

# Easy Lifestyle Food

Quality meals for everyone

## Menu

JANUARY 2024

6921 2205

[mowwagga@easylifestylehomecare.com](mailto:mowwagga@easylifestylehomecare.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)



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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 &amp; 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>&amp; veges</i>	INVS29	6.70	
	COTTAGE PIE <i>pumpkin &amp; beans (LF, GF)</i>	63005	6.30	
	BEEF & BACON CASSEROLE <i>parsley potato, pumpkin &amp; broccoli (RS, GF)</i>	63003	6.30	
MINI MEALS				

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MINI MEALS	<b>ROAST LAMB</b> <i>with gravy, roast potato, pumpkin &amp; beans (GF, RS)</i>	63021	6.30	
	<b>CHICKEN WINGS</b> <i>in BBQ sauce with fried rice (GF)</i>	63059	6.30	
	<b>SPAGHETTI BOLOGNAISE</b> <i>topped with cheese, with pumpkin &amp; peas</i>	63270	6.30	
	<b>SAUSAGES</b> <i>with gravy, creamed potato, carrot &amp; beans (GF)</i>	63181	6.30	
	<b>CURRIED CHICKEN</b> <i>steamed rice, carrot &amp; broccoli (LF, RS)</i>	63052	6.30	
	<b>ROAST PORK</b> <i>&amp; gravy, roast potato, pumpkin &amp; peas (RS,GF)</i>	63042	6.30	
	<b>MACARONI CHEESE</b> <i>vegetable mélange &amp; sprinkle of cheese</i>	63070	6.30	
	<b>BEEF BOURGUIGNON</b> <i>mash potato &amp; veges (LF)</i>	INVS	6.70	
	<b>TUNA MORNAY</b> <i>mashed potato &amp; vegetables (LF)</i>	INVS16	6.70	
	<b>CHICKEN HONEY CURRY</b> <i>rice &amp; vegetables (LF)</i>	INVS15	6.70	
	<b>MEAT PIE</b> , <i>gravy, mash potatoes &amp; peas</i>	63200	6.30	
	<b>CRUMBED FISH</b> <i>oven fries, pumpkin &amp; peas (LF)</i>	63060	6.30	
	<b>CORNED SILVERSIDE</b> <i>parsley sauce, creamed potato, carrot &amp; peas (LF, GF)</i>	63004	6.30	
	<b>CHICKEN &amp; ASPARAGUS MORNAY</b> <i>with parsley potato, vegetable mélange, &amp; beans (RS)</i>	63055	6.30	
MINI MEALS	<b>CHICKEN &amp; VEGE PIE</b> <i>creamed potato pumpkin &amp; peas (RS)</i>	63056	6.30	
	<b>ROAST BEEF</b> , <i>gravy, roast potato, pumpkin &amp; beans (RS, GF)</i>	63009	6.30	
	<b>SAVOURY BEEF MINCE</b> <i>mashed potato &amp; vegetables (LF, GF)</i>	INVS19	6.70	
	<b>CURRIED PRAWNS</b> <i>steamed rice &amp; vegetables (LF)</i>	INVS18	6.70	
	<b>BEEF STROGANOFF</b> <i>pasta &amp; vegetables (LF)</i>	INVS28	6.70	
	<b>INDIAN BUTTER CHICKEN</b> <i>steamed rice &amp; vegetables (LF)</i>	INVS20	6.70	
	<b>APRICOT CHICKEN</b> <i>with mashed potato &amp; vegetables (LF)</i>	INVS21	6.70	
	<b>SWEET &amp; SOUR PORK</b> <i>with rice &amp; vegetables (GF DF)</i>	INVD22	6.70	
	<b>STEAK &amp; KIDNEY PIE</b> <i>&amp; vegetables</i>	63016	6.30	
	<b>BATTERED FISH PIECES</b> <i>with potato wedges</i>	INVS26	7.00	
	<b>HAWAIIAN CHICKEN</b>	163357	6.70	
	<b>CURRY SAUSAGES</b> <i>with mashed potato &amp; vegetables</i>	INVS24	6.70	

