



Meals on Wheels
Inner West



ASIAN STYLE MEALS

\$6.50 PER MEAL



- ∞ Beef with Honey and Black Pepper Sauce with Rice ∞
- ∞ Pork & Seasonal Vegetables in Oyster Sauce with Rice ∞
- ∞ Curry King Prawns with Vegetables with Rice ∞
- ∞ Stir Fried Fresh Tomato and Beef with Rice ∞
- ∞ Pork Chops in BBQ Sauce with Rice ∞
- ∞ Steak in Peking Sauce with Rice ∞
- ∞ Beef and Black Bean with Rice ∞
- ∞ Sweet and Sour Pork with Rice ∞
- ∞ Teriyaki Chicken with Rice ∞
- ∞ Special Fried Rice ∞

MUFFIN & SOUP COMBO'S

\$5.50



- ∞ Spinach & Ricotta Muffin and
your choice of Soup ∞
- ∞ Apple & Cinnamon Muffin and
your choice of Soup ∞

COMMUNITY ACTION FOR BETTER LIVING Inc.
Inner West Meals on Wheels
2 Crane Street Concord NSW 2137
W cabl.org.au E mow@cabl.org.au P (02) 9747 1135