

# 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   |   |                  |         |          |
| FISH MEALS  | <b>CURRIED PRAWNS</b> in an authentic Chinese inspired curry sauce fused with fragrant spices (GF)  | RiceKing CPR380  | \$ 7.0  |          |
|   | <b>CRUMBED FISH</b> oven fries, pumpkin & peas & beans (LF)   | Flagstaff 60060  | \$ 7.0  |          |
|   | <b>BAKED FISH</b> with parsley lemon butter, potato & seasonal vegetables   | My Chef M23      | \$ 7.0  |          |
|   | <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      | \$ 7.0  |          |
|   | <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   | \$ 6.0  |          |
|   | <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   | \$ 6.0  |          |
|   | <b>GRILLED BARRAMUNDI FILLET</b> , lime ginger shallot butter & Rice Pilaf  | My Chef M58      | \$ 9.50 |          |
| <b>TUNA MORNAY</b> with creamy mashed potato & seasonal vegetables (LF) | My Chef M29   | \$ 7.0           |         |          |
| 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  | \$ 6.0  |          |
|   | <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 | \$ 6.0  |          |
|   | <b>ROAST PORK</b> served with gravy, roast potato, pumpkin & peas (LF, RS, GF)  | Flagstaff 60042  | \$ 7.0  |          |
|   | <b>SWEET &amp; SOUR PORK</b> authentic BBQ pork in a sweet & sour flavoured with capsicum, carrot & pineapple   | RiceKing SSP380  | \$ 7.0  |          |
|   | <b>QUICHE</b> - bacon, spinach & cheese in a pastry case served with seasonal vegetables  | My Chef M12      | \$ 7.0  |          |
| DESSERTS  | <b>BAKED VANILLA RICE PUDDING &amp; CREAM</b> (LF, GF, LS)  | My Chef INVD07   | \$ 2.0  |          |
|   | <b>APPLE &amp; WILDBERRY CRUMBLE &amp; CUSTARD</b> (LF, LS)   | ProPortion 654   | \$ 2.0  |          |
|   | <b>APPLE PIE &amp; CREAM</b>  | Flagstaff 60086  | \$ 2.0  |          |
|   | <b>APPLE PUDDING &amp; CUSTARD</b> (LF, LS)   | VillageK VKAPC   | \$ 2.0  |          |
|   | <b>APPLE SLICE &amp; CUSTARD</b> (LF, LS)   | VillageK VKASC   | \$ 2.30 |          |
|   | <b>APRICOT PIE &amp; CREAM</b>  | Flagstaff 60138  | \$ 3.10 |          |
|   | <b>BANANA CUSTARD</b> (LF, GF, LS) high in calcium, protein   | ProPortion 560   | \$ 2.70 |          |
|   | <b>BANANA CUSTARD TART</b> I F  |                  |         |          |
|   | <b>BERRY DELIGHT</b> (LF, GF, LS) high in calcium, protein  | ProPortion 565   | \$ 2.70 |          |

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| Name & Phone No  |                    |         |          |
| BANANA PUDDING WITH CARAMEL SAUCE                      | My Chef<br>INVD13  | \$ 3.10 |          |
| BREAD & BUTTER PUDDING & CUSTARD                       | ProPortion<br>666  | \$ 3.00 |          |
| CHOCOLATE BAVARIAN                                     | VillageK<br>VKCBC  | \$ 2.40 |          |
| CHOCOLATE MOUSSE & CREAM (LF, GF, LS)                  | My Chef<br>INVD10  | \$ 3.00 |          |
| CHOCOLATE ROCHER SLICE WITH CREAM                      | Flagstaff<br>60267 | \$ 3.60 |          |
| CREAMED RICE & PEACHES (LF, LS)                        | VillageK<br>VKCPSP | \$ 2.40 |          |
| FRUIT JELLY & CUSTARD (LF, LS)                         | Flagstaff<br>60110 | \$ 3.10 |          |
| FRUIT SALAD (LF, GF)                                   | Flagstaff<br>60103 | \$ 3.10 |          |
| GOLDEN SYRUP DUMPLINGS (LF)                            | My Chef<br>INVD08  | \$ 3.10 |          |
| BAKED LEMON PUDDING WITH CUSTARD                       | My Chef<br>INVD15  | \$ 3.10 |          |
| LEMON CHEESECAKE                                       | My Chef<br>INVD02  | \$ 3.50 |          |
| LEMON DESSERT (LF, GF, LS) high in calcium, protein    | Proportion<br>550  | \$ 2.70 |          |
| MANGO MOUSSE (LF, GF, LS)                              | Flagstaff<br>60149 | \$ 3.10 |          |
| PAVLOVA WITH CREAM & BLUEBERRIES                       | My Chef<br>INVD12  | \$ 3.10 |          |
| PEACH & PEAR CRUMBLE & CUSTARD (LF, LS)                | VillageK<br>VKPPCC | \$ 2.30 |          |
| PEACH CRUMBLE & CUSTARD (LF, LS)                       | ProPortion<br>691  | \$ 2.90 |          |
| PEACHES & CUSTARD (LF, LS)                             | Flagstaff<br>60091 | \$ 2.90 |          |
| PEAR STREUSEL & CUSTARD (LF, LS)                       | ProPortion<br>651  | \$ 2.90 |          |
| STEWED RHUBARB & APPLE WITH CUSTARD (LF)               | My Chef<br>INVD11  | \$ 3.10 |          |
| STICKY DATE WITH CUSTARD (LF)                          | ProPortion<br>695  | \$ 2.90 |          |
| MAPLE VANILLA PUDDING (LF,GF) high in calcium, protein | Proportion<br>567  | \$ 2.70 |          |
| STRAWBERRY SWIRL CHEESECAKE                            | Flagstaff<br>60261 | \$ 3.50 |          |
| TRIFLE & CREAM   | Flagstaff<br>60087 | \$ 3.10 |          |
|  |                    |         |          |
|  |                    |         |          |
| APPLE JUICE or ORANGE JUICE 200ml Just Juice           | Berri              | \$ 1.30 |          |

DESSERTS