

■ 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) (FL)	■ ■
Beef Ravioli with Tomato Sauce (FFS)	■
Beef Rissoles with Gravy (FFS) (FL)	■ ■ ■
Beef Stir Fry with Noodles (FL)	■ ■ ■ NEW
Beef Stroganoff Potatoes (FFS) Pasta (FL) Rice (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) (FL)	■ ■ ■ ■ ■ ■
Steak & Mushroom Pie (FFS) (FL)	■ ■ ■ ■

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)	■ ■

VEAL MAIN MEALS \$8.50 (427g)	
Veal Schnitzel & Gravy (FFS)	

CHICKEN MAIN MEALS \$8.50 (412g Avg)	
BBQ Chicken Cutlets (FL)	■ ■ ■
Biryani Chicken & Rice (FFS)	■ ■ NEW
Braised Chicken & Leeks (FFS)	
Butter Chicken (FL)	■ ■ ■
Chicken Cacciatore (FFS)	■ ■ ■
Chicken Casserole (FL) (FFS)	■ ■ ■ ■ ■ ■
Chicken Chorizo Stew with Curly Pasta (FFS)	■
Chicken Chowmein with Noodles (FFS)	■ ■
Chicken & Cheese Schnitzel (FL)	■
Chicken & Leek Pie (FL)	■ NEW
Chicken & Mushroom Potato Pie (FFS)	■ ■ ■
Chicken Schnitzel, Gravy & Mash (FC) (FFS)	■ ■
Creamy Chicken & Mushroom Pasta (FC)	■ ■
Lemon Chicken with Mash Potatoes & Veggies (FFS)	■
Lemon Chicken & Roast Potatoes (FL)	■ ■ ■ NEW
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 Casserole (FFS)	■ ■
Pork Cassoulet (FL)	■ NEW
Pork Honey Mustard & Mash (FC)	■ ■
Pork Red Wine Ragu & Potatoes (FFS)	■ ■
Pork Schnitzel & Mushroom Sauce (FL)	■ ■
Pork Stir-Fry with Noodles (FFS)	■ ■ NEW
Pork Vindaloo & Rice (FFS)	■ ■ ■
Quiche Lorraine (FFS)	■
Roast Pork, Mash & Gravy* (FC)	■ ■ ■
Roast Pork, Potatoes & Gravy* (FFS) (FL)	■ ■ ■ ■ ■
Stuffed Baked Potatoes & Pulled Pork (FL)	■ ■ ■ ■

* Roasts also available without gravy upon request

VEGETARIAN MAINS \$8.50 (384g Avg)

Gnocchi & Creamy Tomato Sauce (FL)	■ ■
Paneer Curry & Rice (FL)	■ ■ ■ NEW
Pumpkin & Spinach Frittata (FL)	■ ■
Spinach & Ricotta Cannelloni (FFS) (FL)	■ ■ (FL) ■ ■
Spinach Pie (FFS)	■
Vegetarian Casserole with Lentils (FFS)	■
Vegetarian Pie (FFS)	■ ■
Vegetarian Risotto with Mushroom	(FFS) ■ ■ ■ (FL) ■ ■ ■ ■
Zucchini & Corn Fritters (FL)	■ ■

ASIAN STYLE MEALS \$11.00 (400g)

Beef & Black Bean Sauce	■
Beef with Honey & Black Pepper	■
Curry King Prawns	■ ■
Pork Chops in BBQ Sauce	■ ■
Pork & Vegetables 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
Pork
Beef
Lamb
Fish

MINCED MEALS \$8.50 (380g Avg)

Chicken, Beef & Lamb meals available upon request

FISH MAIN MEALS \$8.50 (387g Avg)

Baked Fish & Bernaise Sauce (FL)	■ ■ ■
Crumbed Fish & Mash (FFS)	
Crumbed Fish with Cheese Sauce & Mash (FL)	■ NEW
Crunchy Crumbed Fish & Mash (FC)	
Fish & Chips (FFS)	■
Grilled Fish & Lemon Sauce (FC)	■ ■ ■ ■
Tempura Fish with Lemon Sauce & Mash (FL)	■ ■ NEW
Tempura Fish & Wedges (FFS)	■ ■
Sweet Soy Ginger Fish with Rice (FFS)	■ ■ ■ NEW

BEEF MINI MEALS \$6.50 (277g Avg)

Bangers & Mash (FFS)	■
Beef Rissoles & Gravy (FFS)	■
Roast Beef, Potatoes & Gravy (FFS)	■ ■
Spaghetti Bolognese (FFS)	■ ■ ■
Sausage Roll (FFS)	NEW Available from June 2026

CHICKEN MINI MEALS \$6.50 (264g Avg)

Chicken Casserole (FFS)	■ ■ ■ NEW
Chicken Tenders (FFS)	■
Lemon Chicken (FFS)	■ NEW

LAMB MINI MEALS \$6.50 (272g Avg)

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

PORK MINI MEALS \$6.50 (261g Avg)

Roast Pork with Gravy (FFS)	■ ■
Pork Stir Fry with Noodles (FFS)	■ ■ NEW

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

Crumbed Fish, Mash & Vegetables (FFS)	
Fish & Chips (FFS)	■
Vegetarian Lasagne (FFS)	NEW Available from June 2026

SOUPS \$3.95 (300g Avg)

Beef & Vegetable Soup (FL)
Chicken & Rice Soup (FL)
Chicken & Sweet Corn Soup (FL) NEW
Chicken & Vegetable Soup (FL)
Chinese Wonton Pork Soup (FL) NEW
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)
Caramel Mousse (FL)
Chocolate Lava Pudding (HC)
Lemon Drizzle Cake (HC)
Orange Cake (FL)
Orange & Poppyseed Cake (HC) ■
Passionfruit Baked Cheesecake (HC)
Sticky Date Pudding (HC)
Strawberry Baked Cheesecake (HC)
Vanilla Mousse (FL)

PREMIUM DESSERTS - \$3.45

Apple Crumble (FL)
Apple & Blueberry Crumble (FL) NEW
Apple Danish (FL)
Apricot Danish (FL)
Bread & Butter Pudding (FL)
Butterscotch Pudding (FL)
Caramel Slice (HC)
Chocolate Mud Cake (FL) NEW
Coconut Slice (FL)
Custard Danish (FL) NEW
Iced Banana Cake (HC)
Iced Carrot Cake (HC)
Marshmallow Slice (FL)
Pumpkin & Sultana Cake (FL)
Tiramisu (FL)
Tropical Cheesecake (FL)

FC - Canterbury Meals on Wheels item
FFS - Fairfield Food Services item
FL - Liverpool Meals on Wheels item
HC - Homebush Cakes item

- **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) and Private Clients

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

MAY 2026