



Take advantage of our hearty and nutritious meals this winter!

HEARTY MEAL SUGGESTIONS...

∞ Irish Beef Stew ∞ Hearty Beef Casserole ∞ Beef Stroganoff ∞ Chicken Cacciatore ∞ Chicken or Pork Casserole ∞ Chicken Chorizo Stew ∞ Red Wine Ragu ∞ Pork Vindaloo plus many more...



COMFORTING SOUP OPTIONS...

∞ Beef & Vegetable ∞ Chicken & Rice ∞ Chicken & Vegetable ∞ Creamy Pumpkin ∞ Hearty Vegetable ∞ Pea & Ham ∞ Potato, Leek & Bacon ∞ Curried Yellow Split Pea ∞ Soups come with a complimentary bread roll



WINTER DESSERT OPTIONS...

∞ Apple Sultana Crumble with Custard ∞ Bread & Butter Pudding ∞ Butterscotch Pudding ∞ Creamy Rice & Strawberries ∞ Lemon Pudding with Custard ∞ Pumpkin & Sultana Cake plus many more...

Pay as little as \$7 per main meal
(based on 10 meal pack)

**Ask us about
our Meal
Value Packs**

Phone: 02 9747-1135 ∞ Email: mow@cabl.org.au

CABL
WELLBEING AND SUPPORT HUB

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

