



Quality meals for you

Menu

69212205

waggamow@bigpond.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.
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
BEEF & BACON CASSEROLE served with parsley potato, pumpkin & broccoli (RS, GF)	Fstaff 60003	6.80				
BEEF & RED WINE CASSEROLE with creamy mash potato & seasonal vegetables (LF)	MChef M13	6.80				
BEEF CASSEROLE Diced lean beef in traditional beef & vegetable sauce, served with mashed potatoes, beans, carrots & corn (LF, RS, GF)	Gmania GBC	5.50				
BEEF DIANE Lean prime beef diced in garlic cream mushroom sauce served with penne pasta, peas & corn (LF, RS)	Gmania GBD	5.50				
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	5.50				
BEEF POT ROAST seasoned roast beef with traditional rich beef gravy, potatoes persillade & cross cut green beans (LF, RS)	Gmania GRB	5.50				
BEEF STROGANOFF lean beef with creamy tomato mushroom sauce, rice, carrot & peas (LF, RS, GF)	Fstaff 60006	6.70				
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	5.50				
HICKORY BBQ BEEF mild spicy Southern Style BBQ flavoured beef with domed potatoes corn, carrot & peas	Gmania GHBB	5.50				
COTTAGE PIE (LF, RS, GF) a savoury mince topped with creamy mashed potato served with pumpkin & beans	Fstaff 60005	6.70				
GRILLED SAUSAGES onion gravy, steamed potato & seasonal vegetables	MChef M20	6.80				
MEATLOAF Old fashioned meatloaf topped with a country gravy, creamy mashed potatoes & mint green peas (LF, RS)	Gmania GML	5.50				
GRILLED RISSOLE & ONION GRAVY creamy potato & vege melange (LF)	Fstaff 60115	6.70				
CURRY SAUSAGES mashed potato & seasonal veges	MChef M16	6.80				
SAVOURY BEEF MINCE with mash potato and seasonal vegetables (LF, GF)	MChef M45	6.70				
CORNED SILVERSIDE onion white sauce, mashed potato & seasonal veges (LF)	MChef M05	7.30				
STEAK & KIDNEY CASSEROLE with mashed potato & vegetables (LF)	MChef M26	6.70				
VEAL PARMAGIANA with creamed potato, carrot & peas (LF, GF)	Fstaff 60033	6.80				
VIENNA SCHNITZEL served with a rich gravy, parsley potato, Carrot, Cauli beans peas & corn	Fstaff 60030	6.80				
GRILLED MEATBALLS IN GARLIC SAUCE with penne pasta, coated with a garlic cream sauce & fresh broccoli	Gmania GGM	5.50				
INDIAN VEGETABLE CURRY mild curry dish with Indian flavours & rice (GF,)	MChef M59	7.30				
VEGETABLE LASAGNE with bechamel sauce served with seasonal veges	MChef M25	6.70				
VEGETARIAN SELECTION a variety of vegetarian meals, changes regularly	Fstaff FLVEG	6.80				
PAN GRILLED CHICKEN BREAST with grain mustard cream sauce, steamed potato & seasonal vegetables (LF)	MChef M40	7.30				
CHICKEN & VEGETABLE PIE (LF, RS) with creamed potato pumpkin & peas	Fstaff 60056	6.70				



