

Easy Lifestyle Food

Quality meals for everyone



Menu

6921 2205

waggamow@bigpond.com

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

www.waggamealsonwheels.com

Menu Version

MARCH 2022

Pick up date		Supplier Code	Price	Quantity
Name & Phone No				
SOUPS	WINTER VEGETABLE	22761	3.50	
	BEEF STOCKPOT	22763	3.50	
	CHICKEN & SWEET CORN	22765	3.50	
	CREAM OF PUMPKIN	22762	3.50	
	MINISTRONE	22764	3.50	
	TOMATO	22771	3.50	
	POTATO & LEEK	61686	3.50	
SANDWICHES	BASIL PESTO CHICKEN ON MULTIGRAIN	036334	6.30	
	CHICKEN CEASAR SANDWICH	36332	6.30	
	CHICKEN, CHEESE & MAYONNAISE SANDWICH	36330	6.30	
	ROAST BEEF CHEESE & RELISH SANDWICH	36329	6.30	
	EGG & CHIVE SANDWICH ON RYE	50814	6.30	
	HAM CHEESE & TOMATO TOASTIE <i>toast in sandwich press</i>	35194	6.30	
	HAM, CHEESE & PICKLE SANDWICH	36328	6.30	
	BACON & EGG TOASTIE <i>toast in sandwich press</i>	035192	6.90	
	HAM & CHEESE CROISSANT	35195	6.50	
	QUICHE LORRAINE <i>served with beef chipolata corn & capsicum (RS)</i>	G QL	6.30	
BREAKFAST	FRIED RICE (chicken) (GF)	INVS01	4.70	
	NOODLE & VEG STIR FRY	63354	6.30	
	CHICKEN PESTO PASTA	63352	6.30	
	CREAMY CHICKEN & MUSHROOM WITH COUSCOUS <i>& veges</i>	INVS29	6.30	
	CHICKEN SCALOPINI with Bacon <i>with potato, carrot & broccoli (GF)</i>	63351	6.30	
	BEEF & BACON CASSEROLE <i>parsley potato, pumpkin & broccoli (RS, GF)</i>	63003	6.30	
	COTTAGE PIE <i>pumpkin & beans (LF, GF)</i>	63005	6.30	
MINI MEALS				

Easy Lifestyle Food

Phone 69212205 waggamow@bigpond.com

1 Rural Place Wagga Wagga 2650

www.waggamealsonwheels.com

Menu Version

MARCH 2022

Pick up date		Supplier Code	Price	Quantity
Name & Phone No				
MINI MEALS	ROAST LAMB <i>with gravy, roast potato, pumpkin & beans (GF, RS)</i>	63021	6.30	
	CHICKEN WINGS <i>in BBQ sauce with fried rice (GF)</i>	63059	6.30	
	SPAGHETTI BOLOGNAISE <i>topped with cheese, with pumpkin & peas</i>	63270	6.30	
	SAUSAGES <i>with gravy, creamed potato, carrot & beans (GF)</i>	63181	6.30	
	CURRIED CHICKEN <i>steamed rice, carrot & broccoli (LF, RS)</i>	63052	6.30	
	ROAST PORK <i>& gravy, roast potato, pumpkin & peas (RS,GF)</i>	63042	6.30	
	MACARONI CHEESE <i>vegetable m�lange & sprinkle of cheese</i>	63070	6.30	
	BEEF & RED WINE CASSEROLE <i>mash potato & veges (LF)</i>	INVS17	6.30	
	TUNA MORNAY <i>mashed potato & vegetables (LF)</i>	INVS16	6.30	
	CHICKEN HONEY CURRY <i>rice & vegetables (LF)</i>	INVS15	6.30	
	MEAT PIE , <i>gravy, mash potatoes & peas</i>	63200	6.30	
	CRUMBED FISH <i>oven fries, pumpkin & peas (LF)</i>	63060	6.30	
	CORNED SILVERSIDE <i>parsley sauce, creamed potato, carrot & peas (LF, GF)</i>	63004	6.30	
	CHICKEN & ASPARAGUS MORNAY <i>with parsley potato, vegetable m�lange, & beans (RS)</i>	63055	6.30	
MINI MEALS	CHICKEN & VEGE PIE <i>creamed potato pumpkin & peas (RS)</i>	63056	6.30	
	ROAST BEEF , <i>gravy, roast potato, pumpkin & beans (RS, GF)</i>	63009	6.30	
	SAVOURY BEEF MINCE <i>mashed potato & vegetables (LF, GF)</i>	INVS19	6.30	
	CURRIED PRAWNS <i>steamed rice & vegetables (LF)</i>	INVS18	6.30	
	BEEF STROGANOFF <i>pasta & vegetables (LF)</i>	INVS28	6.30	
	INDIAN BUTTER CHICKEN <i>steamed rice & vegetables (LF)</i>	INVS20	6.30	
	APRICOT CHICKEN <i>with mashed potato & vegetables (LF)</i>	INVS21	6.30	
	SWEET & SOUR PORK <i>with rice & vegetables (GF DF)</i>	INVD22	6.30	
	STEAK & KIDNEY <i>with mashed potato & vegetables (LF)</i>	INVS23	6.30	
	BATTERED FISH PIECES <i>with rice pilaf</i>	INVS26	6.30	
	BEEF CURRY (mild) <i>with steamed rice & vegetables (GF)</i>	INVS27	6.30	
	CURRY SAUSAGES <i>with mashed potato & vegetables</i>	INVS24	6.30	

