

Name & Phone No	Supplier Code	Price	Quantity				
			Week A	Week B	Week C	Week D	
SOUPS	WINTER VEGETABLE	Heinz 22761	\$2.20				
	BEEF STOCKPOT	Heinz 22763	\$2.20				
	CHICKEN & SWEET CORN	Heinz 22765	\$2.20				
	CREAM OF PUMPKIN	Heinz 22762	\$2.20				
	MINESTRONE	Heinz 22764	\$2.20				
	TOMATO	Heinz 22771	\$2.20				
	POTATO & LEEK	Heinz 61686	\$2.20				
SANDWICHES	BASIL PESTO CHICKEN ON MULTIGRAIN	EDC 036334	\$4.70				
	CHICKEN CEASAR SANDWICH	EDC 036332	\$4.70				
	CHICKEN, CHEESE & MAYONNAISE SANDWICH	EDC 036330	\$4.70				
	ROAST BEEF CHEESE & RELISH SANDWICH	EDC 036329	\$4.70				
	EGG & CHIVE SANDWICH ON RYE	EDC 050814	\$4.70				
	HAM & CHEESE TOASTIE <i>cook in sandwich press</i>	EDC 035193	\$4.70				
	HAM CHEESE & TOMATO TOASTIE <i>cook in sandwich press</i>	EDC 035194	\$4.70				
	HAM, CHEESE & PICKLE SANDWICH	EDC 036328	\$4.70				
	ROAST CHICKEN SUB ROLL	EDC 062853	\$5.10				
	MEATBALL & CHEESE WITH NAPOLI SAUCE SUB ROLL	EDC 062854	\$5.10				
	ALL DAY BREAKFAST	FETTA & SPINACH BREGGIE BAKE FRITTATA <i>Ideal breakfast, or any time, made with fresh eggs. Great finger food</i>	SQ 062239	\$3.60			
HAM & CHEESE BREGGIE BAKE FRITTATA <i>Ideal breakfast, or any time, made with fresh eggs. Great finger food</i>		SQ 062238	\$3.60				
BACON, EGG & CHEESE ROLL <i>easy to heat in microwave</i>		EDC 062850	\$4.80				
SPINACH & FETTA OMELETTE <i>pumpkin & Thai vegetables (LF, GF)</i>		Flagstaff 63198	\$4.60				
QUICHE LORRAINE <i>served with beef chipolata corn & capsicum (RS)</i>		Gourmania G QL	\$4.60				
HAM & CHEESE CROISSANT		EDC 035195	\$4.50				
CAKES	BANANA BREAD <i>Individually wrapped</i>	243562	\$2.50				
	MUESLI APPLE & CRANBERRY SLICE <i>Individually wrapped</i>	243458	\$2.50				
	PEAR & RASPBERRY SLICE <i>Individually wrapped</i>	243561	\$2.50				
	PECAN & ORANGE SLICE <i>Individually wrapped</i>	243459	\$2.50				

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FRIED RICE (chicken) (GF)	My Chef INVS01	\$3.40				
BEEF & BACON CASSEROLE <i>parsley potato, pumpkin & broccoli</i> (LF, GF)	Flagstaff 63003	\$4.60				
COTTAGE PIE <i>pumpkin & beans</i> (LF, RS, GF)	Flagstaff 63005	\$4.60				
ROAST LAMB <i>with gravy, roast potato, pumpkin & beans</i> (GF)	Flagstaff 63021	\$4.60				
CHICKEN WINGS <i>in BBQ sauce with fried rice</i>	Flagstaff 63059	\$4.60				
SPAGHETTI BOLOGNAISE <i>topped with cheese, with pumpkin & peas</i> (LF, RS)	Flagstaff 63270	\$4.60				
SAUSAGES <i>with gravy, creamed potato, carrot & beans</i> (LF)	Flagstaff 63181	\$4.60				
CURRIED CHICKEN <i>steamed rice, carrot & broccoli</i> (LF, GF)	Flagstaff 63052	\$4.60				
ROAST PORK & <i>gravy, roast potato, pumpkin & peas</i> (LF,RS,GF)	Flagstaff 63042	\$4.60				
MACARONI CHEESE <i>vegetable melange & sprinkle of cheese</i> (LF)	Flagstaff 63070	\$4.60				
