

# Meals on Wheels Menu

## Main Meals (frozen)

*\$6.00 funded  
\$10.50 full price*

*All main meals are served with vegetables*



Roast chicken  
Roast beef  
Roast lamb  
Steak & kidney with mash  
Honey mustard chicken  
Corned beef  
Beef lasagne  
Vegetable pasta bake  
Vegetable curry with rice  
Massaman beef curry with rice  
Thai fish cakes  
Steamed fish with parsley sauce



## Light Meals (frozen)

*\$5.00 funded  
\$7.00 full price*



Chicken pie, peas, mash & gravy  
Beef pie, peas, mash & gravy  
Lamb rissoles, peas, mash & gravy

## Soup

*\$2.00 funded  
\$3.00 full price*



Soup of the week with  
crusty bread roll

# Meals on Wheels Menu

## Salads

(contain egg)

*\$6.00 funded  
\$10.50 full price*



Garden salad  
with chicken, ham or beef  
  
Chicken caesar salad

## Sandwiches

(white or wholemeal bread)

*\$4.00 funded  
\$6.00 full price*



Salad  
Cheese and salad  
Beef and salad  
Chicken and salad  
Ham and salad

## Desserts

*\$2.50 funded  
\$3.50 full price*



Fruit salad & yogurt  
Apple pie & custard  
Cheesecake with berry coulis