Easy Lifestyle Food

Phone 69212205 waggamow@bigpond.com

Menu Version

MARCH 2022

www.waggamealsonwheels.com

Pick up date	Supplier	Price	Quantity
Name & Phone No	Code	Price	Quantity
BEEF & BACON CASSEROLE served with parsley potato, pumpkin & broccoli (LF, GF)	60003	8.30	
BEEF & RED WINE CASSEROLE with creamy mashed potato & seasonal vegetables (LF)	M13	8.30	
BEEF CASSEROLE Diced lean beef in traditional beef & vegetable sauce, served with mashed potatoes, beans, carrots & corn (LF, RS, GF)	GBC	6.90	
BEEF DIANE Lean prime beef diced in garlic cream mushroom sauce served with penne pasta, peas & corn (LF, RS)	GBD	6.90	
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)	GBL	6.90	
BEEF POT ROAST seasoned roast beef with traditional rich beef gravy, potatoes persillade & crosscut green beans (LF, RS)	GRB	6.90	
BEEF STROGANOFF lean beef with creamy tomato mushroom sauce, rice, carrot & peas (LF, RS, GF)	60006	8.30	
BEEFBURGER WITH CREAMY MUSHROOM SAUCE beef burger patty coated with a creamy mushroom sauce served with cheese pasta, tender green beans & carrots (LF, RS)	G BB	6.90	
HICKORY BBQ BEEF mild spicy Southern Style BBQ flavoured beef with domed potatoes with corn, carrot & peas.	G HBB	6.90	
COTTAGE PIE (LF, RS, GF) savoury mince topped with creamy potato, pumpkin & beans	60005	8.20	
GRILLED SAUSAGES onion gravy, steamed potato & seasonal vegetables	M20	8.30	
MEATLOAF minced lean beef seasoned with Mums selected pantry ingredients. Old fashioned meatloaf with country gravy, creamy mashed potatoes & mint green peas (LF, RS)	G ML	6.90	
GRILLED RISSOLE & ONION GRAVY creamed potato & vegetable mélange (LF)	60115	8.20	
CURRY SAUSAGES mashed potato & seasonal veges	M16	8.30	
SAVOURY BEEF MINCE with mash potato and seasonal vegetables (LF, GF)	M45	8.30	
CORNED SILVERSIDE with onion white sauce, mashed potato & seasonal vegetables (LF)	M05	8.80	
STEAK & KIDNEY CASSEROLE with mashed potato & vegetables (LF)	M26	8.30	
VEAL PARMAGIANA (LF, RS, GF) with creamed potato, carrot & peas	60033	8.30	
VIENNA SCHNITZEL served with a rich gravy, parsley potato, carrot, cauli broccoli & beans	60030	8.30	
GRILLED MEATBALLS IN GARLIC SAUCE with penne pasta, coated with a garlic cream sauce & fresh broccoli	G GM	6.90	
INDIAN VEGETABLE CURRY mild curry dish with Indian flavours & rice (GF, V)	M59	8.80	
VEGETABLE LASAGNE with béchamel sauce served with seasonal vegetables (LF)	M25	8.30	
VEGETARIAN SELECTION a variety of vegetarian meals, changes regularly	FLVEG	8.30	

