

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

BEEF MAIN MEALS \$8.50 (440g Avg)

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) (FL) (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 \$8.50 (399g Avg)

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 \$8.50 (387g Avg)

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

CHICKEN MAIN MEALS \$8.50 (412g Avg)

BBQ Chicken Cutlets (FL)	■ ■ ■
Braised Chicken & Leeks (FFS)	
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 \$8.50 (460g Avg)

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 \$8.50 (427g)

Veal Schnitzel & Gravy (FFS)	
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FC - Canterbury Meals on Wheels
FFS - Fairfield Food Services
FL - Liverpool Meals on Wheels
MCS - Master Catering Services / HC - Homebush Cakes

VEGETARIAN MAINS \$8.50 (384g Avg)

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 \$9.50 (400g)

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 \$8.50 (380g Avg)

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

MINCED MEALS \$8.50 (380g Avg)

Chicken, Beef & Lamb meals available upon request

BEEF MINI MEALS \$6.50 (277g Avg)

Bangers & Mash (FFS) 
Beef Risssoles & Gravy (FFS) 
Roast Beef, Potatoes & Gravy (FFS)  
Spaghetti Bolognese (FFS)   
Steak & Mushroom Pie (MCS) 
Steak Pie (FFS)

CHICKEN MINI MEALS \$6.50 (264g Avg)

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 \$6.50 (272g Avg)

Roast Lamb with Gravy (FFS) 
Shepherd's Pie (FFS) 

PORK MINI MEALS \$6.50 (261g Avg)

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

SEAFOOD/VEG MINI MEALS \$6.50 (247g Avg)

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

** Roasts also available without gravy*

SOUPS \$3.95 (300g Avg)

Beef & Vegetable Soup (FL)

Chicken & Rice Soup (FL)

Chicken & Vegetable Soup (FL)

Creamy Pumpkin Soup (FL)

Curried Yellow Split Pea Soup (FL)

Hearty Vegetable Soup (FL)

Pea & Ham Soup (FL)

Potato, Leek & Bacon Soup (FL)

DESSERTS - \$2.00

Apple Blueberry Crumble Bar (HC) ■

Chocolate Madeira Cake (HC) ■

Lamington (HC)

Mini Banana Bread (HC) ■

Passionfruit Madeira Cake (HC) ■

DESSERTS - \$2.95

Baked Cheesecake (HC)

Blueberry Muffin (HC) ■

Caramel Mousse (FL)

Chocolate Lava Pudding (HC)

Lemon Drizzle Cake (HC)

Orange Cake (FL)

Orange & Poppyseed Cake (HC) ■

Passionfruit Baked Cheesecake (HC)

Raspberry Muffin (HC) ■

Strawberry Baked Cheesecake (HC)

Vanilla Mousse (FL)

SAVOURY MUFFIN - \$3.45

Spinach & Ricotta Muffin (MCS)

PREMIUM DESSERTS - \$3.45

Apple Crumble (FL)

Apple and Sultana Crumble with Custard (MCS)

Apple Danish (FL)

Apricot Danish (FL)

Blackforest Cheesecake (MCS)

Bread & Butter Pudding (MCS)

Butterscotch Pudding (MCS) (FL)

Caramel Slice (HC)

Chocolate Mud Cake with Custard (MCS)

Coconut Slice (FL)

Creamy Rice & Peach Compote (MCS)

Golden Syrup Pudding with Custard (MCS)

Iced Banana Cake (HC)

Iced Carrot Cake (HC)

Jelly Peaches with Custard (MCS)

Lemon Pudding with Custard (MCS)

Marshmallow Slice (FL)

Pumpkin & Sultana Cake (FL)

Sticky Date Pudding (MCS)

Tiramisu (MCS) (FL)

Tropical Cheesecake (FL)

Two Fruits with Custard (MCS)

■ **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**

SEPT 2025