



Quality meals for you

Menu

January 2024

6921 2205

mowwagga@easylifestylehomecare.com



Instructions on how to complete this menu

1. Wagga Wagga Meals on Wheels runs on a 4 weekly rotational menu.
2. Please complete this menu with the items you would like to receive for weeks A, B, C, D in the relevant columns. We will continue to rotate these choices until advised otherwise. You are welcome to make changes as often as you like.
3. When you have selected your items either return the form or ring the office with your choices.
4. It is easy to change your choices at any time by contacting the office - 69212205

NAME: _____



Name & Phone No	Supplier Code	Price	Quantity				
			Week A	Week B	Week C	Week D	
SOUPS	WINTER VEGETABLE	Heinz 22761	2.70				
	BEEF STOCKPOT (GF,DF)	Heinz 22763	2.70				
	CHICKEN & SWEET CORN	Heinz 22765	2.70				
	CREAM OF PUMPKIN (GF)	Heinz 22762	2.70				
	MINISTRONE	Heinz 22764	2.70				
	TOMATO (GF,DF)	Heinz 22771	2.70				
	POTATO & LEEK	Heinz 61686	2.70				
SANDWICHES	BASIL PESTO CHICKEN ON MULTIGRAIN	EDC 036334	5.50				
	CHICKEN CEASAR SANDWICH	EDC 036332	5.50				
	CHICKEN, CHEESE & MAYONNAISE SANDWICH	EDC 036330	5.50				
	ROAST BEEF CHEESE & RELISH SANDWICH	EDC 036329	5.50				
	EGG & CHIVE SANDWICH ON RYE	EDC 050814	5.50				
	HAM CHEESE & TOMATO TOASTIE <i>toast in sandwich press</i>	EDC 035194	5.50				
	HAM, CHEESE & PICKLE SANDWICH	EDC 036328	5.50				
BREAKFAST	EGG & BACON TOASTIE <i>toast in sandwich press</i>	EDC 035192	5.50				
	HAM & CHEESE CROISSANT	EDC 035195	5.50				
	QUICHE LORRAINE <i>served with beef chipolata corn & capsicum (RS)</i>	Gmania GQL	5.20				
	FRIED RICE (chicken) (GF,DF)	MChef INVS01	4.40				
MINI MEALS	NOODLE & VEGE STIR FRY (LF,La)	Fstaff 63354	5.20				
	HAWAIIAN CHICKEN (LF)	Fstaff 63357	5.20				
	CREAMY CHICKEN & MUSHROOM <i>with couscous & veges</i>	MChef INVS29	5.60				
	COTTAGE PIE <i>pumpkin & beans (LF, GF,S)</i>	Fstaff 63005	5.20				
	BEEF & BACON CASSEROLE <i>parsley potato, pumpkin & broccoli (RS, ,LA,GF,S)</i>	Fstaff 63003	5.20				