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<b>BEEF &amp; BACON CASSEROLE</b> served with parsley potato, pumpkin & broccoli (LF, GF)	60003	8.30	
<b>BEEF BOURGUIGNON</b> with creamy mashed potato & seasonal vegetables (LF)	M62	8.80	
<b>BEEF CASSEROLE</b> Diced lean beef in traditional beef & vegetable sauce, served with mashed potatoes, beans, carrots & corn (LF, RS, GF)	GBC	6.90	
<b>BEEF DIANE</b> Lean prime beef diced in garlic cream mushroom sauce served with penne pasta, peas & corn (LF, RS)	GBD	6.90	
<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)	GBL	6.90	
<b>BEEF POT ROAST</b> seasoned roast beef with traditional rich beef gravy, potatoes persillade & crosscut green beans (LF, RS)	GRB	6.90	
<b>BEEF STROGANOFF</b> lean beef with creamy tomato mushroom sauce, rice, carrot & peas (LF, RS, GF)	60006	8.50	
<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)	G BB	6.90	
<b>HICKORY BBQ BEEF</b> mild spicy Southern Style BBQ flavoured beef with domed potatoes with corn, carrot & peas.	G HBB	6.90	
<b>COTTAGE PIE</b> (LF, RS, GF) savoury mince topped with creamy potato, pumpkin & beans	60005	8.20	
<b>GRILLED SAUSAGES</b> onion gravy, steamed potato & seasonal vegetables	M20	8.80	
<b>MEATLOAF</b> 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	
<b>GRILLED RISSOLE &amp; ONION GRAVY</b> creamed potato & vegetable mélange (LF)	60115	8.20	
<b>CURRY SAUSAGES</b> mashed potato & seasonal veges	M16	8.80	
<b>SAVOURY BEEF MINCE</b> with mash potato and seasonal vegetables (LF, GF)	M45	8.80	
<b>CORNED SILVERSIDE</b> with onion white sauce, mashed potato & seasonal vegetables (LF)	M05	8.80	
<b>STEAK &amp; KIDNEY PIE</b>	60016	8.20	
<b>VEAL PARMAGIANA</b> (LF, RS, GF) with creamed potato, carrot & peas	60033	8.50	
<b>VIENNA SCHNITZEL</b> served with a rich gravy, parsley potato, carrot, cauli broccoli & beans	60030	8.50	
<b>GRILLED MEATBALLS IN GARLIC SAUCE</b> with penne pasta, coated with a garlic cream sauce & fresh broccoli	G GM	6.90	
<b>INDIAN VEGETABLE CURRY</b> mild curry dish with Indian flavours & rice (GF, V)	M59	8.80	
<b>VEGETABLE LASAGNE</b> with béchamel sauce served with seasonal vegetables (LF)	M25	8.80	
<b>VEGETARIAN SELECTION</b> a variety of vegetarian meals, changes regularly	FLVEG	8.30	

BEEF

VEGETARIAN

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<b>CHICKEN</b>	<b>PAN GRILLED CHICKEN BREAST</b> with grain mustard cream sauce, steamed potato & seasonal vegetables (LF)	M40	8.80	
	<b>CHICKEN &amp; VEGETABLE PIE</b> with creamed potato pumpkin & peas (LF,RS)	60056	8.20	
	<b>CHICKEN BREAST PARMAGIANA</b> with creamy mashed potato & seasonal vegetables (LF)	M37	8.80	
	<b>CHICKEN CHASSEUR</b> lean chicken thigh served with a Mediterranean style tomato & mushroom sauce, potatoes persillade, carrots & peas (LF, GF, RS)	G CHCH	6.90	
	<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)	G CCM	6.90	
	<b>CHICKEN HONEY CURRY</b> mild sweet curry served with steamed rice & seasonal vegetables (LF)	M19	8.80	
	<b>CHICKEN SCHNITZEL</b> with gravy, oven fries, carrot, cauliflower & broccoli mix (LF)	60182	8.20	
	<b>CHICKEN &amp; ASPARAGUS MORNAY</b> with parsley potato, beans & vegetable mélange	60055	8.20	
	<b>HONEY SOY CHICKEN</b> with fried rice, carrot & beans (LF)	60050	8.20	
	<b>TURKEY PROVENCALE</b> tender turkey meat in Mediterranean sauce served with herbed rice & green peas (LF,GF,RS)	G TP	6.90	
	<b>CHICKEN &amp; MUSHROOM PASTA BAKE</b> with veges	60355	8.20	
	<b>CHICKEN CREOLE</b> with herb infused rice and green beans (GF,LF,RS)	GCHC	6.90	
	<b>ROAST CHICKEN</b> with gravy, roast potato, pumpkin & peas (LF, RS, GF)	60051	8.20	
	<b>APRICOT CHICKEN</b> with creamy mashed potato & seasonal veges	M44	8.80	
<b>LAMB</b>	<b>CRUMBED LAMB PATTIES</b> with gravy creamed potato & vegetable mélange	60027	8.50	
	<b>LAMB CHOP &amp; GRAVY</b> , parsley potato, beans & carrot, cauli & broccoli (LF)	60022	8.50	
	<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)	G LPS	6.90	
	<b>LAMBS FRY &amp; BACON</b> with onion, mashed potato & vegetables (LF)	M04	8.80	
	<b>ROAST LAMB</b> with gravy, roast potato, pumpkin & beans (RS, GF)	60021	8.50	
	<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)	G SL	6.90	
	<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)	G SDL	6.90	



