







Client Name: _____


Delivery Date: _____

[S] SOFT	[GF] GLUTEN FREE
[LF] LOW FAT	[LacF] LACTOSE FREE
[LS] LOW SODIUM	(V) VEGETARIAN







Ph: (02) 9747 1135
E: mow@cabl.org.au


BEEF MAIN MEALS 360gm - 400gm	\$8.00	Dietary Key					
Beef & Bacon Casserole		[S]		[LS]	[GF]	[LacF]	
Beef & Black Bean Sauce with Rice <small>(MCS)</small> 			[LF]			[LacF]	
Beef Lasagne <small>(FF / CMOW)</small>		[S]					
Beef Pie and Mash with Gravy		[S]					
Beef Stroganoff & Rice <small>(FF / CMOW)</small> 		[S]	[LF]		[GF]		
Corned Silverside & Parsley Sauce			[LF]		[GF]		
Cottage Pie		[S]	[LF]		[GF]		
Country Beef Sausages <small>(MCS)</small> 			[LF]		[GF]		
Curried Sausages							
Curry Mince & Rice <small>(CMOW)</small> 		[S]			[GF]		
Henry's Sausage Casserole & Rice <small>(CMOW)</small> 		[S]			[GF]	[LacF]	
Meatballs & Pasta with Napolitana Sauce <small>(FF & CMOW)</small> 			[LF]			[LacF]	
Rissole & Onion Gravy			[LF]				
Roast Beef with Gravy				[LS]	[GF]	[LacF]	
Sausages & Gravy					[GF]		
Spaghetti Bolognaise		[S]					
Steak & Kidney Pie		[S]					

LAMB MAIN MEALS 360gm - 400gm	\$8.00	Dietary Key					
Crumbed Lamb Patties with Gravy							
Lamb Chop with Gravy				[LS]	[GF]	[LacF]	
Lamb's Fry & Bacon with Mashed Potato <small>(CMOW)</small> 							
Mongolian Lamb & Rice		[S]	[LF]			[LacF]	
Roast Lamb with Gravy				[LS]	[GF]	[LacF]	

VEAL MAIN MEALS 360g - 400gm	\$8.00	Dietary Key					
Veal Parmigiana			[LF]		[GF]		
Vienna Schnitzel with Gravy						[LacF]	





PORK MAIN MEALS 360g - 400gm	\$8.00	Dietary Key					
Ham & Cheese Omelette		[S]			[GF]		
Ham Steak & Pineapple Glazed				[LS]	[GF]		
Pork, Apple & Cranberry Casserole		[S]	[LF]	[LS]		[LacF]	
Pork Honey Mustard with Mashed Potato <small>(CMOW)</small> 		[S]	[LF]	[LS]			
Pork Ragù with Penne Pasta 		[S]	[LF]				
Roast Pork with Gravy				[LS]	[GF]	[LacF]	
Sweet & Sour Pork with Rice		[S]	[LF]			[LacF]	

CHICKEN MAIN MEALS 360gm - 400gm		\$8.00		Dietary Key			
Butter Chicken & Rice		[S]			[GF]		
Chicken & Asparagus Mornay		[S]		[LS]			
Chicken & Mushroom Pasta Bake							
Chicken Parmigiana							
Chicken Scallopini with Bacon		[S]			[GF]		
Chicken Schnitzel with Gravy							
Chicken Strips with Lemon Sauce							
Chicken & Vegetable Pie		[S]	[LF]	[LS]		[LacF]	
Creamy Chicken & Mushroom Pasta & Veggies <small>(CMOW)</small>		[S]		[LS]			
Curried Chicken		[S]	[LF]	[LS]			
Honey Soy Chicken						[LacF]	
Roast Chicken with Gravy			[LF]	[LS]	[GF]	[LacF]	
Turkey with Cranberry Gravy			[LF]		[GF]	[LacF]	