GF= Gluten Free
V=Vegetarian

LS=Low Sugar
RS=Reduced Sodium

LF=<10g/100g Low Fat
La=Lactose Free

S=Softer
DF=Dairy Free



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			Week A	Week B	Week C	Week D
ROAST LAMB with gravy, roast potato, pumpkin & beans (GF, RS, LA)	Fstaff 63021	5.20				
CHICKEN WINGS in BBQ sauce with fried rice (GF, LA)	Fstaff 63059	5.20				
SPAGHETTI BOLOGNAISE topped with cheese, with pumpkin & peas (S)	Fstaff 63270	5.20				
SAUSAGES with gravy, creamed potato, carrot & beans (GF)	Fstaff 63181	5.20				
CURRIED CHICKEN steamed rice, carrot & broccoli (LF, RS, GF, S)	Fstaff 63052	5.20				
ROAST PORK & gravy, roast potato, pumpkin & peas	Fstaff 63042	5.20				
MACARONI CHEESE vegetable melange & sprinkle of cheese (S, V)	Fstaff 63070	5.20				
BEEF BOURGUIGNON mash potato & veges (LF)	MChef INVS30	5.30				
TUNA MORNAY mashed potato & vegetables (LF)	MChef INVS16	5.60				
CHICKEN HONEY CURRY rice & vegetables (LF)	MChef INVS15	5.60				
MEAT PIE , gravy, mash potatoes & peas	Fstaff 63200	5.20				
CRUMBED FISH oven fries, pumpkin & peas (LF, S, LA)	Fstaff 63060	5.20				
CORNED SILVERSIDE parsley sauce, creamed potato, carrot & peas (LF, GF)	Fstaff 63004	5.20				
CHICKEN & ASPARAGUS MORNAY with parsley potato, vegetable melange, & beans (RS, S, GF)	Fstaff 63055	5.20				
CHICKEN & VEGE PIE creamed potato pumpkin & peas (RS, S)	Fstaff 63056	5.20				
ROAST BEEF , gravy, roast potato, pumpkin & beans (LF, LA, GF)	Fstaff 63009	5.20				
SAVOURY BEEF MINCE mashed potato & vegetables (LF, GF)	MChef INVS19	5.60				
CURRIED PRAWNS steamed rice & vegetables (LF)	MChef INVS18	5.60				
BEEF STROGANOFF pasta & vegetables (LF)	MChef INVS28	5.60				
INDIAN BUTTER CHICKEN steamed rice & vegetables (LF)	MChef INVS20	5.60				
APRICOT CHICKEN with mashed potato & vegetables (LF)	MChef INVS21	5.60				
SWEET & SOUR PORK with rice & vegetables (GF DF)	MChef INVS22	5.60				
STEAK & KIDNEY PIE	Fstaff 63016	5.60				
BATTERED FISH PIECES with potato wedges & veges	MChef INVS26	6.00				
CURRY SAUSAGES with mashed potato & vegetables	MChef INVS24	5.60				

MINI MEALS

MINI MEALS



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			Week A	Week B	Week C	Week D	
BEEF	BEEF & BACON CASSEROLE served with parsley potato, pumpkin & broccoli (RS,S,LA,GF)	Fstaff 60003	7.10				
	BEEF BOURGUIGNON with creamy mash potato & seasonal vegetables (LF)	MChefM62	7.60				
	BEEF CASSEROLE Diced lean beef in traditional beef & vegetable sauce, served with mashed potatoes, beans, carrots & corn (LF, RS, GF)	Gmania GBC	5.80				
	BEEF DIANE Lean prime beef diced in garlic cream mushroom sauce served with penne pasta,peas & corn (LF, RS)	Gmania GBD	5.80				
	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)	Gmania GBL	5.80				
	BEEF POT ROAST seasoned roast beef with traditional rich beef gravy, potatoes persillade & cross cut green beans (LF, RS, GF)	Gmania GRB	5.80				
	BEEF STROGANOFF lean beef with creamy tomato mushroom sauce, rice, carrot & peas (LF, RS, GF,S)	Fstaff 60006	7.10				
	BEEFBURGER WITH CREAMY MUSHROOM SAUCE beef burger patty coated in a creamy mushroom sauce served with cheese pasta, tender green beans & carrots (LF,RS)	Gmania GBB	5.80				
	HICKORY BBQ BEEF mild spicy Southern Style BBQ flavoured beef with domed potatoes corn, carrot & peas (GF)	Gmania GHBB	5.80				
	COTTAGE PIE a savoury mince topped with creamy mashed potato served with pumpkin & beans (LF,S,GF)	Fstaff 60005	6.90				
	GRILLED SAUSAGES onion gravy,steamed potato & seasonal vegetables	MChefM20	7.60				
	MEATLOAF Old fashioned meatloaf topped with a country gravy, creamy mashed potatoes & mint green peas (LF, RS)	Gmania GML	5.80				
	GRILLED RISSOLE & ONION GRAVY creamy potato & vege melange	Fstaff 60115	6.90				
	CURRY SAUSAGES mashed potato & seasonal veges	MChefM16	7.60				
	SAVOURY BEEF MINCE with mash potato and seasonal vegetables (LF, GF)	MChefM45	7.60				
	CORNED SILVERSIDE onion white sauce, mashed potato & seasonal veges (LF)	MChefM05	7.60				
	STEAK & KIDNEY PIE	Fstaff 60016	6.90				
	VEAL PARMAGIANA with creamed potato, carrot & peas (LF,GF)	Fstaff 60033	7.60				
	VIENNA SCHNITZEL served with a rich gravy, parsley potato, Carrot, Cauli beans peas & corn	Fstaff 60030	7.60				
	GRILLED MEATBALLS IN GARLIC SAUCE with penne pasta, coated with a garlic cream sauce & fresh broccoli	Gmania GGM	5.80				
VEGETARIAN	INDIAN VEGETABLE CURRY mild curry dish with Indian flavours & rice (GF,)	MChefM59	7.60				
	VEGETABLE LASAGNE with bechamel sauce served with seasonal veges	MChefM25	7.60				
	VEGETARIAN SELECTION a variety of vegetarian meals, changes regularly	Fstaff FLVEG	7.10				



