

Name:

Address:

For Delivery: ___/___/___

Meals on Wheels SPRING-SUMMER MENU

SOUP			
MC819	Chicken & Vegetable ^{GF}	3.20	
MC818	Beef & Vegetable	3.20	
MC855	Minestrone	3.20	
MC820	Pea & Ham ^{LS}	3.20	
MC822	Creamy Pumpkin ^{GF}	3.20	
MAIN MEALS			
VEAL			
F478	Veal Parmigiana	6.70	
F450	Vienna Schnitzel	6.70	
BEEF			
F412	Rissole & Onion Gravy	5.95	
F416	Steak & Kidney Pie	6.15	
FF350	Roast Beef & Gravy ^{GF}	5.90	
MC812	Savoury Mince ^{GF}	6.80	
MC834	Beef Lasagne	7.30	
MC808	Corned Silverside	6.80	
MC810	Beef Sausages & Onion Gravy	6.80	
MC831	Beef Stroganoff	6.80	
M911	Steak Dianne	7.30	
N616	Meat loaf & Gravy	5.80	
N253	Beef Stir Fry NEW	5.80	
N610	Beef Casserole	5.80	
N614	Curried Sausages & Rice	5.80	
CHICKEN			
F59	Curry Chicken	6.15	
F428	Chicken & Vegetable Pie	6.15	
F436	Roast Chicken & Gravy ^{GF}	6.15	
FF34	Chicken Cacciatore ^{GF}	5.90	
FF353	Chicken & Mushroom Potato Pie ^{GF}	5.90	
FF37	Lemon Chicken ^{GF}	5.90	
FS63	Chicken Scaloppini	6.15	
MC815	Butter Chicken w Steamed Rice	5.90	
MC827	Chicken Schnitzel w Mash & Gravy	7.10	
MC809	Chicken Grilled Breast W mustard	6.80	
MC824	French Chicken Casserole	6.80	
NC84	Chicken Apricot	5.80	
N6124	Sate Chicken with rice	5.80	

LAMB			
C212	Lambs Fry & Bacon	6.50	
F418	Crumbed Lamb Patties	6.50	
F419	Lamb Chop & Gravy	7.05	
F420	Mongolian Lamb	7.05	
F452	Roast Lamb & Gravy ^{GF}	7.05	
FF315	Mild Lamb Curry ^{GF, DF}	5.90	
FF322	Lamb & C'Flower Casserole ^{DF, GF, LS}	5.90	
MC804	Shepherd's Pie ^{GF}	7.10	
MC826	Lamb with fruit Chutney ^{GF, DF}	7.10	
N678	Slow Cooked Lamb Shanks	9.00	
PORK			
FF31	Pork Meat Balls with Mushroom Sce	5.90	
FF12	Pork Vinaloo NEW	5.85	
FF13	Quiche Lorraine NEW	5.85	
FS54	Pork ham Steak W Pineapple NEW	5.80	
MC803	BBQ Pulled Pork w Potato & Mix Veg	7.50	
MC829	Sweet & Sour Pork With Rice	6.80	
N6117	Pork Sausage	5.90	
N634	Pork Roast with Apple Sauce ^{GF}	5.90	
SEAFOOD			
F440	Steamed fish ^{GF}	5.90	
F454	Curried Prawns ^{GF}	6.65	
FF313	Tuna Patties w Sweet Chilli Sauce	5.90	
N24	Garlic Prawns NEW	5.20	
N653	Crumbed Fish With Tartare Sauce	5.90	
N667	Atlantic Salmon W Bearnaise Sauce	9.00	
FF03	Sweet and Soy Ginger Fish NEW	5.85	
MM28	Salmon Fish Cakes w Lemon Sauce NEW	7.30	
VEGETARIAN			
F448	Vegetable Cottage Pie	6.15	
FF505	Vegetable Casserole	5.90	
MC832	Vegetable Ratatouille ^{GF V}	6.80	
FF507	Indian Curry w Spiced Eggplant	7.50	
MC811	Vegetable Lasagne	6.80	
N6128	Lentil Patties	5.90	
N90	Pumpkin Corn Quiche	5.90	
N660	Spinach Crepe W ricotta NEW	5.90	

