

Easy Lifestyle Food

Quality meals for everyone

Menu

JANUARY 2024

6921 2205

mowwagga@easylifestylehomecare.com

www.waggamealsonwheels.



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



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1 Rural Place Wagga Wagga 2650
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Menu Version
 2024

Pick up date		Supplier Code	Price	Quantity
Name & Phone No				
SOUPS	WINTER VEGETABLE	22761	3.60	
	BEEF STOCKPOT	22763	3.60	
	CHICKEN & SWEET CORN	22765	3.60	
	CREAM OF PUMPKIN	22762	3.60	
	MINISTRONE	22764	3.60	
	TOMATO	22771	3.60	
	POTATO & LEEK	61686	3.60	
SANDWICHES	BASIL PESTO CHICKEN ON MULTIGRAIN	36334	6.50	
	CHICKEN CEASAR SANDWICH	36332	6.50	
	CHICKEN, CHEESE & MAYONNAISE SANDWICH	36330	6.50	
	ROAST BEEF CHEESE & RELISH SANDWICH	36329	6.50	
	EGG & CHIVE SANDWICH ON RYE	50814	6.50	
	HAM CHEESE & TOMATO TOASTIE <i>toast in sandwich press</i>	35194	6.50	
	HAM, CHEESE & PICKLE SANDWICH	36328	6.50	
	BACON & EGG TOASTIE <i>toast in sandwich press</i>	35192	6.90	
	HAM & CHEESE CROISSANT	35195	6.90	
	QUICHE LORRAINE <i>served with beef chipolata corn & capsicum (RS)</i>	G QL	6.30	
BREAKFAST	FRIED RICE (chicken) (GF)	INVS01	5.00	
	NOODLE & VEG STIR FRY	63354	6.30	
	CHICKEN PESTO PASTA	63352	6.30	
	CREAMY CHICKEN & MUSHROOM WITH COUSCOUS <i>& veges</i>	INVS29	6.70	
	COTTAGE PIE <i>pumpkin & beans (LF, GF)</i>	63005	6.30	
	BEEF & BACON CASSEROLE <i>parsley potato, pumpkin & broccoli (RS, GF)</i>	63003	6.30	
MINI MEALS				

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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 mélange & sprinkle of cheese</i>	63070	6.30	
	BEEF BOURGUIGNON <i>mash potato & veges (LF)</i>	INVS30	6.70	
	TUNA MORNAY <i>mashed potato & vegetables (LF)</i>	INVS16	6.70	
	CHICKEN HONEY CURRY <i>rice & vegetables (LF)</i>	INVS15	6.70	
	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 mélange, & 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	6.70	
	CURRIED PRAWNS <i>steamed rice & vegetables (LF)</i>	INVS18	6.70	
	BEEF STROGANOFF <i>pasta & vegetables (LF)</i>	INVS28	6.70	
	INDIAN BUTTER CHICKEN <i>steamed rice & vegetables (LF)</i>	INVS20	6.70	
	APRICOT CHICKEN <i>with mashed potato & vegetables (LF)</i>	INVS21	6.70	
	SWEET & SOUR PORK <i>with rice & vegetables (GF DF)</i>	INVD22	6.70	
	STEAK & KIDNEY PIE <i>& vegetables</i>	63016	6.30	
	BATTERED FISH PIECES <i>with potato wedges</i>	INVS26	7.00	
	HAWAIIAN CHICKEN	I63357	6.70	
	CURRY SAUSAGES <i>with mashed potato & vegetables</i>	INVS24	6.70	