BEEF & RED WINE CASSEROLE <i>mash potato & veges</i> (LF)	My Chef INVS17	\$4.50				
TUNA MORNAY <i>mashed potato & vegetables</i> (LF)	My Chef INVS16	\$4.50				
CHICKEN HONEY CURRY <i>rice & vegetables</i> (LF)	My Chef INVS15	\$4.50				
MEAT PIE , <i>gravy, mash potatoes & peas</i>	Flagstaff 63200	\$4.60				
CRUMBED FISH <i>oven fries, pumpkin & peas</i> (LF)	Flagstaff 63060	\$4.60				
CORNED SILVERSIDE <i>parsley sauce, creamed potato, carrot & peas</i> (LF, GF)	Flagstaff 63004	\$4.60				
CHICKEN & ASPARAGUS MORNAY <i>with parsley potato, vegetable melange, & beans</i> (LF)	Flagstaff 63055	\$4.60				
CHICKEN & VEGE PIE <i>creamed potato pumpkin & peas</i> (LF, RS)	Flagstaff 63056	\$4.60				
ROAST BEEF , <i>gravy, roast potato, pumpkin & broccoli</i>	Flagstaff 63009	\$4.60				
SAVOURY BEEF MINCE <i>mashed potato & vegetables</i> (LF, GF)	My Chef INVS19	\$4.50				
CURRIED PRAWNS <i>steamed rice & vegetables</i> (LF)	My Chef INVS18	\$4.50				
BEEF STROGANOFF <i>pasta & vegetables</i> (LF)	My Chef INVS28	\$4.50				
INDIAN BUTTER CHICKEN <i>steamed rice & vegetables</i> (LF)	My Chef INVS20	\$4.50				
APRICOT CHICKEN <i>with mashed potato & vegetables</i> (LF)	My Chef INVS21	\$4.50				
SWEET & SOUR PORK <i>with rice & vegetables</i> (LF, GF)	My Chef INVS22	\$4.50				
STEAK & KIDNEY <i>with mashed potato & vegetables</i> (LF)	My Chef INVS23	\$4.50				
BATTERED FISH PIECES <i>with rice pilaf</i>	My Chef INVS26	\$4.50				
BEEF CURRY (mild) <i>with steamed rice & vegetables</i> (GF)	My Chef INVS27	\$4.50				
CURRY SAUSAGES <i>with mashed potato & vegetables</i>	My Chef INVS24	\$4.50				

MINI MEALS

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			Week A	Week B	Week C	Week D		
BEEF MEALS	BEEF & BACON CASSEROLE served with parsley potato, pumpkin & broccoli (LF, GF)	Flagstaff 60003	\$6.30					
	BEEF & RED WINE CASSEROLE with creamy mashed potato & seasonal vegetables (LF)	My Chef M13	\$6.30					
	BEEF CASSEROLE Diced lean beef in traditional beef & vegetable sauce, served with mashed potatoes, beans, carrots & corn (LF, RS, GF)	Gourmania G BC	\$5.20					
	BEEF DIANE Lean prime beef diced in garlic cream mushroom sauce served with penne pasta, peas & corn (LF, RS)	Gourmania G BD	\$5.20					
	BEEF LASAGNE Lean beef mince in tomato & vegetable sauce layered in fresh egg pasta sheets / cream & cheese topping; served with potato persillade & vegetable ratatouille (LF, RS)	Gourmania G BL	\$5.20					
	BEEF POT ROAST seasoned roast beef with traditional rich beef gravy, potatoes persillade & cross cut green beans (LF, RS)	Gourmania G RB	\$5.20					
	MEAT PIE , gravy, mashed potatoes	flagstaff 60200	\$6.20					
	BEEF STROGANOFF lean beef with creamy tomato mushroom sauce, rice, carrot & peas (LF, RS, GF)	Flagstaff 60006	\$6.20					