BEEF

VEGETARIAN

Easy Lifestyle Food

Phone 69212205 waggamow@bigpond.com

1 Rural Place Wagga Wagga 2650

www.waggamealsonwheels.com

Menu Version

MARCH 2022

Pick up date	Supplier Code	Price	Quantity
Name & Phone No			
PAN GRILLED CHICKEN BREAST with grain mustard cream sauce, steamed potato & seasonal vegetables (LF)	M40	8.80	
CHICKEN & VEGETABLE PIE with creamed potato pumpkin & peas (LF,RS)	60056	8.20	
CHICKEN BREAST PARMAGIANA with creamy mashed potato & seasonal vegetables (LF)	M37	8.30	
CHICKEN CHASSEUR lean chicken thigh served with a Mediterranean style tomato & mushroom sauce, potatoes persillade, carrots & peas (LF, GF, RS)	G CHCH	6.90	
CHICKEN CHOW MEIN WITH EGG NOODLES Cantonese style egg noodles topped with traditional chicken chow mein, accompanied with fresh vegetables, shiitake mushrooms and oyster sauce (LF, RS)	G CCM	6.90	
CHICKEN HONEY CURRY mild sweet curry served with steamed rice & seasonal vegetables (LF)	M19	8.30	
CHICKEN SCHNITZEL with gravy, oven fries, carrot, cauliflower & broccoli mix (LF)	60182	8.20	
CHICKEN & ASPARAGUS MORNAY with parsley potato, beans & vegetable mélange	60055	8.20	
HONEY SOY CHICKEN with fried rice, carrot & beans (LF)	60050	8.20	
TURKEY PROVENCALE tender turkey meat in Mediterranean sauce served with herbed rice & green peas (LF,GF,RS)	G TP	6.90	
THAI GREEN CHICKEN CURRY & rice	60057	8.20	
CHICKEN CREOLE with herb infused rice and green beans (GF,LF,RS)	G CC	6.90	
ROAST CHICKEN with gravy, roast potato, pumpkin & peas (LF, RS, GF)	60051	8.20	
APRICOT CHICKEN with creamy mashed potato & seasonal veges	M44	8.30	
CRUMBED LAMB PATTIES with gravy creamed potato & vegetable mélange	60027	8.30	
LAMB CHOP & GRAVY , parsley potato, beans & carrot, cauli & broccoli (LF)	60022	8.30	
LAMB IN PLUM SAUCE tender slow cooked diced lamb in traditional sweet plum sauce served with creamed diced potatoes, peas & carrots (LF, RS)	G LPS	6.90	
LAMBS FRY & BACON with onion, mashed potato & vegetables (LF)	M04	8.30	
ROAST LAMB with gravy, roast potato, pumpkin & beans (RS, GF)	60021	8.30	
SATAY LAMB tender lamb in Malay style peanut/coconut cream medium spiced satay sauce, served with rice & sweet raisins & a colourful vegetable combination (LF, RS)	G SL	6.90	
SPINACH & DICED LAMB LASAGNE 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)	G SDL	6.90	

