

AGED CARE MENU

(CLIENTS NOT ON
HOMECARE PACKAGES)



Beef/Veal Main Meals - \$8.40



Beef Pot Roast with Mash (GF)

With carrots & peas



BBQ Sausages with BBQ Sauce (GF) **NEW**

With pan-fried potatoes, broccoli & baked beans



Beef Stroganoff (GF) **NEW**

With mashed potato



Corned Silverside & Parsley Sauce (GF)

With creamy mashed potato, sweet carrots & crisp peas



Cottage Pie (GF)

With honey glazed carrots, peas & beans



Creamy Rissoles with Mash (GF)

With beans, broccoli & carrots



Curried Sausages (GF)

With mashed potato, carrots, peas & corn



Grilled Sausages with Onion Gravy (GF)

With mashed potato & mixed vegetables

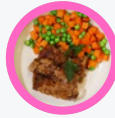


Irish Beef Stew (GF) **NEW**



Lasagne

With carrots, peas & brussels sprouts



Meatloaf with Gravy

With mashed potato & vegetable panache



Mexican Beef & Black Bean (GF) **NEW**

With basmati rice & tomato salsa



Rissoles (GF) **NEW**

With sweet potato bake

(GF) - GLUTEN FREE
(V) - VEGETARIAN
(VG) - VEGAN

SUPPLIERS:

- Central West Food Services
- Liverpool Meals on Wheels
- Gourmet Meals

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Beef/Veal Main Meals (continued) - \$8.40



Roast Beef (GF) **NEW**

With mashed potato & roast pumpkin



Smokey BBQ Brisket **NEW**

With mac and cheese & broccoli



Spaghetti Bolognese (GF)

With vegetables



Steak & Kidney Pie

With mashed potato & vegetables

Ham/Pork Main Meals - \$8.40



Honey Pork & Pineapple Casserole (GF)

With rice, carrots & beans



Pork Meatballs with Sweet & Sour Sauce **NEW**



Roast Pork with Apple Gravy (GF) **NEW**

With pumpkin mash, roast potatoes, sweet potato & vegetables



Steak Diane (GF) **NEW**

With cream potato



Stuffed Baked Potato with Pulled Pork (GF) **NEW**

Seafood Main Meals - \$8.40



Barramundi with Lemon Butter (GF)

With basmati rice, cauliflower, broccoli & carrots



Cheesy Tuna Bake

With roast sweet potato & peas

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Seafood Main Meals (continued) - \$8.40



Crumbed Fish **NEW**

With potato bake



Curry Prawns (GF)

With basmati rice & a medley of Asian greens



Garlic Prawns (GF)

With rice, broccoli, cauliflower & carrots in a creamy sauce



Salmon & Vegetable Pattie

With baby potatoes, roast pumpkin & peas in a creamy parsley white sauce



Seafood Crepe **NEW**

With wedges & cheese sauce



Whiting **NEW**

With wedges, tartare sauce & diced carrots, corn & peas

Chicken Main Meals - \$8.40



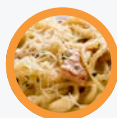
Apricot Chicken **NEW**

With pasta



Butter Chicken (GF) **NEW**

With basmati rice



Chicken Carbonara **NEW**



Chicken Casserole (GF)

With roast potato, broccoli & pumpkin



Chicken Curry- Mild (GF)

With basmati rice & vegetables



Chicken Parmigiana

With roast potato, cauliflower, broccoli & carrots

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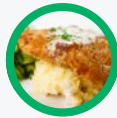
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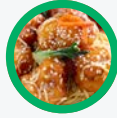
Chicken Main Meals (continued) - \$8.40



Chicken Schnitzel with Gravy
With mashed potato, carrots & beans



Chinese Chicken & Vegetable (GF)
With rice



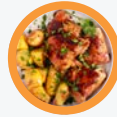
Honey Chicken with Cashews
With hokkein noodles, carrots & beans



