

# Easy Lifestyle Food

Quality meals for everyone

## Menu

6921 2205

waggamow@bigpond.com

[www.waggamealsonwheels.](http://www.waggamealsonwheels.)



Just phone or email your order and pay when you pick it up from 1 Rural Pl (behind Senior Citizens Centre)



# Easy Lifestyle Food

Phone 69212205 waggamow@bigpond.com

1 Rural Place Wagga Wagga 2650

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Menu Version

1/4/2017

Pick up date		Supplier Code	Price	Quantity
Name & Phone No				
SOUPS	WINTER VEGETABLE	Heinz 22761	\$ 2.70	
	BEEF STOCKPOT	Heinz 22763	\$ 2.70	
	CHICKEN & SWEET CORN	Heinz 22765	\$ 2.70	
	CREAM OF PUMPKIN	Heinz 22762	\$ 2.70	
	MINESTRONE	Heinz 22764	\$ 2.70	
	TOMATO	Heinz 22771	\$ 2.70	
	POTATO & LEEK	Heinz 61686	\$ 2.70	
ALL DAY BREAKFAST	SPINACH & FETTA FRITTATA BREGGIE BAKE <i>Ideal breakfast or any time, made with fresh eggs. Great finger food</i>	SQ 062239	\$ 4.20	
	HAM & CHEESE FRITTATA BREGGIE BAKE <i>Ideal breakfast, or any time, made with fresh eggs. Great finger food</i>	SQ 062238	\$ 4.20	
	BACON, EGG & CHEESE ROLL <i>easy to heat in microwave</i>	EDC 062850	\$ 5.40	
	SPINACH & FETTA OMELETTE <i>with pumpkin &amp; Thai vegetables (LF, GF)</i>	Flagstaff 63198	\$ 5.30	
	QUICHE LORRAINE <i>served with beef chipolata corn &amp; capsicum (RS)</i>	Gourmania G QL	\$ 5.30	
	HAM & CHEESE CROISSANT	EDC 035195	\$ 5.20	
SANDWICHES	BASIL PESTO CHICKEN ON MULTIGRAIN SANDWICH	EDC 036334	\$ 5.40	
	CHICKEN CEASAR SANDWICH	EDC 036332	\$ 5.40	
	CHICKEN, CHEESE & MAYONNAISE SANDWICH	EDC 036330	\$ 5.40	
	EGG & CHIVE ON RYE SANDWICH	EDC 050814	\$ 5.40	
	HAM & CHEESE TOASTIE <i>cook in sandwich press</i>	EDC 035193	\$ 5.40	
	HAM CHEESE & TOMATO TOASTIE <i>cook in sandwich press</i>	EDC 035194	\$ 5.40	
	ROAST BEEF CHEESE & RELISH SANDWICH	EDC 036329	\$ 5.40	
	HAM, CHEESE & PICKLE SANDWICH	EDC 036328	\$ 5.40	
	MEATBALL & CHEESE WITH NAPOLI SAUCE SUB ROLL	EDC 062854	\$ 5.90	
	ROAST CHICKEN SUB ROLL	EDC 062853	\$ 5.90	
MORNING/ AFTERNOON TEA	BANANA BREAD <i>Individually wrapped</i>	243562	\$3.00	
	MUESLI APPLE & CRANBERRY SLICE <i>Individually wrapped</i>	243458	\$3.00	
	PEAR & RASPBERRY SLICE <i>Individually wrapped</i>	243561	\$3.00	
	PECAN & ORANGE SLICE <i>Individually wrapped</i>	243459	\$3.00	