	BEEFBURGER WITH CREAMY MUSHROOM SAUCE beef burger patty coated with a creamy mushroom sauce served with cheese pasta, tender green beans & carrots (LF,RS)	Gourmania G BB	\$5.20					
	COTTAGE PIE (LF, RS, GF) a savoury mince topped with creamy mashed potato served with pumpkin & beans	Flagstaff 60005	\$6.20					
	GRILLED SAUSAGES onion gravy, steamed potato & seasonal vegetables	My Chef M20	\$6.30					
	MEATLOAF Old fashioned meatloaf topped with a country gravy, creamy mashed potatoes & mint green peas (LF, RS)	Gourmania G ML	\$5.20					
	GRILLED RISSOLE & ONION GRAVY creamed potato & vegetable melange (LF)	Flagstaff 60115	\$6.20					
	SAVOURY BEEF MINCE with mash potato and seasonal vegetables (LF, GF)	My Chef M45	\$6.20					
	CORNED SILVERSIDE with onion white sauce, mashed potato & seasonal vegetables (LF)	My Chef M05	\$6.80					
	STEAK & KIDNEY CASSEROLE with mashed potato & vegetables (LF)	My Chef M26	\$6.20					
	VEAL PARMAGIANA (LF, RS, GF) with creamed potato, carrot & peas	Flagstaff 60033	\$6.30					
	VIENNA SCHNITZEL served with a rich gravy, parsley potato, vegetable stroganoff & beans	Flagstaff 60030	\$6.30					
	VEGETARIAN	SWEET CURRY VEGETABLES mild sweet curry dish (not spicy) with Indian flavours, tomato rice & cauli with mustard seeds (LF, V, RS)	Gourmania G SCV	\$5.20				
		VEGETABLE LASAGNE with bechamel sauce served with seasonal vegetables (LF)	My Chef M25	\$6.20				
VEGETARIAN SELECTION a variety of vegetarian meals, changes regularly		Flagstaff FLVEG	\$6.20					
CHICKEN MEALS	PAN GRILLED CHICKEN BREAST with grain mustard cream sauce, steamed potato & seasonal vegetables (LF)	My Chef M40	\$6.70					
	CHICKEN & VEGETABLE PIE (LF, RS) with creamed potato pumpkin & peas	Flagstaff 60056	\$6.20					
	CHICKEN BREAST PARMAGIANA with creamy mashed potato & seasonal vegetables (LF)	My Chef M37	\$6.30					
	CHICKEN CHASSEUR lean chicken thigh served with a mediterranean style tomato & mushroom sauce, potatoes persillade, carrots &	Gourmania G CHCH	\$5.20					
	CHICKEN CHOW MEIN WITH EGG NOODLES Cantonese style egg noodles topped with traditional chicken chow mein, accompanied with fresh	Gourmania G CCM	\$5.20					

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CHICKEN MEALS	CHICKEN HONEY CURRY <i>mild sweet curry served with steamed rice & seasonal vegetables (LF)</i>	My Chef M19	\$6.30				
	CHICKEN SCHNITZEL <i>with gravy, oven fries, carrot, cauliflower & broccoli mix (LF)</i>	Flagstaff 60182	\$6.20				
	CHICKEN STRIPS (LF) <i>served with lemon sauce, rice, peas & vegetable melange (LF)</i>	Flagstaff 60054	\$6.20				
	HONEY SOY CHICKEN <i>with fried rice, carrot & beans (LF)</i>	Flagstaff 60050	\$6.20				
	TURKEY PROVENCALE <i>tender turkey meat in mediterranean sauce served with herbed rice & green peas (LF,GF,RS)</i>	Gourmania G TP	\$5.20				