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BEEF & BACON CASSEROLE served with parsley potato, pumpkin & broccoli (LF, GF)	60003	8.30	
BEEF BOURGUIGNON with creamy mashed potato & seasonal vegetables (LF)	M62	8.80	
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	8.50	
BEEFBURGER WITH CREAMY MUSHROOM SAUCE beef burger patty coated with a creamy mushroom sauce served with cheese pasta, tender green beans & carrots (LF, RS)	GBB	6.90	
HICKORY BBQ BEEF mild spicy Southern Style BBQ flavoured beef with domed potatoes with corn, carrot & peas.	GHBB	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	8.80	
MEATLOAF minced lean beef seasoned with Mums selected pantry ingredients. Old fashioned meatloaf with country gravy, creamy mashed potatoes & mint green peas (LF, RS)	GML	6.90	
GRILLED RISSOLE & ONION GRAVY creamed potato & vegetable mélange (LF)	60115	8.20	
CURRY SAUSAGES mashed potato & seasonal veges	M16	8.80	
SAVOURY BEEF MINCE with mash potato and seasonal vegetables (LF, GF)	M45	8.80	
CORNED SILVERSIDE with onion white sauce, mashed potato & seasonal vegetables (LF)	M05	8.80	
STEAK & KIDNEY PIE	60016	8.20	
VEAL PARMAGIANA (LF, RS, GF) with creamed potato, carrot & peas	60033	8.50	
VIENNA SCHNITZEL served with a rich gravy, parsley potato, carrot, cauli broccoli & beans	60030	8.50	
GRILLED MEATBALLS IN GARLIC SAUCE with penne pasta, coated with a garlic cream sauce & fresh broccoli	GGM	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	8.80	
VEGETARIAN SELECTION a variety of vegetarian meals, changes regularly	FLVEG	8.30	

BEEF

VEGETARIAN

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CHICKEN	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	8.80	
	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	8.80	
	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	
	CHICKEN & MUSHROOM PASTA BAKE with veges	60355	8.20	
	CHICKEN CREOLE with herb infused rice and green beans (GF,LF,RS)	GCHC	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	8.80		
LAMB	CRUMBED LAMB PATTIES with gravy creamed potato & vegetable mélange	60027	8.50	
	LAMB CHOP & GRAVY , parsley potato, beans & carrot, cauli & broccoli (LF)	60022	8.50	
	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	8.80	
	ROAST LAMB with gravy, roast potato, pumpkin & beans (RS, GF)	60021	8.50	
	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	

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FISH	CURRIED PRAWNS <i>with steamed rice & veges</i>	M24	8.80	
	CRUMBED FISH <i>oven fries, pumpkin & peas & beans (LF)</i>	60060	8.20	
	BAKED FISH <i>with parsley lemon butter, potato & seasonal vegetables</i>	M23	8.80	
	FISH CAKE <i>served with parsley sauce, oven fries, carrot & broccoli (LF)</i>	60066	8.20	
	GRILLED FISH FILLET WITH WHITE WINE CREAM SAUCE <i>steamed potato & vegetables (LF)</i>	M09	8.80	
	POACHED FISH & PARSLEY SAUCE <i>fillet coated in parsley cream sauce with a hint of lemon, with rice, Japanese mushrooms chopped spinach & onions (LF, RS)</i>	G PF	6.90	
	GRILLED BARRAMUNDI FILLET , <i>lime ginger shallot butter & Rice Pilaf</i>	M58	11.00	
	TUNA MORNAY <i>with creamy mashed potato & seasonal vegetables (LF)</i>	M29	8.80	
PORK	PORK & APPLE CASSEROLE <i>diced lean pork garnished with a colourful creamy apple & sweet potato gravy, served with potato mash & creamed cabbage (LF, GF, RS)</i>	GPAC	6.90	
	PORK, TOMATO & VEGETABLE STEW <i>Mediterranean tomato stew with lean pork shoulder served with garlic mashed potatoes and seasoned fresh broccoli pieces (LF, RS)</i>	GPTVS	6.90	
	ROAST PORK <i>served with gravy, roast potato, pumpkin & peas (LF, RS, GF)</i>	60042	8.20	
	SWEET & SOUR PORK <i>served with steamed rice & veges</i>	M47	8.80	
	PULLED PORK <i>with potato gratin & vegetables (GF)</i>	INVM60	10.00	
	QUICHE - <i>bacon, spinach & cheese in a pastry case served with seasonal vegetables</i>	M12	8.80	
	PORK RAGU <i>with penne pasta & veg</i>	60356	8.20	
	APPLE & WILDBERRY CRUMBLE & CUSTARD (LF, LS)	654	3.40	
DESSERTS	APPLE PIE & CREAM	60086	4.20	
	APRICOT PIE & CREAM	60138	4.20	
	BANANA CUSTARD (LF, GF, LS) <i>high in calcium, protein</i>	560	3.30	
	BANANA PUDDING WITH CARAMEL SAUCE	INVD13	4.40	
	STRAWBERRIES & CREAM (LF, GF) <i>high in calcium, protein</i>	562	3.30	
	BOSTON APPLE CINNAMON CAKE & CUSTARD	INVD03	4.40	
	BREAD & BUTTER PUDDING & CUSTARD	666	3.50	
	BAKED VANILLA RICE PUDDING & CREAM (LF, GF, LS)	INVD07	4.40	