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MINI MEALS	<b>FRIED RICE</b> (chicken) (GF)	My Chef INVS01	\$ 4.20	
	<b>BEEF &amp; BACON CASSEROLE</b> <i>parsley potato, pumpkin &amp; broccoli</i> (LF, GF)	Flagstaff 63003	\$ 5.30	
	<b>COTTAGE PIE</b> <i>pumpkin &amp; beans</i> (LF, RS, GF)	Flagstaff 63005	\$ 5.30	
	<b>ROAST LAMB</b> <i>with gravy, roast potato, pumpkin &amp; beans</i> (GF)	Flagstaff 63021	\$ 5.30	
	<b>CHICKEN WINGS</b> <i>in BBQ sauce with fried rice</i>	Flagstaff 63059	\$ 5.30	
	<b>SPAGHETTI BOLOGNAISE</b> <i>topped with cheese, served with pumpkin &amp; peas</i> (LF, RS)	Flagstaff 63270	\$ 5.30	
	<b>SAUSAGES</b> <i>with gravy, creamed potato, carrot &amp; beans</i> (LF)	Flagstaff 63181	\$ 5.30	
	<b>CURRIED CHICKEN</b> <i>with steamed rice, carrot &amp; broccoli</i> (LF, GF)	Flagstaff 63052	\$ 5.30	
	<b>ROAST PORK</b> <i>&amp; gravy, roast potato, pumpkin &amp; peas</i> (LF, RS, GF)	Flagstaff 63042	\$ 5.30	
	<b>MACARONI CHEESE</b> <i>with vegetable mélange &amp; sprinkle of cheese</i> (LF)	Flagstaff 63070	\$ 5.30	
	<b>BEEF &amp; RED WINE CASSEROLE</b> <i>mashed potato &amp; vegetables</i> (LF)	My Chef INVS17	\$ 5.20	
	<b>TUNA MORNAY</b> <i>mashed potato &amp; vegetables</i> (LF)	My Chef INVS16	\$ 5.20	
	<b>CHICKEN HONEY CURRY</b> <i>rice &amp; vegetables</i> (LF)	My Chef INVS15	\$ 5.20	
	<b>MEAT PIE</b> , <i>gravy, mash &amp; peas</i>	Flagstaff 63200	\$ 5.30	
	<b>CRUMBED FISH</b> <i>oven fries, pumpkin &amp; peas</i> (LF)	Flagstaff 63060	\$ 5.30	
	<b>CORNED SILVERSIDE</b> <i>and parsley sauce, creamed potato, carrot &amp; peas</i> (LF, GF)	Flagstaff 63004	\$ 5.30	
	<b>CHICKEN &amp; ASPARAGUS MORNAY</b> <i>with parsley potato, vegetable mélange, &amp; beans</i> (LF)	Flagstaff 63055	\$ 5.30	
	<b>CHICKEN &amp; VEGE PIE</b> <i>creamed potato, pumpkin &amp; peas</i> (LF,RS)	Flagstaff 63056	\$ 5.30	
	<b>ROAST BEEF</b> , <i>gravy, roast potato, pumpkin &amp; broccoli</i>	Flagstaff 63009	\$ 5.30	
	<b>SAVOURY BEEF MINCE</b> <i>mashed potato &amp; vegetables</i> (LF, GF)	My Chef INVS19	\$ 5.20	
	<b>CURRIED PRAWNS</b> <i>steamed rice &amp; vegetables</i> (LF)	My Chef INVS18	\$ 5.20	
	<b>BEEF STROGANOFF</b> <i>with pasta &amp; vegetables</i> (LF)	My Chef INVS28	\$ 5.20	
	<b>INDIAN BUTTER CHICKEN</b> <i>with steamed rice &amp; vegetable s</i> (LF)	My Chef INVS20	\$ 5.20	
	<b>APRICOT CHICKEN</b> <i>with mashed potato &amp; vegetables</i> (LF)	My Chef INVS21	\$ 5.20	
	<b>SWEET &amp; SOUR PORK</b> <i>with rice &amp; vegetables</i> (LF, GF)	My Chef INVS22	\$ 5.20	
	<b>STEAK &amp; KIDNEY</b> <i>with mashed potato &amp; vegetables</i> (LF)	My Chef INVS23	\$ 5.20	
	<b>BATTERED FISH PIECES</b> <i>with rice pilaf</i>	My Chef INVS26	\$ 5.20	
<b>BEEF CURRY</b> (mild) <i>with steamed rice &amp; vegetables</i> (GF)	My Chef INVS27	\$ 5.20		
<b>CURRY SAUSAGES</b> <i>with mashed potato &amp; vegetables</i>	My Chef INVS24	\$ 5.30		