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			Week A	Week B	Week C	Week D	
CHICKEN	PAN GRILLED CHICKEN BREAST with grain mustard cream sauce, steamed potato & seasonal vegetables	MChef M40	7.60				
	CHICKEN & VEGETABLE PIE (LF,S,RS) with creamed potato pumpkin & peas	Fstaff 60056	6.90				
	CHICKEN PARMAGIANA with creamy mashed potato & seasonal vegetables	MChef M37	7.60				
	CHICKEN CHASSEUR lean chicken thigh served with a mediterranean style tomato & mushroom sauce, potatoes persillade, carrots (GF)	Gmania G CHCH	5.80				
	CHICKEN CHOW MEIN WITH EGG NOODLES Cantonese style egg noodles topped with traditional chicken chow mein, with fresh veges	Gmania GCC	5.80				
	CHICKEN HONEY CURRY mild sweet curry served with steamed rice & seasonal vegetables (LA)	MChef M19	7.60				
	CHICKEN SCHNITZEL with gravy, oven fries, carrot, cauliflower beans peas & corn (LA)	Fstaff 60182	6.90				
	HONEY SOY CHICKEN with fried rice, carrot & beans (LF, GF)	Fstaff 60050	6.90				
	CHICKEN & ASPARAGUS MORNAY with parsley potato, beans & vegetable melange (LF,RS)	Fstaff 60055	6.90				
	TURKEY PROVENCALE tender turkey meat in Mediterranean sauce served with herbed rice & green peas (LF,GF,RS)	Gmania G TP	5.80				
	CHICKEN & MUSHROOM PASTA BAKE with veges	Fstaff 60355	6.90				
	CHICKEN CREOLE (GF, LF, RS) with herb infused rice & green beans	GmaniaGCHC	5.80				
ROAST CHICKEN gravy, roast potato, pumpkin & peas (LF, RS, GF,LA)	Fstaff 60051	6.90					
APRICOT CHICKEN creamy mashed potato & seasonal veges	MChef M44	7.60					
LAMB	CRUMBED LAMB PATTIES with gravy creamed potato & vegetable mélange	Fstaff 60027	7.60				
	LAMB CHOP & GRAVY , parsley potato, beans & Carrot,Cauli& Broc (RS,GF,LA)	Fstaff 60022	7.60				
	LAMB IN PLUM SAUCE slow cooked diced lamb in traditional plum sauce served with creamed potatoes, peas & carrots (LF, RS)	Gmania GLPS	5.80				
	LAMBS FRY & BACON onion gravy, mashed potato & vegetables (LF)	MChef M04	7.60				
	ROAST LAMB with gravy, roast potato, pumpkin & beans (RS,GF,LA)	Fstaff 60021	7.60				
	SATAY LAMB tender lamb in Malay style peanut/coconut cream medium spiced satay sauce, served with rice & sweet raisins & a colourful vegetable	Gmania G SL	5.80				
SPINACH & DICED LAMB LASAGNE tender diced lamb leg with creamy spinach layered in fresh egg pasta sheets, a cheddar cheese crust, with potato	Gmania GSDL	5.80					
FISH	CURRIED PRAWNS with steamed rice & veges	MChef M24	7.60				
	CRUMBED FISH oven fries, pumpkin, peas & beans (LF,RS,S,LA)	Fstaff 60060	6.90				
	BAKED FISH with parsley lemon butter, potato & seasonal vegetable (GF)	MChefM23	7.60				



