

Name: \_\_\_\_\_

Address: \_\_\_\_\_

For Delivery: \_\_\_ / \_\_\_ / \_\_\_

## Meals on Wheels

### AUTUMN-WINTER MENU

Code	Menu	Price	Qty
<b>SOUP</b>			
MC819	Chicken & Vegetable <sup>GF</sup>	3.10	
MC818	Beef & Vegetable <sup>GF</sup>	3.10	
MC820	Pea & Ham <sup>GF</sup>	3.10	
MC855	Minestrone	3.10	
MC822	Creamy Pumpkin <sup>GF V</sup>	3.10	
<b>MAIN MEALS</b>			
<b>Veal</b>			
FS41	Veal Parmigiana <sup>GF</sup>	6.80	
FS40	Vienna Schnitzel	6.65	
<b>Beef</b>			
FS46	Rissole & Onion Gravy	6.10	
FS45	Steak & Kidney Pie	6.25	
FF05	Roast Beef & Gravy <sup>LS GF</sup>	5.90	
MC834	Beef Lasagne	7.40	
MC808	Corned Silverside	6.90	
MC810	Sausages & Onion Gravy	6.90	
MC812	Savoury Mince <sup>GF</sup>	6.90	
MM32	Steak Dianne <sup>LS</sup>	7.21	
NC252	Sweet & Sour Meatballs <b>NEW</b>	6.00	
NC253	Beef Stir Fry with Hokkien Noodles	6.00	
NC68	Beef Casserole <sup>GF LS</sup>	6.00	
NC72	Meat Pie with Mash and Peas	6.00	
NC70	Curried Sausages and Rice <sup>GF</sup>	6.00	
<b>Chicken</b>			
FS60	Chicken and Vegetable Pie <sup>LS</sup>	6.25	
FS61	Roast Chicken and Gravy <sup>GF LS</sup>	6.25	
FS57	Honey Soy Chicken w/ Fried Rice	6.25	
FF16	Chicken Chow Mein	5.90	
FF17	Chicken, Mushroom & Potato Pie <sup>GF</sup>	5.90	
FS56	Chicken Parmigiana	5.90	
MC815	Butter Chicken with Steam Rice	6.80	
MC827	Chicken Schnitzel with Mash	7.00	
NC266	Chicken Mornay with Rice <b>NEW</b>	6.00	
NC84	Apricot Chicken with Rice <sup>LS GF</sup>	6.00	
NC88	Satay Chicken with Rice <sup>GF</sup>	6.00	

Code	Menu	Price	Qty
<b>Lamb</b>			
CB09	Lambs Fry Bacon	6.10	
CB08	Lamb Hot <b>NEW</b>	6.10	
FS48	Roast Lamb & Gravy <sup>LS GF</sup>	6.80	
FS49	Lamb Chop <sup>LS GF</sup>	6.80	
FF07	Mild Lamb Curry <sup>LS GF</sup>	5.90	
FF08	Lamb Irish Stew	5.90	
FF09	Lamb & C'Flower Casserole <sup>DF GF LS</sup>	5.90	
MC804	Shepherds Pie <sup>GF</sup>	6.90	
NC79	Slow Cooked Lamb Shanks <sup>GF</sup>	9.00	
<b>Pork</b>			
FF10	Pork Meatballs & Creamy Mushroom Sauce <sup>GF</sup>	5.90	
FF11	Pork Red Wine Ragù <sup>GF</sup>	5.90	
FF13	Pork Quiche Lorraine	5.90	
MC829	Sweet and Sour Pork with Rice	6.80	
MC803	BBQ Pulled Pork	7.40	
NC269	Pepper Pork w/ Potato <sup>GF</sup> <b>NEW</b>	6.00	
NC80	Roast Pork, Apple Sauce & Gravy <sup>GF</sup>	5.90	
<b>Seafood</b>			
FS39	Curried Prawns with Rice <sup>GF</sup>	6.80	
FF03	Sweet and Soy Ginger Fish	5.90	
FF01	Tuna Patties w/ Sweet Chilli Sauce	5.90	
NC62	Crumbed Fish w/ Tartare Sauce	6.00	
NC66	Garlic Prawns with Rice <sup>GF</sup>	6.70	
NC67	Atlantic Salmon with Béarnaise Sauce	9.00	
MM28	Salmon Fish Cake with Lemon	7.21	
<b>Vegetarian</b>			
FF19	Vegetable Spinach Pie	5.90	
FF21	Vegetable Casserole	5.90	
FS68	Creamy Pasta w/ Vegetables	5.90	
MC811	Vegetable Lasagne	6.80	
MC828	Vegetable Indian Curry	7.50	
NC271	Vegetable Stir Fry	6.00	
NC254	Spinach Crepe w/ Ricotta <sup>GF</sup>	5.90	