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BEEF MEALS	<b>BEEF &amp; BACON CASSEROLE</b> served with parsley potato, pumpkin & broccoli (LF, GF)	Flagstaff 60003	\$ 7.20	
	<b>BEEF &amp; RED WINE CASSEROLE</b> with creamy mashed potato & seasonal vegetables (LF)	My Chef M13	\$ 7.20	
	<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	\$ 6.00	
	<b>BEEF DIANE</b> Lean prime beef diced in garlic cream mushroom sauce served with penne pasta, peas & corn (LF, RS)	Gourmania G BD	\$ 6.00	
	<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	\$ 6.00	
	<b>BEEF POT ROAST</b> seasoned roast beef with traditional rich beef gravy, potatoes persillade & cross cut green beans (LF, RS)	Gourmania G RB	\$ 6.00	
	<b>MEAT PIE</b> , gravy, mashed potato	Flagstaff 60200	\$ 7.10	
	<b>BEEF STROGANOFF</b> lean beef with creamy tomato mushroom sauce, rice, carrot & peas (LF, RS, GF)	Flagstaff 60006	\$ 7.10	
	<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	\$ 6.00	
	<b>COTTAGE PIE</b> (LF, RS, GF) a savoury mince topped with creamy mashed potato served with pumpkin & beans	Flagstaff 60005	\$ 7.10	
	<b>GRILLED SAUSAGES</b> onion gravy, steamed potato & seasonal vegetables	My Chef M20	\$ 7.20	
	<b>MEATLOAF</b> minced lean beef seasoned with Mums selected pantry ingredients. This old fashioned meatloaf topped with a country gravy, creamy mashed potatoes & mint infused green peas (LF, RS)	Gourmania G ML	\$ 6.00	
	<b>GRILLED RISSOLE &amp; ONION GRAVY</b> creamed potato & vegetable mélange (LF)	Flagstaff 60115	\$ 7.10	
	<b>SAVOURY BEEF MINCE</b> with mash potato and seasonal vegetables (LF, GF)	My Chef M45	\$ 7.10	
	<b>CORNED SILVERSIDE</b> with onion white sauce, mashed potato & seasonal vegetables (LF)	My Chef M05	\$ 7.70	
	<b>STEAK &amp; KIDNEY CASSEROLE</b> with mashed potato & vegetables (LF)	My Chef M26	\$ 7.10	
	<b>VEAL PARMAGIANA</b> (LF, RS, GF) with creamed potato, carrot & peas	Flagstaff 60033	\$ 7.20	
	<b>VIENNA SCHNITZEL</b> served with a rich gravy, parsley potato, vegetable stroganoff & beans	Flagstaff 60030	\$ 7.20	
VEGETARIAN MEALS	<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	\$ 6.00	
	<b>VEGETABLE LASAGNE</b> with béchamel sauce served with seasonal vegetables (LF)	My Chef M25	\$ 7.10	
	<b>VEGETARIAN SELECTION</b> a variety of vegetarian meals, changes regularly	Flagstaff FLVEG	\$ 7.20	

