



# Camilla Gaetan

Accredited Practising Dietitian (APD)

&

the  
**olivebranch**  
café • catering



**Have teamed up to create High Energy High Protein (HEHP) ready to eat meals.**

- Reasons you may need HEHP meals include:
  - Struggle to maintain your weight / underweight.
  - Suffer from poor appetite, nausea and early satiety.
- The recipes have been developed and taste tested by Camilla and Nicole the chef.
- Each meal is a small to medium size, but very high in energy and protein.
- Made on site and available for purchase at The Olive Branch Café at Balhannah at Junction Shopping Centre, 84 Main Road, Balhannah.

Orders are placed by contacting Camilla on:

Mobile: 0480 151 858

Email: [info@camillgaetanapd.com.au](mailto:info@camillgaetanapd.com.au)

Any questions for the chef you can contact the café on:

Phone: (08) 8398 0009

Email: [info@olivebranchcafe.com.au](mailto:info@olivebranchcafe.com.au)

*For menu, please turn over...*



# Menu

## Soups

	Energy (kJ/cal)	Protein (g)
Creamy Cauliflower	1508 / 360	20.6
Minestrone	1523 / 364	20.2
Creamy Corn Chowder	1967 / 470	22.8
Potato & Leek	1901 / 454	20.3
Creamy Pumpkin	2114 / 505	20.8

## Mains

	Energy (kJ/cal)	Protein (g)
Beef Stew with Mash	2521 / 602	31.8
Tuna Pasta Bake	1983 / 473	33
Butter Chicken with Rice	2387 / 570	33.4
Zucchini Slice	2147 / 513	30.3
Country Chicken & Vegetable Pie	2733 / 653	30.3

*Price: \$10.50 each*

- Place your order by Monday for pick up Thursday. Orders placed after Monday will be available for pick up the following Monday.
- Discount for bulk orders available.
- Fresh or frozen option - for fresh orders, there is a minimum order of 4 (can be a variety of meals).