



Frozen Meals

please read and follow heating instructions on the reverse side

GF / Gluten Free VG / Vegetarian DF / Dairy Free

*all products are subject to availability

Individual serves

Moroccan chicken and couscous DF	
Chicken breast cooked with Moroccan spices, carrot, red capsicum & couscous	12.95
Vegie shepherds pie VG DF GF	
Cooked lentils, red peppers and onion, topped with mash potato & then oven baked	12.5
Vegie moussaka VG GF	
Oven baked layers of eggplant, pumpkin, zucchini and potato smothered in Napoli & mozzarella	12.5
Beef moussaka DF GF	
Oven baked layers of beef mince eggplant & potato smothered in béchamel sauce	12.95
Shepherds pie beef / Best Seller DF GF	
Home made tomato-based beef mince with mash potato and then oven baked	12.95

A little bigger

Osso bucco w/mash DF GF	
Slow cooked veal Osso bucco served with carrots and mashed potato	22.95
Osso bucco w/ polenta DF GF	
Slow cooked veal Osso bucco served with carrots and polenta	22.95
Chicken & mushroom casserole DF GF	
Chicken & button mushroom pieces cooked for 3hrs till tender & served with long grain rice & broccoli	19.95
Roast beef w/ Israeli couscous DF	
Succulent roast beef served in its own juices with grilled veggies & couscous	22.95
Mediterranean lamb chops DF	
Lamb chops cookd in mushroom, tomato and olive oil accompanied by mashed potato and broccoli	22.95
Sticky top rib w/ risoni DF	
Marinated beef ribs then slow cooked and served with risoni & veggies	22.95

Family packs

Designed to feed the whole family: Just heat, add a salad or veggies, dinner's done!

Roast beef GF	serves 4/5	70
Beef moussaka GF DF	serves up to 6	S 50
	serves up to 10	M 70
Meat lasagne DF	serves up to 6	S 50
	serves up to 10	M 70
Beef Shepherds pie DF GF	serves up to 6	S 50
	serves up to 10	M 70
Sticky ribs GF DF	serves 4/5	70
Osso bucco GF DF	serves 4/5	70
Roast Vegie Frittata GF VG	serves 6/8	30



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WWW.D-LISH.COM.AU

269 BAMBRA RD

CAULFIELD SOUTH VIC 3162

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Sides

Home made beef bolognese DF GF	S 6.50	M 9.50	L 14.50
Kreplach DF			
Soup wontons filled with beef mince.			
Ideal for chicken soup		6 for 9.0	12 for 15.0
Matzo Balls DF VG			3 for 6.0
Arancini			6.95
Blintzes		3 for 9.00	6 for 15.00

Chicken blintzes DF
Savoury crepes filled with minced chicken, rice and onion

Couscous mushy blintzes VEG
Savoury crepes filled with couscous and mushroom

Cheese blintze / **Best Seller** VEG
Crepes filled with a deliciously sweet cream cheese

Cakes

NY Baked Cheesecake	serves 8/10	30
Flourless Date & Nut Cake	serves 8/10	30

Heating Instruction

Individual serves / a little bigger packs:

Leave oven-proof seal on while heating.

Oven (recommended):

THAWED: pre-heat oven to 180° and warm for 20 to 30 min

FROZEN: pre-heat oven to 180° and warm for 40 to 50 min

Microwave (strength of microwaves might vary):

THAWED: 3 to 5 min on high

FROZEN: 8 to 10 min on high

Family packs: Heat in oven only.

Remove lid and cover with foil before reheating.

THAWED: pre-heat oven to 180° and warm for 30 to 45 min

FROZEN: pre-heat oven to 180° and warm for 60 to 75 min

Sides: Each product must be THAWED prior to reheating.

Bolognese: Place contents in pot and heat on medium until boiling point (stir occasionally).

Kreplach & Matzo Balls: for best results place with soup in pot while being heated.

Arancini: pre-heat oven to 180°, cover with foil and heat in oven for 15 20 min or in the microwave for 1 to 2 min on high.

Blintzes: For best results, defrost in fridge overnight.

Microwave: Cover and heat individually for 20 to 30 sec. After heating, we recommend to pan fry them until golden brown and crisp.

Cakes: Place in refrigerator to thaw overnight. If required at room temperature, remove from refrigerator and leave for another 2 hours.