**AUTUMN-WINTER MENU**

Code	Menu	Price	Qty
<b>MINI MEALS</b>			
FS30	Chicken Wing in BBQ Sauce <sup>LS</sup>	4.85	
FS21	Beef Cottage Pie <sup>GF</sup> <b>NEW</b>	4.85	
FS26	Roast Lamb with Gravy <sup>GF LS</sup>	4.85	
FS19	Crumbed Fish with Pumpkin & Peas	4.85	
FS24	Spaghetti Bolognese	4.85	
MC805	Steak & Kidney Pie	4.80	
MC802	Shepherd's Pie	4.60	
MC806	Curried Prawns	4.80	
MC814	Chicken Fried Rice	3.10	
NC29	Meat Pie & Gravy w/ Mash	4.50	
NC265	Roast Chicken, Vegetables & Gravy <sup>GF</sup> <b>NEW</b>	4.50	
NC27	Beef Curried Sausages & Rice <sup>GF</sup>	4.50	
NC20	Vegetable Pastie	4.00	
NC30	Savoury Mince <sup>LS GF</sup>	4.50	
NC35	Roast Pork, Apple Sauce & Gravy <sup>GF</sup>	4.50	
NC36	Sweet & Sour Pork with Rice <sup>GF</sup>	4.50	
NC40	Chicken & Asparagus Bake <sup>LS</sup>	4.50	
NC26	Corned Beef & White Sauce <sup>GF</sup>	4.50	
NC21	Salmon Mornay w Rice & Veg <sup>GF</sup>	4.50	
<b>CUT UP MEALS</b>			
NC139	Corned Beef & White Sauce	6.50	
NC144	Sausages & Gravy	6.50	
NC159	Roast Pork & Gravy	6.50	
NC168	Chicken Schnitzel & Gravy	6.50	
NC127	Crumbed Fish with Tartare Sauce	6.50	
<b>PUREED MEALS</b>			
NC99	Chicken Vegetable	6.50	
NC95	Seafood <sup>GF</sup> <b>NEW</b>	6.50	
NC101	Lamb Casserole <sup>GF</sup>	6.80	
NC103	Roast Pork & Gravy <sup>GF</sup>	6.50	

Code	Menu	Price	Qty
<b>DESSERTS</b>			
FS14	Apple Pie & Cream	3.00	
FS15	Apricot Pie & Cream <sup>LS</sup>	3.00	
FS10	Blueberry Crumble	2.50	
FS06	Vanilla Slice	3.00	
FS16	Tropical Pavlova <sup>GF LS</sup>	3.00	
FS12	Bread and Butter Pudding	2.50	
MC801	Sherry Custard Trifle	3.10	
MC899	Stewed Rhubarb w Apple	3.10	
MC816	Choc Bavarian Cream Pie	3.10	
MC817	Boston Apple & Cinnamon Cake	3.10	
MC833	Lemon Cheese Cake	3.10	
MM46	Apple Cinnamon Muffin <b>NEW</b>	2.10	
NC06	Lamington	2.50	
NC260	Caramel Slice <b>NEW</b>	2.50	
NC19	Banana Cake	2.00	
NC15	Lemon Meringue Pie	2.90	
NC13	Sticky Date Pudding	2.20	
<b>BREAKFAST</b>			
MC813	Ham & Cheese Croissant	5.10	
NC59	Pancakes with Maple Syrup	4.50	
NC60	Big Brekkie <sup>GF</sup>	6.00	
<b>MISCELLANEOUS</b>			
ML7	Cheese & Biscuits	0.75	
ML7	Cheese Only	0.65	
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	

**HOW TO PLACE AN ORDER:**

- Note the items you wish to purchase, including the code number, then call 4932 5755; or
- Download and save this form, then email your order to [meals@mccs.org.au](mailto:meals@mccs.org.au)

Note: <sup>GF</sup> Gluten Free <sup>V</sup> Vegetarian <sup>LS</sup> Low Salt <sup>DF</sup> Dairy Free

UPDATED 2022