

■ SOFT
 ■ GLUTEN FREE
 ■ LOW SODIUM
 ■ LOW SATURATED FAT
 ■ LACTOSE FREE

BEEF MAIN MEALS 360-447g - \$8.00

Baked Potato with Cheesy Mince (FL) ■ ■ ■ ■
Bangers & Mash (FFS) ■
Beef Lasagne (FFS) (FC) ■
Beef Ravioli with Tomato Sauce (FFS) ■
Beef Rissoles with Gravy (FFS) ■
Beef Stroganoff (FFS) ■ (FC) ■ ■
Corned Beef with White Sauce (FL) (FC) ■ ■
Cottage Pie (FL) ■ ■ ■ ■ (FC) ■ ■ ■
Curry Mince & Rice (FC) ■ ■
Curry Sausages (FL) ■
Hearty Beef Casserole (FFS) ■
Henry's Sausage Casserole & Rice (FC) ■
Irish Beef Stew (FL) ■ ■ ■
Meatballs with Penne Pasta (FFS) ■ ■
Meatballs with Spaghetti (FC) ■ ■
Roast Beef, Mash & Gravy* (FC) ■ ■ ■
Roast Beef, Potatoes & Gravy* (FFS) ■ ■ (FL) ■ ■ ■
Sausages, Onion & Gravy (FL) ■ ■
Spaghetti Bolognese (FFS) ■ ■ ■
Steak & Mushroom Pie (FFS) ■ ■

LAMB MAIN MEALS 360-433g - \$8.00

Irish Lamb Stew (FFS) ■
Lamb Curry with Rice (FFS) ■
Lamb's Fry & Bacon (FC) ■
Lamb, Potato & Mushroom Pie (FL) ■ ■
Roast Lamb, Mash & Gravy* (FC) ■ ■
Roast Lamb, Potatoes & Gravy* (FFS) ■ ■ (FL) ■ ■ ■
Shepherds Pie (FFS) ■ ■

FISH MAIN MEALS 360-400g - \$8.00

Baked Fish & Bernaise Sauce (FL) ■ ■ ■
Battered Fish Cocktails & Chips (FL) ■
Crumbed Fish & Mash (FC) (FFS)
Fish Patties & Hollandaise Sauce (FL) ■ ■ ■
Grilled Fish & Lemon Sauce (FC) ■ ■ ■
Tempura Fish & Wedges (FFS) ■ ■ ■

CHICKEN MAIN MEALS 360-465g - \$8.00

BBQ Chicken Cutlets (FL) ■ ■ ■
Butter Chicken (FL) ■ ■ ■
Chicken Cacciatore (FFS) ■ ■ ■
Chicken Casserole (FL) ■ ■ ■
Chicken Chorizo Stew with Curly Pasta (FFS) ■
Chicken Chowmein with Noodles (FFS) ■ ■
Chicken & Cheese Schnitzel (FL) ■
Chicken & Mushroom Potato Pie (FFS) ■ ■ ■
Chicken Kebabs with Herbed Risoni (FL) ■ ■ ■
Chicken Schnitzel, Gravy & Mash (FC) (FFS) ■ ■
Creamy Chicken & Mushroom Pasta (FC) ■ ■
Lemon Chicken with Vegetables (FFS) ■
Mustard Lemon Rosemary Chicken (FFS) ■ ■
Roast Chicken, Mash & Gravy* (FC) ■ ■ ■
Roast Chicken, Potatoes & Gravy* (FFS) ■ ■ ■ (FL) ■ ■ ■

PORK MAIN MEALS 360-420g - \$8.00

Macaroni Ham & Cheese (FL) ■ ■
Pork & Vegetable Pie (FL) ■ ■
Pork Casserole (FFS) ■ ■
Pork Honey Mustard & Mash (FC) ■ ■
Pork Red Wine Ragu & Potatoes (FFS) ■ ■
Pork Schnitzel & Mushroom Sauce (FL) ■ ■
Pork Vindaloo & Rice (FFS) ■ ■ ■
Quiche Lorraine (FFS) ■
Roast Pork, Mash & Gravy* (FC) ■ ■ ■
Roast Pork, Potatoes & Gravy* (FFS) ■ ■ (FL) ■ ■ ■
Stuffed Baked Potatoes & Pulled Pork (FL) ■ ■ ■ ■

VEAL MAIN MEALS 427g - \$8.00

Veal Schnitzel & Gravy (FFS)

FC - Canterbury Meals on Wheels
FFS - Fairfield Food Services
FL - Liverpool Meals on Wheels
MCS - Master Catering Services / HC - Homebush Cakes

* Roasts also available without gravy

VEGETARIAN MAINS 330-429g - \$8.00

Gnocchi & Creamy Tomato Sauce (FL) ■ ■
Pumpkin Ravioli & Passata Sauce (MCS) ■ ■ ■
Pumpkin & Spinach Frittata (FL) ■ ■
Spinach & Ricotta Cannelloni (FFS) ■
Spinach Pie (FFS) ■
Vegetarian Casserole with Lentils (FFS) ■
Vegetarian Pie (FFS) ■ ■
Vegetarian Risotto with Mushroom (FFS) ■ ■
Zucchini & Corn Fritters (FL) ■ ■

ASIAN STYLE MEALS 400g - \$7.95

Beef & Black Bean Sauce ■
Beef with Honey & Black Pepper ■
Curry King Prawns ■ ■
Pork Chops in BBQ Sauce ■ ■
Pork & Veg in Oyster Sauce ■
Special Fried Rice ■ ■
Steak in Peking Sauce ■
Stir-fried Tomato & Beef ■
Sweet & Sour Pork ■
Teriyaki Chicken ■
Spicy Stir Fried Chicken & Purple Rice ■
Spicy Korean Stir Fried Pork & Purple Rice ■