August 2019

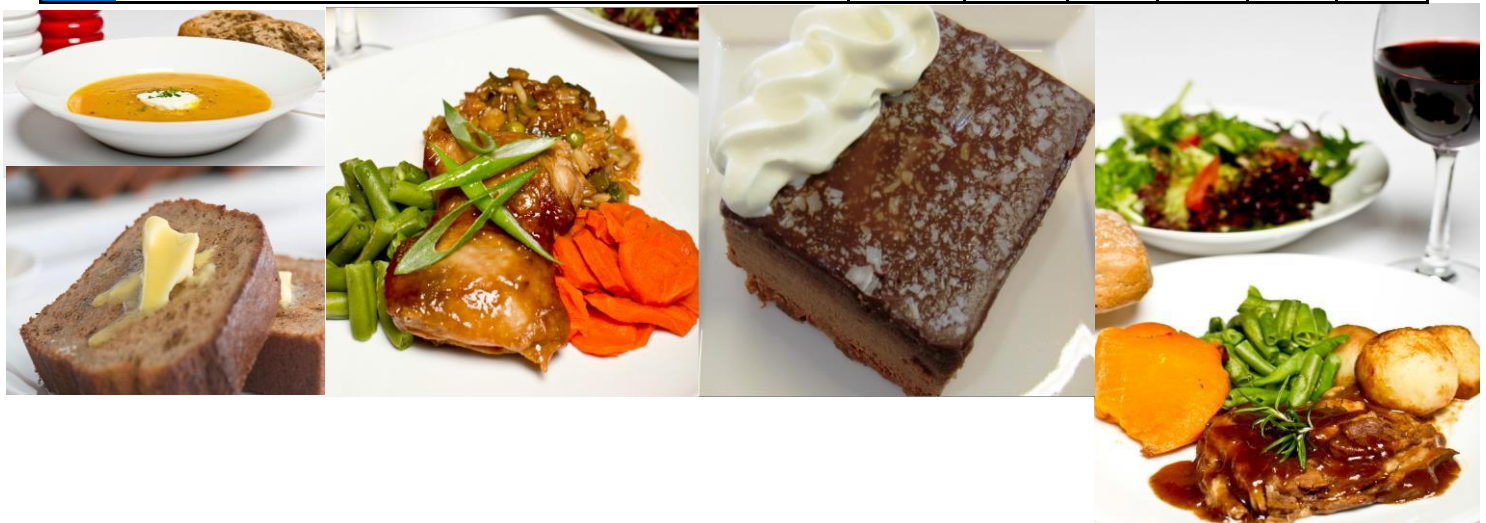
Name & Phone No	Supplier Code	Price	Quantity				
			Week A	Week B	Week C	Week D	
CHICKEN	CHICKEN BREAST PARMAGIANA with creamy mashed potato & seasonal vegetables (LF)	MChef M37	6.80				
	CHICKEN CHASSEUR lean chicken thigh served with a mediterranean style tomato & mushroom sauce, potatoes persillade, carrots	Gmania G CHCH	5.50				
	CHICKEN CHOW MEIN WITH EGG NOODLES Cantonese style egg noodles topped with traditional chicken chow mein, with fresh veges	Gmania GCCM	5.50				
	CHICKEN HONEY CURRY mild sweet curry served with steamed rice & seasonal vegetables (LF)	MChef M19	6.80				
	CHICKEN SCHNITZEL with gravy, oven fries, carrot, cauliflower beans peas & corn (LF)	Fstaff 60182	6.70				
	HONEY SOY CHICKEN with fried rice, carrot & beans (LF)	Fstaff 60050	6.70				
	CHICKEN & ASPARAGUS MORNAY with parsley potato, beans & vegetable melange (RS)	Fstaff 60055	6.70				
	TURKEY PROVENCEALE tender turkey meat in mediterranean sauce served with herbed rice & green peas (LF,GF,RS)	Gmania G TP	5.50				
	THAI GREEN CHICKEN CURRY & rice	Fstaff 60057	6.70				
	CHICKEN CREOLE (GF, LF, RS) with herb infused rice & green beans	Gmania GCC	5.50				
	ROAST CHICKEN gravy, roast potato, pumpkin & peas (LF, RS, GF)	Fstaff 60051	6.70				
	APRICOT CHICKEN creamy mashed potato & seasonal veges	MChef M44	6.80				
LAMB	CRUMBED LAMB PATTIES with gravy creamed potato & vegetable melange	Fstaff 60027	6.80				
	LAMB CHOP & GRAVY , parsley potato, beans & Carrot, Cauli & Broc (LF)	Fstaff 60022	6.80				
	LAMB IN PLUM SAUCE slow cooked diced lamb in traditional plum sauce served with creamed potatoes, peas & carrots (LF, RS)	Gmania G LPS	5.50				
	LAMBS FRY & BACON onion gravy, mashed potato & vegetables (LF)	MChef M04	6.70				
	ROAST LAMB with gravy, roast potato, pumpkin & beans (RS, GF)	Fstaff 60021	6.80				
	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)	Gmania G SL	5.50				
	SPINACH & DICED LAMB LASAGNE tender diced lamb leg with creamy spinach layered in fresh egg pasta sheets, a cheddar cheese crust, with potato	Gmania G SDL	5.50				
FISH	CURRIED PRAWNS with steamed rice & veges	MChef M24	7.30				
	CRUMBED FISH oven fries, pumpkin, peas & beans (LF,RS)	Fstaff 60060	6.70				
	BAKED FISH with parsley lemon butter, potato & seasonal vegetables	MChef M23	6.80				
	FISH CAKE served with parsley sauce, oven fries, carrot & broccoli (LF)	Fstaff 60066	6.70				
	GRILLED FISH FILLET WITH WHITE WINE CREAM SAUCE steamed potato & vegetables (LF)	MChef M09	6.80				