Note: ^{GF} Gluten Free ^V Vegetarian ^{LS} Low Salt ^{DF} Dairy Free

Code		Price	Qty
MINI MEALS			
F413	Meat Pie	4.60	
F433	Chicken Wing in BBQ Sauce	4.80	
F435	Curried Chicken w Rice & Carrot	4.80	
F47	Beef & Bacon Casserole ^{GF}	4.80	
F475	Roast Lamb with Gravy	4.80	
F478	Crumbed Fish & Chips w Veg	4.80	
F441	Spaghetti Bolognese NEW	4.80	
MC802	Shepherd Pie	4.80	
MC805	Steak & Kidney pie	4.80	
MC806	Curried Prawns	4.80	
MC814	Chicken Fried Rice	3.30	
N613	Corned Beef & White Sauce	4.20	
NC20	Vegetable Pastie NEW	4.80	
N615	Beef Curried Sausages & Rice	4.20	
N635	Roast Pork , Apple Sauce & Gravy	4.20	
N637	Sweet & Sour Pork with rice	4.20	
N641	Chicken & Asparagus Bake	4.20	
N657	Salmon Mornay w Potato & Veg	4.20	
CUT UP MEALS			
N612C	Corned Beef & White Sauce	6.10	
N616C	Meatloaf & Gravy	6.10	
N622C	Sausages & Gravy	6.10	
N634C	Roast Pork & Gravy	6.10	
N643C	Chicken Schnitzel	6.10	
N653C	Crumbed Fish	6.10	
PUREED MEALS			
N612P	Corned Beef & White Sauce	6.10	
N620P	Roast Beef & Gravy	6.10	
N627P	Hearty Lamb Casserole	6.50	
N634P	Roast Pork & Gravy	6.10	

Note: ^{GF} Gluten Free ^V Vegetarian ^{LS} Low Salt ^{DF} Dairy Free

Code		Price	Qty
DESSERTS			
F456	Apple Pie & Cream	3.00	
F457	Apricot Pie & Cream	3.00	
F461	Chocolate Mousse	2.90	
F458	Blueberry Crumble	3.00	
F471	Tropical Pavlova ^{GF}	3.00	
F460	Baked Rice Pudding	2.90	
F479	Bread and Butter Pudding	2.90	
F77	Vanilla Slice	3.00	
MC801	Sherry Custard Trifle	3.20	
MC816	Choc Bavarian Cream Pie	3.20	
MC817	Boston Apple & Cinnamon Cake	3.20	
MC828	Fruit Salad w Custard	3.20	
MC833	Lemon Cheese Cake	3.20	
N661	Banana Cake	2.90	
NC06	Lamington NEW	2.60	
N689	Lemon Meringue pie	4.10	
N696	Sticky Date Pudding	2.90	
BREAKFAST			
MC813	Ham & Cheese Croissant	5.20	
N61	Pancakes with Maple Syrup	4.10	
NC256	Bubble & Squeak NEW	4.10	
N64	Big Brekkie ^{GF}	5.90	
MISCELLANEOUS			
M7	Cheese Only	0.65	
ML7	Cheese & Biscuits	0.75	
ML8	Orange Juice Popper	0.80	
ML8	Orange & Mango Popper	0.80	
ML8	Paradise Punch Popper	0.80	
ML8	Apple Juice	0.80	
	THE Nimble	12.00	

C = Canterbury

MC = My Chef

F = Flagstaff Fine Foods

N = Nuovo Cuisine

FF = Fairfield Food Services



Veal Parmigiana



Mongolian Lamb

3 ways you can place an order:

- 1) Return this order form to your Delivery Person.
- 2) Phone the office on 4932 5755
- 3) Email the office on mail@mccs.org.au