PUREED MEALS 360-400g - \$8.00

Chicken (FC)
Pork (FC)
Beef (FC)
Lamb (FC)
Pork (FC)
Assorted Fish Blends inc Salmon (MCS)

MINCED MEALS 360-400g - \$8.00

Chicken, Beef & Lamb meals available upon request

BEEF MINI MEALS 200-353g - \$5.95

Bangers & Mash (FFS) ■
Homemade Style Beef Lasagne (MCS) ■
Beef Rissoles & Gravy (FFS) ■
Roast Beef, Potatoes & Gravy (FFS) ■ ■
Spaghetti Bolognese (FFS) ■ ■ ■
Steak & Mushroom Pie (MCS) ■
Steak Pie (FFS)

CHICKEN MINI MEALS 200-328g - \$5.95

Chicken & Cheese Pie (MCS)
Chicken & Leek Casserole with Rice (MCS) ■ ■ ■
Chicken Parmigiana (MCS)
Chicken Schnitzel (MCS) ■
Chicken Tenders (FFS) ■
Lemon Chicken (MCS) ■

LAMB MINI MEALS 200-343g - \$5.95

French Lamb Casserole (MCS) ■ ■
Lamb & Mint Rissoles (MCS) ■ ■
Lamb & Rosemary Pie (MCS) ■ ■
Roast Lamb with Gravy (FFS) ■
Shepherd's Pie (FFS) ■ ■

PORK MINI MEALS 200-322g - \$5.95

Italian Meatballs & Tomato & Pasta (MCS) ■ ■ ■ ■
Pork Steak Honey Soy Sauce (MCS) ■ ■
Roast Pork with Gravy (FFS) ■ ■
Singapore Noodles with Pork Mince (MCS) ■ ■ ■
Sweet & Sour Pork with Rice (MCS) ■ ■

SEAFOOD/VEG MINI MEALS 200-293g - \$5.95

Crumbed Fish, Chips & Vegetables (FFS)
Homemade Fish Cake & Tomato Sauce (MCS) ■ ■ ■ ■ ■
Macaroni Cheese with Vegetables (MCS) ■
Potato & Spinach Pie (MCS) ■
Pumpkin & Mushroom Arancini Balls (MCS) ■ ■

SOUPS 300gm (average) - \$3.45

Beef & Vegetable Soup (FL)
 Chicken & Rice Soup (FL)
 Chicken & Vegetable Soup (FL)
 Creamy Pumpkin Soup (FL)
 Curried Lentil Soup (FL)
 Hearty Vegetable Soup (FL)
 Pea & Ham Soup (FL)
 Potato, Leek & Bacon Soup (FL)

DESSERTS - \$2.00 (HC)

Apple and Blueberry Crumble Bar ■
 Chocolate Madeira Cake ■
 Lamington
 Lemon Drizzle Cake
 Mini Banana Bread ■
 Passionfruit Madeira Cake ■

DESSERTS - \$2.95 (HC)

Apple Cinnamon Crumble Muffin ■
 Baked Cheesecake
 Blueberry Muffin ■
 Caramel Slice
 Chocolate Lava Pudding
 Iced Banana Cake
 Iced Carrot Cake
 Orange & Poppyseed Cake ■
 Passionfruit Baked Cheesecake
 Raspberry Muffin ■
 Strawberry Baked Cheesecake

SAVOURY MUFFIN - \$3.45

Spinach & Ricotta Muffin (MCS)

FRITTATAS - \$2.45

Tomato and Basil Frittata (HC)
 Zucchini Frittata (HC)

PREMIUM DESSERTS - \$3.45

Apple Crumble (FL)
 Apple and Sultana Crumble with Custard (MCS)
 Apricot Danish (FL)
 Blackforest Cheesecake (MCS)
 Bread & Butter Pudding (MCS)
 Butterscotch Pudding (MCS) (FL)
 Caramel Mousse (FL)
 Carrot Cake (Un-Iced) (FL)
 Chocolate Mud Cake with Custard (MCS)
 Coconut Slice (FL)
 Creamy Rice & Strawberry Compote (MCS)
 Golden Syrup Pudding with Custard (MCS)
 Jelly Peaches with Custard (MCS)
 Lemon Pudding with Custard (MCS)
 Marshmallow Slice (FL)
 Orange Cake (FL)
 Pumpkin & Sultana Cake (FL)
 Sticky Date Pudding (MCS)
 Tiramisu (MCS) (FL)
 Tropical Cheesecake (FL)
 Two Fruits with Custard (MCS)
 Vanilla Mousse (FL)

■ **SOFT**

■ **GLUTEN FREE**

■ **LOW SODIUM <120mg per 100 grams**

■ **LOW SATURATED FAT <1.5gm per 100 grams**

■ **LACTOSE FREE**

All Main and Mini Meals comprise of Protein, Vegetables and Carbohydrate

Meals on Wheels meals are nutritionally balanced and prepared under strict National Meal Guidelines (Australian Meals on Wheels Assoc. 2016) and reviewed by Accredited Practising Dietitians. Each meal must meet energy and vegetable content goals

Note: Prices applicable to Commonwealth Home Support Programme Clients (CHSP) Home Care Package Clients should refer to Fee Policy Schedule (available upon request)

*** Prices & Meal availabilities subject to change without notice**