	THAI GREEN CHICKEN CURRY & rice	flagstaff 60057	\$6.20				
	CHICKEN CREOLE (GF, LF, RS) <i>with herb infused rice & green beans</i>	Gourmania GCC	\$5.20				
	ROAST CHICKEN <i>gravy, roast potato, pumpkin & broccoli (LF, RS, GF)</i>	Flagstaff 60051	\$6.20				
LAMB MEALS	CRUMBED LAMB PATTIES <i>with gravy creamed potato & vegetable melange</i>	Flagstaff 60027	\$6.30				
	LAMB CHOP & GRAVY , <i>parsley potato, beans & vegetable stroganoff (LF)</i>	Flagstaff 60022	\$6.30				
	LAMB IN PLUM SAUCE <i>slow cooked diced lamb in traditional plum sauce served with creamed potatoes, peas & carrots (LF, RS)</i>	Gourmania G LPS	\$5.20				
	LAMBS FRY & BACON <i>onion, mashed potato & vegetables (LF)</i>	My Chef M04	\$6.20				
	MONGOLIAN LAMB , <i>couscous & vegetables</i>	Flagstaff 60025	\$6.30				
	ROAST LAMB <i>with gravy, roast potato, pumpkin & beans (RS, GF)</i>	Flagstaff 60021	\$6.30				
	SATAY LAMB <i>tender lamb in Malay style peanut/coconut cream medium spiced satay sauce, served with rice & sweet raisins & a colourful vegetable combination (LF, RS)</i>	Gourmania G SL	\$5.20				
	SPINACH & DICED LAMB LASAGNE <i>tender diced lamb leg with creamy spinach layered in fresh egg pasta sheets, a cheddar cheese crust, with potato in a cream sauce & carrots (LF, RS)</i>	Gourmania G SDL	\$5.20				
FISH MEALS	CURRIED PRAWNS <i>in a mild curry sauce with steamed rice, vegetable melange & peas (LF, RS, GF)</i>	Flagstaff 60063	\$6.30				
	CRUMBED FISH <i>oven fries, pumpkin, peas & beans (LF,RS)</i>	Flagstaff 60060	\$6.20				
	BAKED FISH <i>with parsley lemon butter, potato & seasonal vegetables</i>	My Chef M23	\$6.30				
	FISH CAKE <i>served with parsley sauce, oven fries, carrot & broccoli (LF)</i>	Flagstaff 60066	\$6.20				
	GRILLED FISH FILLET WITH WHITE WINE CREAM SAUCE <i>steamed potato & vegetables (LF)</i>	My Chef M09	\$6.30				
	PINK SALMON PATTY WITH LEMON SAUCE <i>hand made pan fried pink salmon cakes served with tangy lemon cream sauce& diced roast potato& old English favourite mushy peas (LF, RS)</i>	Gourmania G SP	\$5.20				
	POACHED FISH & PARSLEY SAUCE <i>fillet coated in parsley cream sauce with a hint of lemon, with rice, japanese mushrooms chopped spinach & onions (LF, RS)</i>	Gourmania G PF	\$5.20				
	GRILLED BARRAMUNDI FILLET , <i>lime ginger shallot butter & Rice Pilaf</i>	My Chef M58	\$7.90				
TUNA MORNAY <i>creamy mashed potato & seasonal vegetables (LF)</i>	My Chef M29	\$6.20					

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PORK MEALS	PORK & APPLE CASSEROLE <i>diced lean pork garnished with a colourful creamy apple & sweet potato gravy, served with potato mash & creamed cabbage (LF, GF, RS)</i>	Gourmania G PAC	\$5.20				