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CHICKEN MEALS	<b>PAN GRILLED CHICKEN BREAST</b> with grain mustard cream sauce, steamed potato & seasonal vegetables (LF)	My Chef M40	\$ 7.70	
	<b>CHICKEN &amp; VEGETABLE PIE</b> with creamed potato pumpkin & peas (LF,RS)	Flagstaff 60056	\$ 7.10	
	<b>CHICKEN BREAST PARMAGIANA</b> with creamy mashed potato & seasonal vegetables (LF)	My Chef M37	\$ 7.20	
	<b>CHICKEN CHASSEUR</b> lean chicken thigh served with a mediterranean style tomato & mushroom sauce, potatoes persillade, carrots & peas (LF, GF, RS)	Gourmania G CHCH	\$ 6.00	
	<b>CHICKEN CHOW MEIN WITH EGG NOODLES</b> Cantonese style egg noodles topped with traditional chicken chow mein, accompanied with fresh vegetables, shiitake mushrooms and oyster sauce (LF, RS)	Gourmania G CCM	\$ 6.00	
	<b>CHICKEN HONEY CURRY</b> mild sweet curry served with steamed rice & seasonal vegetables (LF)	My Chef M19	\$ 7.20	
	<b>CHICKEN SCHNITZEL</b> with gravy, oven fries, carrot, cauliflower & broccoli mix (LF)	Flagstaff 60182	\$ 7.10	
	<b>CHICKEN STRIPS</b> served with lemon sauce, rice, peas & vegetable mélange (LF)	Flagstaff 60054	\$ 7.10	
	<b>HONEY SOY CHICKEN</b> with fried rice, carrot & beans (LF)	Flagstaff 60050	\$ 7.10	
	<b>TURKEY PROVENCALE</b> tender turkey meat in Mediterranean sauce served with herbed rice & green peas (LF,GF,RS)	Gourmania G TP	\$ 6.00	
	<b>THAI GREEN CHICKEN CURRY</b> & rice	Flagstaff 60057	\$ 7.10	
	<b>CHICKEN CREOLE</b> with herb infused rice and green means (GF,LF,RS)	Gourmania G CC	\$ 6.00	
	<b>ROAST CHICKEN</b> with gravy, roast potato, pumpkin & broccoli (LF, RS, GF)	Flagstaff 60051	\$ 7.20	
LAMB MEALS	<b>CRUMBED LAMB PATTIES</b> with gravy creamed potato & vegetable mélange	Flagstaff 60027	\$ 7.20	
	<b>LAMB CHOP &amp; GRAVY</b> , parsley potato, beans & vegetable stroganoff (LF)	Flagstaff 60022	\$ 7.20	
	<b>LAMB IN PLUM SAUCE</b> tender slow cooked diced lamb in traditional sweet plum sauce served with creamed diced potatoes, peas & carrots (LF, RS)	Gourmania G LPS	\$ 6.00	
	<b>LAMBS FRY &amp; BACON</b> with onion, mashed potato & vegetables (LF)	My Chef M04	\$ 7.10	
	<b>MONGOLIAN LAMB</b> , couscous & vegetables	Flagstaff 60025	\$ 7.20	
	<b>ROAST LAMB</b> with gravy, roast potato, pumpkin & beans (RS, GF)	Flagstaff 60021	\$ 7.20	
	<b>SATAY LAMB</b> tender lamb in Malay style peanut/coconut cream medium spiced satay sauce, served with rice & sweet raisins & a colourful vegetable combination (LF, RS)	Gourmania G SL	\$ 6.00	
	<b>SPINACH &amp; DICED LAMB LASAGNE</b> 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)	Gourmania G SDL	\$ 6.00	

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FISH MEALS	<b>CURRIED PRAWNS</b> in a mild curry sauce with steamed rice, vegetable mélange & peas (LF, RS, GF)	Flagstaff 60063	\$ 7.20	
	<b>CRUMBED FISH</b> oven fries, pumpkin & peas & beans (LF)	Flagstaff 60060	\$ 7.10	
	<b>BAKED FISH</b> with parsley lemon butter, potato & seasonal vegetables	My Chef M23	\$ 7.20	
	<b>FISH CAKE</b> served with parsley sauce, oven fries, carrot & broccoli (LF)	Flagstaff 60066	\$ 7.10	
	<b>GRILLED FISH FILLET WITH WHITE WINE CREAM SAUCE</b> steamed potato & vegetables (LF)	My Chef M09	\$ 7.20	
	<b>PINK SALMON PATTY WITH LEMON SAUCE</b> handmade pan fried pink salmon cakes served with tangy lemon cream sauce & diced roast potato & old English favourite mushy peas (LF, RS)	Gourmania G SP	\$ 6.00	
	<b>POACHED FISH &amp; PARSLEY SAUCE</b> fillet coated in parsley cream sauce with a hint of lemon, with rice, japanese mushrooms chopped spinach & onions (LF, RS)	Gourmania G PF	\$ 6.00	
	<b>GRILLED BARRAMUNDI FILLET</b> , lime ginger shallot butter & Rice Pilaf	My Chef M58	\$ 9.00	
<b>TUNA MORNAY</b> with creamy mashed potato & seasonal vegetables (LF)	My Chef M29	\$ 7.10		
PORK MEALS	<b>PORK &amp; APPLE CASSEROLE</b> diced lean pork garnished with a colourful creamy apple & sweet potato gravy, served with potato mash & creamed cabbage (LF, GF, RS)	Gourmania G PAC	\$ 6.00	
	<b>PORK, TOMATO &amp; VEGETABLE STEW</b> mediterranean tomato stew with lean pork shoulder served with garlic mashed potatoes and seasoned fresh broccoli pieces (LF, RS)	Gourmania G PTVS	\$ 6.00	
	<b>ROAST PORK</b> served with gravy, roast potato, pumpkin & peas (LF, RS, GF)	Flagstaff 60042	\$ 7.10	
	<b>SWEET &amp; SOUR PORK</b> with steamed rice & seasonal vegetables (LF, GF)	My Chef M47	\$ 7.10	
	<b>QUICHE</b> - bacon, spinach & cheese in a pastry case served with seasonal vegetables	My Chef M12	\$ 7.20	
DESSERTS	<b>BAKED VANILLA RICE PUDDING &amp; CREAM</b> (LF, GF, LS)	My Chef INVD07	\$ 2.90	
	<b>APPLE &amp; WILDBERRY CRUMBLE &amp; CUSTARD</b> (LF, LS)	ProPortion 654	\$ 2.70	
	<b>APPLE CRUNCH &amp; CUSTARD</b> (LF, LS)	ProPortion 699	\$ 2.70	
	<b>APPLE PIE &amp; CREAM</b>	Flagstaff 60086	\$ 2.90	
	<b>APPLE PUDDING &amp; CUSTARD</b> (LF, LS)	VillageK VKAPC	\$ 2.10	
	<b>APPLE SLICE &amp; CUSTARD</b> (LF, LS)	VillageK VKASC	\$ 2.10	
	<b>APRICOT PIE &amp; CREAM</b>	Flagstaff 60138	\$ 2.90	
	<b>BANANA CUSTARD</b> (LF, GF, LS) high in calcium, protein	ProPortion 560	\$ 2.50	
	<b>BANANA CUSTARD TART</b>	SnowyMt SMCD02	\$ 2.70	