FISH MAIN MEALS 360gm - 400gm		\$8.00		Dietary Key			
Crumbed Fish		[S]	[LF]			[LacF]	
Curried Prawns & Rice		[S]	[LF]		[GF]		
Fish Cake with Parsley Sauce		[S]		[LS]			
Grilled Fish & Lemon Sauce & Mashed Potato <small>(CMOW)</small>		[S]					

VEGETARIAN MAIN MEALS 360gm - 400gm		\$8.00		Dietary Key			
Macaroni Cheese		[S]					[V]
Vegan Bean and Vegetable Casserole			[LF]	[LS]	[GF]	[LacF]	[V]
Vegetable Chickpea Curry & Rice <small>(CMOW)</small>		[S]	[LF]		[GF]	[LacF]	[V]
Vegetable Cottage Pie		[S]			[GF]		[V]
Vegetable Pasta Bake		[S]	[LF]				[V]
Vegetable Potato Yellow Curry		[S]					[V]


PUREED MAIN MEALS 360gm - 400gm		\$8.00		Dietary Key			
Chicken & Asparagus Blend		[S]					
Chicken & Vegetable Blend		[S]	[LF]	[LS]			
Pork, Apple & Cranberry Blend		[S]	[LF]	[LS]			
Savoury Beef & Vegetable Blend		[S]	[LF]		[GF]		
Savoury Lamb & Vegetable Blend		[S]	[LF]		[GF]		
Savoury Pork & Vegetable Blend		[S]			[GF]		
<i>*Assorted Seafood pureed meals available upon request</i>							



ASIAN STYLE MEALS 400gm		\$7.50	Dietary Key			
Beef & Black Bean Sauce with Rice		[S]				[LacF]
Beef with Honey & Black Pepper with Rice		[S]				[LacF]
Curry King Prawns with Rice		[S]		[LS]		[LacF]
Pork Chops in BBQ Sauce with Rice				[LS]		[LacF]
Pork & Vegetable in Oyster Sauce		[S]				[LacF]
Special Fried Rice						[LacF]
Steak in Peking Sauce with Rice						[LacF]
Stir Fried Tomato & Beef with Rice		[S]				[LacF]
Sweet & Sour Pork with Rice						[LacF]
Teriyaki Chicken with Rice		[S]				[LacF]
Spicy Stir-Fried Chicken with Purple Rice	 	[S]				[LacF]
Spicy Korean Stir-Fried Pork with Purple Rice	 	[S]				[LacF]


BEEF MINI MEALS 200g - 235g		\$5.50	Dietary Key			
Beef and Black Bean <small>(MCS)</small>			[LF]			[LacF]
Beef Rissoles <small>(MCS)</small>			[LF]	[LS]	[GF]	
Meat Pie, Mash & Vegetables		[S]				
Roast Beef with Gravy				[LS]	[GF]	[LacF]
Sausages with Gravy <small>(FF/MCS)</small>					[GF]	
Spaghetti Bolognese <small>(MCS)</small>		[S]	[LF]	[LS]		
Steak & Kidney Pie		[S]				
Steak & Mushroom Pie <small>(MCS)</small>		[S]	[LF]	[LS]		

CHICKEN MINI MEALS 200g - 235g		\$5.50	Dietary Key			
Chicken & Asparagus Mornay		[S]		[LS]		
Chicken Parmigiana <small>(MCS)</small>						
Chicken Schnitzel <small>(MCS)</small>			[LF]			
Chicken & Vegetable Pie		[S]		[LS]		
Chicken Wing in BBQ Sauce					[GF]	[LacF]
Curried Chicken with Rice		[S]	[LF]	[LS]		
Hawaiian Chicken			[LF]		[GF]	[LacF]
Lemon Chicken <small>(MCS)</small>						[LacF]