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			Week A	Week B	Week C	Week D	
FISH	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>	Gmania G PF	5.50				
	GRILLED BARRAMUNDI FILLET , <i>lime ginger shallot butter & Rice Pilaf (GF)</i>	MChef M58	8.40				
	TUNA MORNAY <i>creamy mashed potato & seasonal vegetables (LF)</i>	MChef M29	6.70				
	PORK & APPLE CASSEROLE <i>diced lean pork garnished with a colourful creamy apple & sweet potato gravy, served with potato mash</i>	Gmania G	5.50				
PORK	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>	Gmania G PTVS	5.50				
	ROAST PORK <i>served with gravy, roast potato, pumpkin & peas (LF, RS, GF)</i>	Fstaff 60042	6.70				
	SWEET & SOUR PORK <i>served with steamed rice & veges (GF)</i>	MChef M47	6.70				
	PULLED PORK <i>with potato gratin & vegetables (GF)</i>	MChef M60	7.30				
	QUICHE - <i>bacon, spinach & cheese in a pastry case served with seasonal veges</i>	MChef M12	6.80				
DESSERTS	BAKED VANILLA RICE PUDDING & CREAM (LF, GF, LS)	MChef INVD07	2.80				
	APPLE & WILDBERRY CRUMBLE & CUSTARD (LF, LS)	PP 654	2.40				
	APPLE PIE & CREAM	Fstaff 60086	3.20				
	APPLE PUDDING & CUSTARD (LF, LS)	VK VKAPC	1.90				
	APPLE SLICE & CUSTARD (LF, LS)	VK VKASC	1.90				
	APRICOT PIE & CREAM	Fstaff 60138	3.20				
	BANANA CUSTARD (LF, GF, LS, high in calcium, protein)	PP 560	2.20				
	BANANA PUDDING WITH CARAMEL SAUCE	MChef INVD13	2.80				
	BERRY DELIGHT (LF, GF) high in calcium, protein	PP 565	2.20				
	BREAD & BUTTER PUDDING & CUSTARD	PP 666	2.40				
	CHOCOLATE BAVARIAN	VK VKCB C	1.90				
	CHOCOLATE LAVA PUDDING	Fstaff 60089	3.20				
	CHOCOLATE MOUSSE & CREAM (LF, GF)	MChef INVD1	3.20				
	CREAMED RICE & PEACHES (LF, LS)	VK VKCPS	1.90				
	FRUIT SALAD (LF, GF)	Fstaff 60103	2.80				
	GOLDEN SYRUP DUMPLINGS (LF)	MChef INVD08	2.80				
	HONEYCOMB BUZZ CUSTARD (LF, GF) high in calcium, protein	PP 567	2.20				
BAKED LEMON PUDDING WITH CUSTARD	MChef INVD15	2.80					



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DESSERTS	LEMON CHEESECAKE & CREAM	MChef INVD02	3.00				
	LEMON DESSERT (LF, GF, LS, high in calcium, protein)	PP 550	2.20				
	MANGO MOUSSE (LF, GF, LS)	Fstaff 60149	2.80				
	PAVLOVA WITH CREAM & BLUEBERRIES	MChef INVD1	2.80				
	PEACH & PEAR CRUMBLE & CUSTARD (LF, LS)	VK VKPPC	1.90				
	PEACH CRUMBLE & CUSTARD (LF, LS)	PP 691	2.40				
	PEACHES & CUSTARD (LF, LS)	Fstaff 60091	2.40				
	PEAR STREUSEL & CUSTARD	PP 651	2.40				
	STICKY DATE WITH CUSTARD (LF)	PP 695	2.40				
	STEWED RHUBARB & APPLE WITH CUSTARD (LF)	MChef INVD11	2.80				
	VANILLA SLICE	Fstaff 60139	3.20				
	STRAWBERRY SWIRL CHEESECAKE	Fstaff 60261	3.20				
	TIRAMISU (RS)	Fstaff 60269	3.20				
	ICE CREAM (LF, GF) 100ml	Bulla	1.40				
	TRIFLE & CREAM	Fstaff 60087	2.80				
CAKES	BANANA BREAD <i>individually wrapped slice, ready to eat in minutes</i>	243562	2.50				
	PECAN & ORANGE SLICE <i>individually wrapped slice, ready in minutes</i>	243459	2.50				
JUICE	APPLE JUICE 200ml Just Juice	Berri	1.00				
	ORANGE JUICE 200ml Just Juice	Berri	1.00				



GF= Gluten Free
V=Vegetarian

LS=Low Sugar
RS=Reduced Sodium

LF=<10g/100g Low Fat

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

