

# wagga wagga meals on wheels inc

phone 69212205 1 Rural Place Wagga Wagga 2650

www.waggamealsonwheels.com waggamow@bigpond.com

Name & Phone No	Supplier Code	Price	Quantity				
			Week A	Week B	Week C	Week D	
<b>SOUPS</b>	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				
<b>SANDWICHES</b>	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				
<b>ALL DAY BREAKFAST</b>	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 &amp; Thai vegetables (LF, GF)</i>	Flagstaff 63198	\$4.60				
	QUICHE LORRAINE <i>served with beef chipolata corn &amp; capsicum (RS)</i>	Gourmania G QL	\$4.60				
	HAM & CHEESE CROISSANT	EDC 035195	\$4.50				
<b>CAKES</b>	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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<b>FRIED RICE</b> (chicken) (GF)	My Chef INVS01	\$3.40				
<b>BEEF &amp; BACON CASSEROLE</b> <i>parsley potato, pumpkin &amp; broccoli</i> (LF, GF)	Flagstaff 63003	\$4.60				
<b>COTTAGE PIE</b> <i>pumpkin &amp; beans</i> (LF, RS, GF)	Flagstaff 63005	\$4.60				
<b>ROAST LAMB</b> <i>with gravy, roast potato, pumpkin &amp; beans</i> (GF)	Flagstaff 63021	\$4.60				
<b>CHICKEN WINGS</b> <i>in BBQ sauce with fried rice</i>	Flagstaff 63059	\$4.60				
<b>SPAGHETTI BOLOGNAISE</b> <i>topped with cheese, with pumpkin &amp; peas</i> (LF, RS)	Flagstaff 63270	\$4.60				
<b>SAUSAGES</b> <i>with gravy, creamed potato, carrot &amp; beans</i> (LF)	Flagstaff 63181	\$4.60				
<b>CURRIED CHICKEN</b> <i>steamed rice, carrot &amp; broccoli</i> (LF, GF)	Flagstaff 63052	\$4.60				
<b>ROAST PORK</b> & <i>gravy, roast potato, pumpkin &amp; peas</i> (LF,RS,GF)	Flagstaff 63042	\$4.60				
<b>MACARONI CHEESE</b> <i>vegetable melange &amp; sprinkle of cheese</i> (LF)	Flagstaff 63070	\$4.60				
<b>BEEF &amp; RED WINE CASSEROLE</b> <i>mash potato &amp; veges</i> (LF)	My Chef INVS17	\$4.50				
<b>TUNA MORNAY</b> <i>mashed potato &amp; vegetables</i> (LF)	My Chef INVS16	\$4.50				
<b>CHICKEN HONEY CURRY</b> <i>rice &amp; vegetables</i> (LF)	My Chef INVS15	\$4.50				
<b>MEAT PIE</b> , <i>gravy, mash potatoes &amp; peas</i>	Flagstaff 63200	\$4.60				
<b>CRUMBED FISH</b> <i>oven fries, pumpkin &amp; peas</i> (LF)	Flagstaff 63060	\$4.60				
<b>CORNED SILVERSIDE</b> <i>parsley sauce, creamed potato, carrot &amp; peas</i> (LF, GF)	Flagstaff 63004	\$4.60				
<b>CHICKEN &amp; ASPARAGUS MORNAY</b> <i>with parsley potato, vegetable melange, &amp; beans</i> (LF)	Flagstaff 63055	\$4.60				
<b>CHICKEN &amp; VEGE PIE</b> <i>creamed potato pumpkin &amp; peas</i> (LF, RS)	Flagstaff 63056	\$4.60				
<b>ROAST BEEF</b> , <i>gravy, roast potato, pumpkin &amp; broccoli</i>	Flagstaff 63009	\$4.60				
<b>SAVOURY BEEF MINCE</b> <i>mashed potato &amp; vegetables</i> (LF, GF)	My Chef INVS19	\$4.50				
<b>CURRIED PRAWNS</b> <i>steamed rice &amp; vegetables</i> (LF)	My Chef INVS18	\$4.50				
<b>BEEF STROGANOFF</b> <i>pasta &amp; vegetables</i> (LF)	My Chef INVS28	\$4.50				
<b>INDIAN BUTTER CHICKEN</b> <i>steamed rice &amp; vegetables</i> (LF)	My Chef INVS20	\$4.50				
<b>APRICOT CHICKEN</b> <i>with mashed potato &amp; vegetables</i> (LF)	My Chef INVS21	\$4.50				
<b>SWEET &amp; SOUR PORK</b> <i>with rice &amp; vegetables</i> (LF, GF)	My Chef INVS22	\$4.50				
<b>STEAK &amp; KIDNEY</b> <i>with mashed potato &amp; vegetables</i> (LF)	My Chef INVS23	\$4.50				
<b>BATTERED FISH PIECES</b> <i>with rice pilaf</i>	My Chef INVS26	\$4.50				
<b>BEEF CURRY</b> (mild) <i>with steamed rice &amp; vegetables</i> (GF)	My Chef INVS27	\$4.50				
<b>CURRY SAUSAGES</b> <i>with mashed potato &amp; vegetables</i>	My Chef INVS24	\$4.50				

MINI MEALS

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

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

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

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<b>DESSERTS</b>	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				
	<b>JUICE</b>	APPLE JUICE 200ml Just Juice	Berri	\$0.80			
ORANGE JUICE 200ml Just Juice		Berri	\$0.80				