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CHOCOLATE BAVARIAN CREAM PIE	INVD18	4.40	
CHOCOLATE MOUSSE & CREAM (LF, GF, LS)	INVD10	4.40	
CARROT CAKE	60131	3.80	
FRUIT SALAD (LF, GF)	60103	3.80	
GOLDEN SYRUP DUMPLINGS (LF)	INVD08	4.40	
HONEYCOMB BUZZ PUDDING (LF,GF, LS) high in calcium, protein	563	3.30	
BAKED LEMON PUDDING WITH CUSTARD	INVD15	4.40	
LEMONCHEESECAKE	INVD02	4.40	
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) high in calcium, protein	558	3.30	
PAVLOVA WITH CREAM & BLUEBERRIES	INVD12	4.40	
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	4.40	
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	
CHOCOLATE FUDGE CAKE & CUSTARD	655	3.60	
BANANA BREAD <i>individually wrapped slice, ready to eat in minutes</i>	281303	3.00	
APPLE JUICE or ORANGE JUICE 200ml Just Juice	Berri	1.50	

DESSERTS

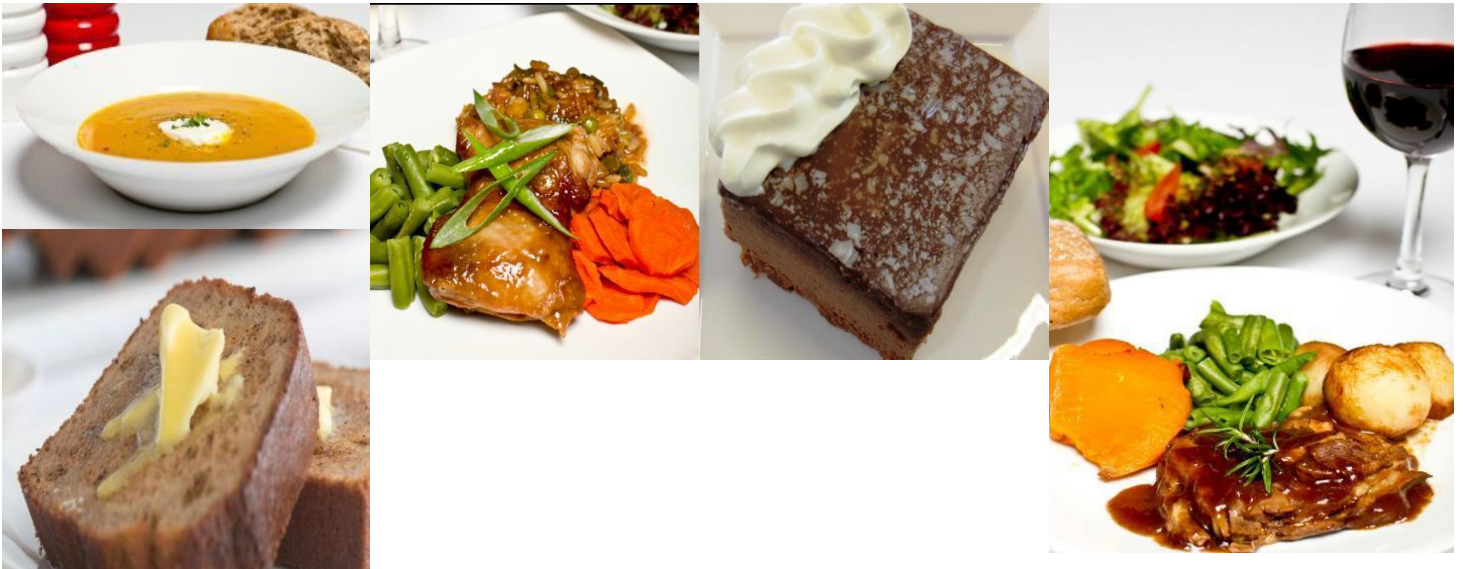
DESSERTS

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GF= Gluten Free

V=Vegetarian

LS=Low Sugar

RS=Reduced Sodium

LF=<10g/100gLowFat