$28.00**

Atlantic Salmon with a Herb and Butter Sauce served with steamed vegetables and jasmine rice*

Atlantic Salmon in a blend of Moroccan inspired spices served with steamed vegetables and jasmine rice*

Italian Meatballs **\$18.00**

Blend of quality Aussie beef mince, fresh herbs, parmesan and breadcrumbs served on a bed of penne pasta

Lamb Korma Curry ^{GF} **\$22.00**

Diced lamb braised in a blend of Indian Spices served with jasmine rice and steamed greens

Thai Green Chicken Curry ^{GF} **\$20.00**

Diced chicken breast in spices and coconut cream served with jasmine rice and steamed greens

Lasagna **\$17.00**

Traditional beef bolognaise layered with pasta sheets and topped with a creamy béchamel sauce and cheese served with a fresh garden salad*

Vegetable Lasagna **\$17.00**

Roasted and steamed vegetables layered between pasta sheets and topped with a creamy béchamel sauce and cheese served with a fresh garden salad*

Dessert

Sticky Date Pudding **\$12.00**

A traditional sticky date pudding topped with a rich caramel sauce served with a scoop of vanilla ice cream*

Bread & Butter Pudding **\$12.00**

Layers of brioche and raisins soaked in a nutmeg infused cream served with a scoop of vanilla ice cream*

*Steamed vegetables, garden salad & ice cream not supplied by My Dish

Sample Room Service Menu

Meals

Pumpkin Soup ^{GF} **\$11.00**

Roasted pumpkin, potato, onion, garlic and fresh chicken stock

Chorizo, Vegetable & Lentil Soup ^{GF} **\$12.50**

Blend of chorizo, split peas and vegetables

Butter Chicken Curry ^{GF} **\$20.00**

Sautéed chicken with a blend of herbs, spices and cream served with jasmine rice

Lasagne **\$17.00**

Traditional beef bolognese layered with pasta sheets and topped with a creamy béchamel sauce and cheese served with a garden salad*

Vegetable Lasagne **\$17.00**

Roasted and steamed vegetables layered between pasta sheets and topped with a creamy béchamel sauce and cheese served with a garden salad*

Mains

Scotch Fillet Steak **\$30.00**

Char Grilled Scotch Fillet Steak

Atlantic Salmon **\$28.00**

Atlantic Salmon with a Herb and Butter Sauce

Lamb Shank ^{GF} **\$23.00**

Lamb shank slowly braised in a chunky vegetable sauce

Veal Osso Bucco ^{GF} **\$24.00**

Veal Osso Bucco braised in a chunky vegetable sauce

Choose two accompaniments to be served with your main meal

*Steamed Vegetables**

*Garden Salad**

Mash Potato

Jasmine Rice

Desserts

Sticky Date Pudding **\$12.00**

A traditional sticky date pudding topped with a rich caramel sauce served with a scoop of vanilla ice cream*

Bread & Butter Pudding **\$12.00**

Layers of brioche and raisins soaked in a nutmeg infused cream served with a scoop of vanilla ice cream*

*Steamed vegetables, garden salad & ice cream not supplied by My Dish