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BANANA PUDDING WITH CARAMEL SAUCE	My Chef INVD13	\$ 2.90	
BREAD & BUTTER PUDDING & CUSTARD	ProPortion 666	\$ 2.70	
CHOCOLATE BAVARIAN	VillageK VKCBC	\$ 2.10	
CHOCOLATE MOUSSE & CREAM (LF, GF, LS)	My Chef INVD10	\$ 2.70	
CHOCOLATE ROCHER SLICE WITH CREAM	Flagstaff 60267	\$ 3.30	
CREAMED RICE & PEACHES (LF, LS)	VillageK VKCPSP	\$ 2.10	
CREME CARAMEL (LF, GF, LS) high in calcium, protein	ProPortion 555	\$ 2.50	
FRUIT JELLY & CUSTARD (LF, LS)	Flagstaff 60110	\$ 2.90	
FRUIT SALAD (LF, GF)	Flagstaff 60103	\$ 2.90	
GOLDEN SYRUP DUMPLINGS (LF)	My Chef INVD08	\$ 2.90	
BAKED LEMON PUDDING WITH CUSTARD	My Chef INVD15	\$ 2.90	
LEMON CHEESECAKE	My Chef INVD02	\$ 3.30	
LEMON DESSERT (LF, GF, LS) high in calcium, protein	Proportion 550	\$ 2.50	
MANGO MOUSSE (LF, GF, LS)	Flagstaff 60149	\$ 2.90	
PAVLOVA WITH CREAM & BLUEBERRIES	My Chef INVD12	\$ 2.90	
PEACH & PEAR CRUMBLE & CUSTARD (LF, LS)	VillageK VKPPCC	\$ 2.10	
PEACH CRUMBLE & CUSTARD (LF, LS)	ProPortion 691	\$ 2.70	
PEACHES & CUSTARD (LF, LS)	Flagstaff 60091	\$ 2.70	
STEWED RHUBARD & APPLE WITH CUSTARD (LF)	My Chef INVD11	\$ 2.90	
STICKY DATE WITH CUSTARD (LF)	ProPortion 695	\$ 2.70	
MAPLE VALILLA PUDDING (LF,GF) high in calcium, protein	Proportion 567	\$ 2.50	
STRAWBERRY DESSERT (LF, GF) high in calcium, protein	Proportion 562	\$ 2.50	
STRAWBERRY DESSERT (LF, GF) high in calcium, protein	ProPortion 562	\$ 2.50	
STRAWBERRY SWIRL CHEESECAKE	Flagstaff 60261	\$ 3.30	
TRIFLE & CREAM	Flagstaff 60087	\$ 2.90	
APPLE JUICE or ORANGE JUICE 200ml Just Juice	Berri	\$ 1.10	

DESSERTS