CHICKEN

LAMB

Easy Lifestyle Food

Phone 69212205 waggamow@bigpond.com

1 Rural Place Wagga Wagga 2650

www.waggamealsonwheels.com

Menu Version

MARCH 2022

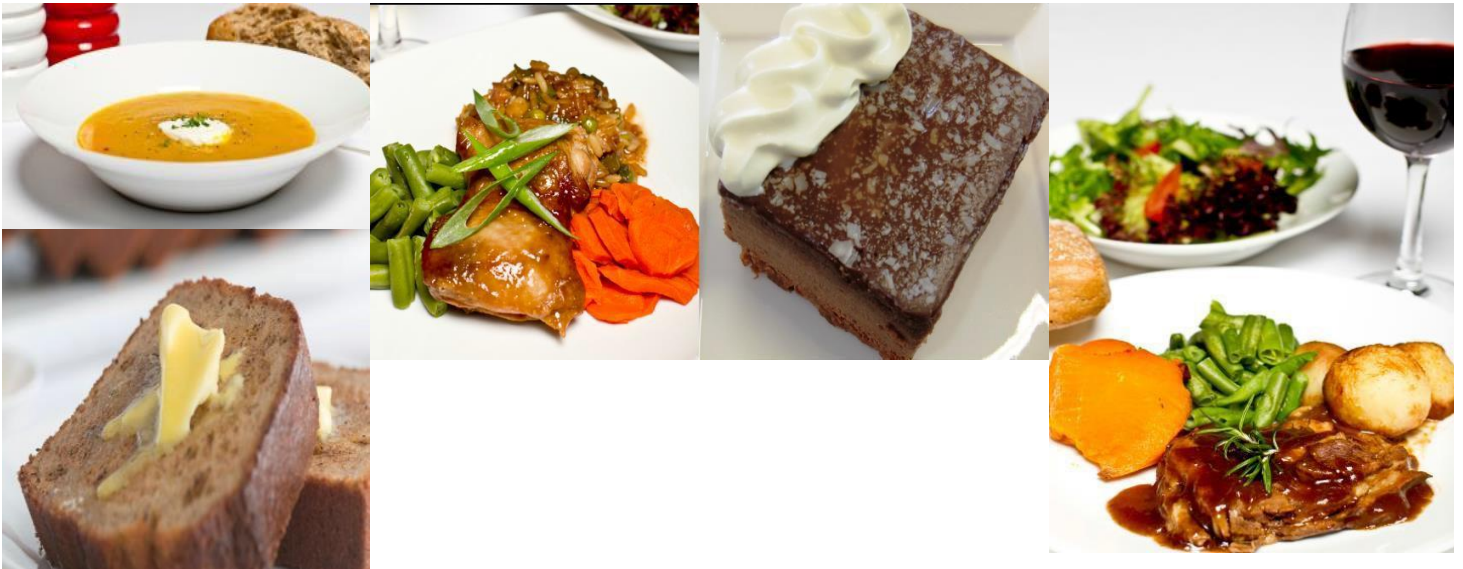
Pick up date	Supplier Code	Price	Quantity
Name & Phone No			
CHOCOLATE BAVARIAN CREAM PIE	INVD18	4.20	
CHOCOLATE LAVA PUDDING	60089	4.20	
CHOCOLATE MOUSSE & CREAM (LF, GF, LS)	INVD10	4.20	
CARROT CAKE	60131	3.80	
FRUIT SALAD (LF, GF)	60103	3.80	
GOLDEN SYRUP DUMPLINGS (LF)	INVD08	3.80	
HONEYCOMB BUZZ PUDDING (LF,GF, LS) high in calcium, protein	563	3.30	
BAKED LEMON PUDDING WITH CUSTARD	INVD15	4.20	
LEMONCHEESECAKE	INVD02	4.20	
LEMON DESSERT (LF, GF, LS) high in calcium, protein	550	3.30	
ICE CREAM (LF, GF) 100ML	Bulla	1.90	
MANGO MOUSSE (LF, GF, LS)	60149	3.80	
PAVLOVA WITH CREAM & BLUEBERRIES	INVD12	4.20	
PEACH CRUMBLE & CUSTARD (LF, LS)	691	3.40	
PEACHES & CUSTARD (LF, LS)	60091	3.80	
PEAR STREUSEL & CUSTARD (LF, LS)	651	3.50	
STEWED RHUBARB & APPLE WITH CUSTARD (LF)	INVD11	4.20	
STICKY DATE WITH CUSTARD (LF)	695	3.50	
VANILLA SLICE	60139	4.20	
STRAWBERRY SWIRL CHEESECAKE	60261	4.20	
TIRAMISU (RS)	60269	4.20	
TRIFLE & CREAM	60087	3.80	
BANANA BREAD <i>individually wrapped slice, ready to eat in minutes</i>	281303	3.00	
APPLE JUICE or ORANGE JUICE 200ml Just Juice	Beri	1.50	

DESSERTS

DESSERTS

Easy Lifestyle Food

Phone 69212205 waggamow@bigpond.com



GF= Gluten Free

V=Vegetarian

LS=Low Sugar

RS=Reduced Sodium

LF=<10g/100gLowFat