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

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<b>CHOCOLATE BAVARIAN CREAM PIE</b>	INVD18	4.40	
<b>CHOCOLATE MOUSSE &amp; CREAM (LF, GF, LS)</b>	INVD10	4.40	
<b>CARROT CAKE</b>	60131	3.80	
<b>FRUIT SALAD (LF, GF)</b>	60103	3.80	
<b>GOLDEN SYRUP DUMPLINGS (LF)</b>	INVD08	4.40	
<b>HONEYCOMB BUZZ PUDDING (LF,GF, LS) high in calcium, protein</b>	563	3.30	
<b>BAKED LEMON PUDDING WITH CUSTARD</b>	INVD15	4.40	
<b>LEMONCHEESECAKE</b>	INVD02	4.40	
<b>LEMON DESSERT (LF, GF, LS) high in calcium, protein</b>	550	3.30	
<b>ICE CREAM (LF, GF) 100ML</b>	Bulla	1.90	
<b>MANGO MOUSSE (LF, GF, LS)</b>	60149	3.80	
<b>PAVLOVA WITH CREAM &amp; BLUEBERRIES</b>	INVD12	4.40	
<b>PEACH CRUMBLE &amp; CUSTARD (LF, LS)</b>	691	3.40	
<b>PEACHES &amp; CUSTARD (LF, LS)</b>	60091	3.80	
<b>PEAR STREUSEL &amp; CUSTARD (LF, LS)</b>	651	3.50	
<b>STEWED RHUBARB &amp; APPLE WITH CUSTARD (LF)</b>	INVD11	4.40	
<b>STICKY DATE WITH CUSTARD (LF)</b>	695	3.50	
<b>VANILLA SLICE</b>	60139	4.20	
<b>STRAWBERRY SWIRL CHEESECAKE</b>	60261	4.20	
<b>TIRAMISU (RS)</b>	60269	4.20	
<b>TRIFLE &amp; CREAM</b>	60087	3.80	
<b>BANANA BREAD</b> <i>individually wrapped slice, ready to eat in minutes</i>	281303	3.00	
<b>APPLE JUICE or ORANGE JUICE</b> 200ml Just Juice	Berri	1.50	

DESSERTS

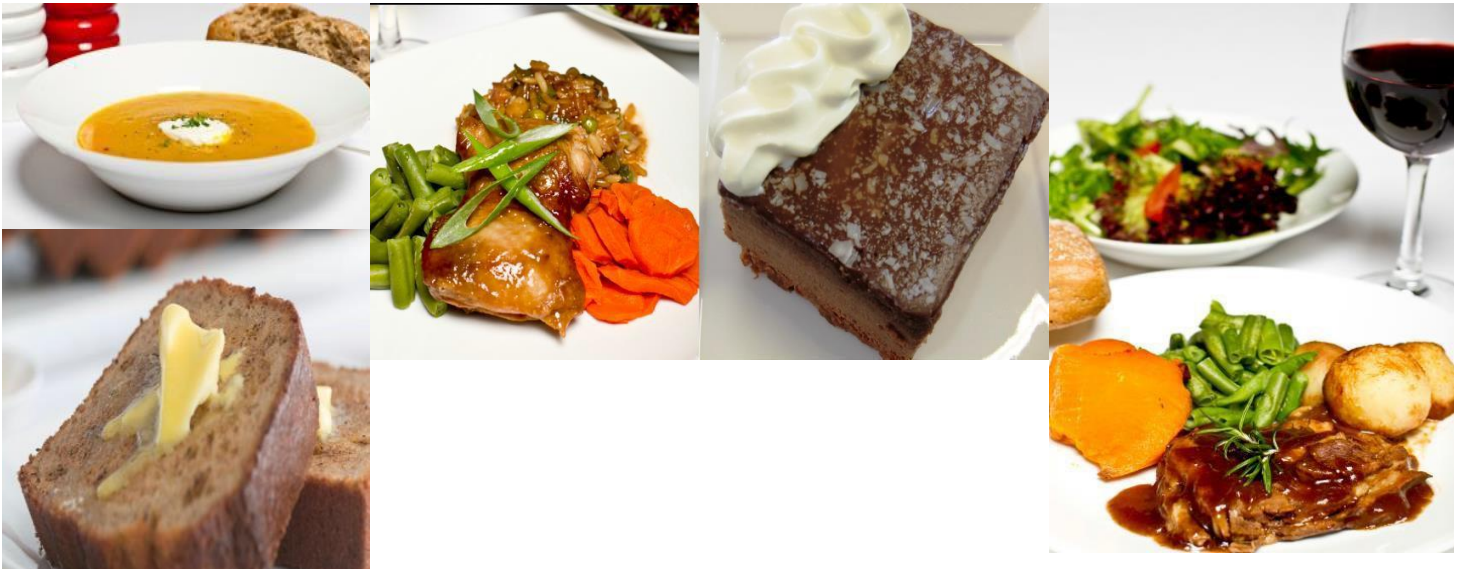
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GF= Gluten Free

V=Vegetarian

LS=Low Sugar

RS=Reduced Sodium

LF=<10g/100gLowFat