LAMB MINI MEALS 200g - 235g		\$5.50	Dietary Key			
French Lamb Casserole <small>(MCS)</small>			[LF]		[GF]	
Lamb & Mint Rissoles <small>(MCS)</small>			[LF]		[GF]	
Lamb & Rosemary Pie <small>(MCS)</small>			[LF]	[LS]		
Roast Lamb with Gravy				[LS]	[GF]	[LacF]

PORK MINI MEALS 200g - 235g		\$5.50	Dietary Key				
Italian Meatballs & Chunky Tomato & Pasta <small>(MCS)</small>		[S]	[LF]	[LS]		[LacF]	
Pork Steak Honey Soy Sauce <small>(MCS)</small>			[LF]			[LacF]	
Roast Pork with Gravy				[LS]	[GF]	[LacF]	
Sweet & Sour Pork with Rice			[LF]			[LacF]	

SEAFOOD/VEGETARIAN MINI MEALS 200g-235g		\$5.50	Dietary Key				
Crumbed Fish, Chips & Vegetables		[S]				[LacF]	[V]
Homemade Fish Cake with Chunky Tomato <small>(MCS)</small>		[S]	[LF]	[LS]	[GF]	[LacF]	[V]
Macaroni Cheese with Vegetables		[S]					[V]
Potato & Spinach Pie <small>(MCS)</small>		[S]					[V]
Pumpkin & Mushroom Arancini Balls <small>(MCS)</small>		[S]	[LF]	[LS]			[V]
Singapore Noodle Stir Fry			[LF]			[LacF]	[V]
Spinach & Fetta Omelette & Vegetables		[S]			[GF]		[V]

SOUPS		\$3.00	Dietary Key				
Beef & Vegetable		[S]	[LF]		[GF]	[LacF]	
Cauliflower Bacon Soup		[S]		[LS]	[GF]		
Chicken & Vegetable		[S]	[LF]		[GF]	[LacF]	
Minestrone		[S]	[LF]				[V]
Pea & Ham		[S]	[LF]				
Potato & Leek		[S]					[V]
Pumpkin		[S]	[LF]		[GF]		[V]

BREAKFAST		\$5.50	Dietary Key				
109. Banana Bread with Cream Cheese Icing							
110. Bubble & Squeak with Sausages							
111. Pancakes with Berry Compote		[S]					

SNACK PREMIUM		\$3.00	Dietary Key				
112. Apple & Rhubarb Crumble & Custard		[S]		[LS]			
113. Apple Pie & Cream		[S]		[LS]			
114. Apricot Pie & Cream		[S]		[LS]			
115. Baked Cheesecake							
116. Baked Rice Pudding		[S]		[LS]	[GF]		
117. Banana Cake		[S]					
118. Blueberry Sponge Crumble & Custard		[S]					
119. Bread & Butter Pudding		[S]					
120. Carrot Cake		[S]					
121. Creamed Rice & Apricots		[S]		[LS]	[GF]		
122. Fruit Salad		[S]	[LF]	[LS]	[GF]	[LacF]	
123. Peaches & Custard			[LF]	[LS]	[GF]		
124. Stewed Apple & Custard		[S]	[LF]	[LS]	[GF]		
125. Strawberry Swirl Cheesecake		[S]					
126. Vanilla Slice				[LS]			
127. Apple Cinnamon Muffin <small>(MCS)</small>		[S]					
128. Spinach & Ricotta Muffin <small>(MCS)</small>		[S]					

DESSERTS		\$3.00	Dietary Key				
129. Apple Sponge Cake 		[S]	[LF]				
130. Chocolate Lava Cake		[S]					
131. Chocolate Mousse		[S]	[LF]	[LS]	[GF]		
132. Lemon Cake 		[S]					
133. Mango Mousse		[S]	[LF]	[LS]	[GF]		
134. Sticky Date with Caramel Sauce		[S]					
135. Tiramisu		[S]		[LS]			
136. Tropical Pavlova		[S]		[LS]			