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			Week A	Week B	Week C	Week D	
FISH	FISH CAKE served with parsley sauce, oven fries, carrot & broccoli (S,RS)	Fstaff 60066	6.90				
	GRILLED FISH FILLET WITH WHITE WINE CREAM SAUCE steamed potato & vegetables (LF)	MChef M09	7.60				
	POACHED FISH & PARSLEY SAUCE fillet coated in parsley cream sauce with a hint of lemon, with rice, Japanese mushrooms chopped spinach & onions (GF LF, RS)	Gmania GPF	5.80				
	GRILLED BARRAMUNDI FILLET , lime ginger shallot butter & Rice Pilaf (GF)	MChef M58	8.90				
	TUNA MORNAY creamy mashed potato & seasonal vegetables (LF)	MChef M29	7.60				
PORK	PORK & APPLE CASSEROLE diced lean pork garnished with a colourful creamy apple & sweet potato gravy, served with potato mash (GF)	Gmania G PAC	5.80				
	PORK, TOMATO & VEGETABLE STEW mediterranean tomato stew with lean pork shoulder served with garlic mashed potatoes and seasoned fresh broccoli pieces (LA, RS, GF)	Gmania GPTVS	5.80				
	ROAST PORK served with gravy, roast potato, pumpkin & peas (LF, RS, GF)	Fstaff 60042	6.90				
	SWEET & SOUR PORK served with steamed rice & veges (GF)	MChef M47	7.60				
	PULLED PORK with potato gratin & vegetables (GF)	MChef M60	8.90				
	QUICHE - bacon, spinach & cheese in a pastry case served with seasonal veges	MChef M12	7.60				
	PORK RAGU WITH PENNE PASTA & veges (LF,RS)	Fstaff 60356	6.90				
DESSERTS	BAKED VANILLA RICE PUDDING & CREAM (LF, GF, LS)	MChef INVD07	3.60				
	APPLE & WILDBERRY CRUMBLE & CUSTARD (LF, LS)	PP 654	2.60				
	APPLE PIE & CREAM (RS)	Fstaff 60086	3.40				
	APRICOT PIE & CREAM (RS)	Fstaff 60138	3.40				
	BANANA CUSTARD (LF, GF, LS, high in calcium, protein)	PP 560	2.20				
	BANANA PUDDING WITH CARAMEL SAUCE	MChef INVD13	3.60				
	STRAWBERRIES & CREAM (LF, GF) high in calcium, protein	PP 562	2.20				
	BREAD & BUTTER PUDDING & CUSTARD	PP 666	2.60				
	BOSTON APPLE CINNAMON CAKE & CUSTARD	MChef INVD03	3.60				
	CHOCOLATE BAVARIAN CREAM PIE	MChef INVD18	3.60				
	CARROT CAKE (V)	Fstaff 60131	3.00				
	CHOCOLATE MOUSSE & CREAM (LF, GF)	MChef INVD1	3.50				
	CHOCOLATE LAVA PUDDING (S)	Fstaff 60089	3.40				
	CHOCOLATE FUDGE CAKE & CUSTARD	PP 655	2.60				



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			Week A	Week B	Week C	Week D
DESSERTS						
FRUIT SALAD (LF, RS,GF,LA)	Fstaff 60103	3.00				
GOLDEN SYRUP DUMPLINGS (LF)	MChef INVD0	3.60				
HONEYCOMB BUZZ CUSTARD (LF, GF) high in calcium, protein	PP 563	2.20				
BAKED LEMON PUDDING WITH CUSTARD	MChef INVD15	3.60				
LEMON CHEESECAKE & CREAM	MChef INVD02	3.60				
LEMON DESSERT (LF, GF, LS, high in calcium, protein)	PP 550	2.20				
MANGO MOUSSE (LF, GF, LS, high in calcium, protein)	PP 550	2.20				
PAVLOVA WITH CREAM & BLUEBERRIES	MChef INVD1	3.60				
PEACH CRUMBLE & CUSTARD	PP 691	2.60				
PEACHES & CUSTARD (LF, RS,GF)	Fstaff 60091	3.00				
PEAR STREUSEL & CUSTARD	PP 651	2.60				
STICKY DATE WITH CUSTARD (LF)	PP 695	2.60				
STEWED RHUBARB & APPLE WITH CUSTARD (LF)	MChef INVD11	3.60				
VANILLA SLICE	Fstaff 60139	3.40				
STRAWBERRY SWIRL CHEESECAKE (V)	Fstaff 60261	3.40				
TIRAMISU (S,V)	Fstaff 60269	3.40				
TRIFLE & CREAM (S,V)	Fstaff 60087	3.00				
ICE CREAM (LF, GF) 100ml	Bulla	1.40				
JUICE						
BANANA BREAD <i>individually wrapped slice, ready to eat in minutes</i>	281303	2.50				
APPLE JUICE 200ml Just Juice	Berri	1.00				
ORANGE JUICE 200ml Just Juice	Berri	1.00				



"Meals on Wheels caters for everyone's individual needs. A chat during a visit or a laugh with friends, and a good healthy meal to improve my life"

More
than just
a meal

