

Name:

Address:

For Delivery: ___/___/___

Meals on Wheels SPRING-SUMMER MENU

SOUP			
MC819	Chicken & Vegetable ^{GF}	3.10	
MC818	Beef & Vegetable	3.10	
MC855	Minestrone	3.10	
MC820	Pea & Ham ^{LS}	3.10	
MC822	Creamy Pumpkin ^{GF}	3.10	
MAIN MEALS			
VEAL			
F478	Veal Parmigiana	6.80	
F450	Vienna Schnitzel	6.65	
BEEF			
F412	Rissole & Onion Gravy	6.10	
F416	Steak & Kidney Pie	6.25	
FF350	Roast Beef & Gravy ^{GF}	5.90	
MC812	Savoury Mince ^{GF}	6.90	
MC834	Beef Lasagne	7.40	
MC808	Corned Silverside	6.90	
MC810	Beef Sausages & Onion Gravy	6.90	
MM30	Beef & Black bean NEW	7.21	
M911	Steak Dianne	7.21	
NC72	Meat Pie NEW	6.00	
N253	Beef Stir Fry	6.00	
N610	Beef Casserole	6.00	
N614	Curried Sausages & Rice	6.00	
CHICKEN			
F59	Curry Chicken	6.25	
F428	Chicken & Vegetable Pie	6.25	
F436	Roast Chicken & Gravy ^{GF}	6.25	
FS434	Chicken Honey Soy NEW	6.25	
FF353	Chicken & Mushroom Potato Pie ^{GF}	5.90	
FF37	Lemon Chicken ^{GF}	5.90	
FF323	Chicken Chow Mein NEW	5.90	
MC815	Butter Chicken w Steamed Rice	6.80	
MC827	Chicken Schnitzel w Mash & Gravy	7.00	
MC809	Chicken Grilled Breast w mustard	7.00	
F56	Chicken Parmigiana	6.15	
NC84	Chicken Apricot	6.00	
N6124	Sate Chicken with rice	6.00	

LAMB			
C212	Lambs Fry & Bacon	6.10	
F418	Crumbed Lamb Patties	6.65	
F419	Lamb Chop & Gravy	6.80	
F452	Roast Lamb & Gravy ^{GF}	6.80	
FF08	Lamb Irish Stew ^{GF, DF}	5.90	
FF315	Mild Lamb Curry ^{GF, DF}	5.90	
FF322	Lamb & C'Flower Casserole ^{DF, GF, LS}	5.90	
MC804	Shepherd's Pie ^{GF}	6.90	
MC826	Lamb w Fruit Chutney ^{GF, DF}	7.60	
N678	Slow Cooked Lamb Shanks	9.00	
PORK			
FF31	Pork Meat Balls with Mushroom Sce	5.90	
FF354	Pork Red Wine	5.90	
FF13	Quiche Lorraine	5.90	
FS54	Pork ham Steak w Pineapple	6.25	
MC803	BBQ Pulled Pork w Potato & Mix Veg	7.40	
MC829	Sweet & Sour Pork With Rice	6.80	
N6117	Pork Sausage	6.00	
N634	Pork Roast w Apple Sauce ^{GF}	5.90	
SEAFOOD			
F454	Curried Prawns ^{GF}	6.80	
FF313	Tuna Patties w Sweet Chilli Sauce	5.90	
F440	Steam Fish	6.25	
N24	Garlic Prawns	6.70	
N653	Crumbed Fish With Tartare Sauce	6.00	
N667	Atlantic Salmon W Bearnaise Sauce	9.00	
FF03	Sweet and Soy Ginger Fish	5.90	
MM28	Salmon Fish Cakes w Lemon Sauce	7.21	
VEGETARIAN			
F448	Vegetable Cottage Pie	6.25	
FF20	Vegetable Creamy Pasta	5.90	
FF507	Vegetable Casserole	5.90	
FF19	Vegetable Spinach Pie NEW	5.90	
MC828	Indian Curry w Spiced Eggplant	7.00	
MC811	Vegetable Lasagne	6.50	
N271	Vegetable Stir Fry NEW	6.00	
N660	Spinach Crepe w ricotta	6.00	

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

Code		Price	Qty
MINI MEALS			
F413	Meat Pie	4.50	
F433	Chicken Wing in BBQ Sauce	4.85	
F435	Curried Chicken w Rice & Carrot	4.50	
F47	Beef & Bacon Casserole ^{GF}	4.85	
F475	Roast Lamb with Gravy	4.85	
F478	Crumbed Fish & Chips w Veg	4.85	
F441	Spaghetti Bolognese	4.85	
MC802	Shepherd Pie	4.80	
MC805	Steak & Kidney pie	4.80	
MC806	Curried Prawns	4.80	
MC814	Chicken Fried Rice	3.10	
N613	Corned Beef & White Sauce	4.50	
NC20	Vegetable Pastie	4.00	
N615	Beef Curried Sausages & Rice	4.50	
NC30	Savoury Mince	4.50	
N635	Roast Pork , Apple Sauce & Gravy	4.50	
N637	Sweet & Sour Pork with rice	4.50	
N641	Chicken & Asparagus Bake	4.50	
N657	Salmon Mornay w Potato & Veg	4.50	
CUT UP MEALS			
N612C	Corned Beef & White Sauce	6.50	
N616C	Meatloaf & Gravy	6.50	
N622C	Sausages & Gravy	6.50	
N634C	Roast Pork & Gravy	6.50	
N643C	Chicken Schnitzel	6.50	
N653C	Crumbed Fish	6.50	
PUREED MEALS			
N99	Chicken and Gravy NEW	6.50	
N620P	Roast Beef & Gravy	6.50	
N627P	Hearty Lamb Casserole	6.80	
N634P	Roast Pork & Gravy	6.50	

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Code		Price	Qty
DESSERTS			
F456	Apple Pie & Cream	3.00	
F457	Apricot Pie & Cream	3.00	
F461	Chocolate Mousse	2.50	
F458	Blueberry Crumble	2.50	
F471	Tropical Pavlova ^{GF}	3.00	
F460	Baked Rice Pudding	2.50	
F479	Bread and Butter Pudding	2.50	
F77	Vanilla Slice	3.00	
MC801	Sherry Custard Trifle	3.10	
MC816	Choc Bavarian Cream Pie	3.10	
MC817	Boston Apple & Cinnamon Cake	3.10	
MC828	Fruit Salad w Custard	3.10	
MC833	Lemon Cheese Cake	3.10	
MC899	Stewed Rhubarb	3.10	
N661	Banana Cake	2.00	
NC06	Lamington	2.50	
N689	Lemon Meringue pie	3.90	
N696	Sticky Date Pudding	2.20	
BREAKFAST			
MC813	Ham & Cheese Croissant	5.10	
N61	Pancakes with Maple Syrup	4.50	
NC256	Bubble & Squeak	4.50	
N64	Big Brekkie ^{GF}	6.00	
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	

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 meals@mccs.org.au