	PORK, TOMATO & VEGETABLE STEW <i>mediterranean tomato stew with lean pork shoulder served with garlic mashed potatoes and seasoned fresh broccoli pieces (LF, RS)</i>	Gourmania G PTVS	\$5.20				
	ROAST PORK <i>served with gravy, roast potato, pumpkin & peas (LF, RS, GF)</i>	Flagstaff 60042	\$6.20				
	SWEET & SOUR PORK <i>with steamed rice & seasonal vegetables (LF, GF)</i>	My Chef M47	\$6.20				
	QUICHE - <i>bacon, spinach & cheese in a pastry case served with seasonal vegetables</i>	My Chef M12	\$6.30				
DESSERTS	BAKED VANILLA RICE PUDDING & CREAM (LF, GF, LS)	My Chef INVD07	\$2.40				
	APPLE & WILDBERRY CRUMBLE & CUSTARD (LF, LS)	ProPortion 654	\$2.10				
	APPLE CRUNCH & CUSTARD (LF, LS)	ProPortion 699	\$2.10				
	APPLE PIE & CREAM	Flagstaff 60086	\$2.40				
	APPLE PUDDING & CUSTARD (LF, LS)	VillageK VKAPC	\$1.70				
	APPLE SLICE & CUSTARD (LF, LS)	VillageK VKASC	\$1.70				
	APRICOT PIE & CREAM	Flagstaff 60138	\$2.40				
	BANANA CUSTARD (LF, GF, LS, high in calcium, protein)	ProPortion 560	\$2.00				
	BANANA CUSTARD TART	SnowyMt SMCD02	\$2.20				
	BANANA PUDDING WITH CARAMEL SAUCE	My Chef INVD13	\$2.40				
	BREAD & BUTTER PUDDING & CUSTARD	ProPortion 666	\$2.10				
	CHOCOLATE BAVARIAN	VillageK VKCBC	\$1.70				
	CHOCOLATE MOUSSE & CREAM (LF, GF, LS)	My Chef INVD10	\$2.20				
	CHOCOLATE ROCHER SLICE WITH CREAM	Flagstaff 60267	\$2.80				
	CREAMED RICE & PEACHES (LF, LS)	VillageK VKCPSP	\$1.70				
	CREME CARAMEL (LF, GF, LS, high in calcium, protein)	ProPortion 555	\$2.00				
	FRUIT JELLY & CUSTARD (LF, LS)	Flagstaff 60110	\$2.40				
	FRUIT SALAD (LF, GF)	Flagstaff 60103	\$2.40				
	GOLDEN SYRUP DUMPLINGS (LF)	My Chef INVD08	\$2.40				
	BAKED LEMON PUDDING WITH CUSTARD	My Chef INVD15	\$2.40				
	LEMON CHEESECAKE & CREAM	My Chef INVD02	\$2.60				
	LEMON DESSERT (LF, GF, LS, high in calcium, protein)	Proportion 550	\$2.00				

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DESSERTS	MANGO MOUSSE (LF, GF, LS)	Flagstaff 60149	\$2.40				
	PAVLOVA WITH CREAM & BLUEBERRIES	My Chef INVD12	\$2.40				
	PEACH & PEAR CRUMBLE & CUSTARD (LF, LS)	VillageK VKPPCC	\$1.70				
	PEACH CRUMBLE & CUSTARD (LF, LS)	ProPortion 691	\$2.20				
	PEACHES & CUSTARD (LF, LS)	Flagstaff 60091	\$2.20				
	STEWED RHUBARD & APPLE WITH CUSTARD (LF)	My Chef INVD11	\$2.40				
	STICKY DATE WITH CUSTARD (LF)	ProPortion 695	\$2.10				
	MAPLE VANILLA PUDDING (LF, GF) high in calcium, protein	ProPortion 567	\$2.00				
	BERRY DELIGHT (LF, GF) high in calcium, protein	ProPortion 565	\$2.00				
	STRAWBERRY DESSERT (LF, GF) high in calcium, protein	ProPortion 562	\$2.00				
	STRAWBERRY SWIRL CHEESECAKE	Flagstaff 60261	\$2.80				
	ICE CREAM (LF, GF) 100ml	Bulla	\$1.20				
	TRIFLE & CREAM	Flagstaff 60087	\$2.40				
	JUICE	APPLE JUICE 200ml Just Juice	Berri	\$0.80			
ORANGE JUICE 200ml Just Juice		Berri	\$0.80				