Chicken Stirfry **NEW**
With hokkein noodles



Honey Soy Chicken (GF) **NEW**
With fried rice



Mango Chicken (GF) **NEW**
With roast potato



Moroccan Chicken **NEW**
With cous cous

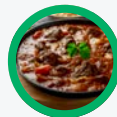


Roast Chicken (GF)
With roast potato, roast pumpkin & beans

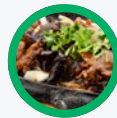


Sweet & Sour Chicken with Rice (GF)
With mixed vegetables

Lamb Main Meals - \$8.40



Hungarian Goulash (GF) **NEW**
With mashed potato



Lambs Fry & Bacon (GF)
With mashed potato & vegetables



Roast Lamb (GF)
With roast vegetables & gravy

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Premium Meals - \$9.00



Lamb in Red Wine (GF) **NEW**

With creamy mash, honey glazed carrots & buttered green beans



Lamb Chops with Creamy Gravy (GF)

With mashed potato, honey glazed carrots, peas & beans



Roast Turkey with Cranberry Sauce (GF)

With roast potato & sweet potato, green beans and peas & gravy

Vegetarian & Vegan Main Meals - \$8.40

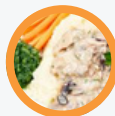


Brown Rice Vegetable Patties (VG) (GF)

With a potato & sweet potato stack & green beans



Crumbed Vegetable Patties (V) (GF) **NEW**



Mushroom Casserole with Mash (V) (GF)

With mashed potatoes & spinach



Mushroom Risotto (V) **NEW**



Pumpkin, Spinach & Feta Frittata (V) (GF)

With vegetables



Spinach & Ricotta Tortellini (V) **NEW**

In a creamy roast pumpkin sauce with sundried tomatoes & broccoli



Cheesy Pumpkin Arancini (V) **NEW**

With mashed potato & mixed vegetables



Zucchini & Corn Fritters (V) **NEW**

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Mini Meals - \$6.50



Barramundi with Lemon Butter (GF)

With garden vegetables & potato



Beef Risssoles with Gravy (GF) NEW

With potato bake, green beans, carrots & corn



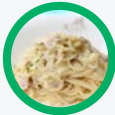
Beef Stroganoff (GF) NEW

With rice



Butter Chicken (GF)

With basmati rice & creamed spinach



Creamy Chicken & Bacon Pasta

With broccoli, carrots & peas



Corned Silverside (GF) NEW

With parsley sauce



Garlic Prawns (GF)

With rice, broccoli, carrots & cauliflower in a creamy garlic sauce



Honey Soy Chicken (GF) NEW

With fried rice



Lamb Mousaka (GF) NEW



Mince with Potato Bake (GF) NEW

With vegetables



Pulled Pork (GF) NEW

With Mexican rice



Roast Lamb with Mint Gravy (GF)

With mashed potato & mixed vegetables



Roast Pork in Apple Gravy (GF)

With potato, pumpkin mash & mixed vegetables

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Meals on Wheels
Blue Mountains

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Mini Meals (continued) - \$6.50



Savoury Mince & Vegetables (GF)

With baby potatoes, mashed pumpkin & mixed vegetable



Salmon & Vegetable Patties **NEW**



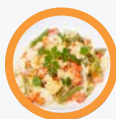
Slow Cooked Beef (GF)

With mashed potato, peas & carrots



Vegetarian Stirfry (V) **NEW**

With tofu



Vegetable Mornay (V) (GF)

Smothered in a creamy sauce & topped with cheese

Soups - \$4.00



Beef, Barley & Vegetable



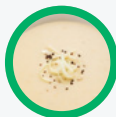
Chicken Stockpot



Curried Cauliflower (V) (GF) **NEW**



Pea & Ham (GF)



Potato & Leek (V) (GF)



Pumpkin (V) (GF)

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Desserts - \$4.00

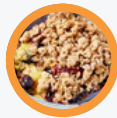


Apple & Rhubarb Crumble

With custard

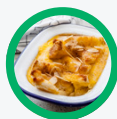


Apple Crumble (GF) **NEW**



Berry Crumble with Custard (GF)

With custard



Bread & Butter Pudding **NEW**

With peaches



Chocolate Bavarian

With cream



Chocolate Mousse

With cream



Custard Danish **NEW**



Double Choc Pudding **NEW**



Fruit Salad with Cream (GF)



Golden Syrup Pudding **NEW**

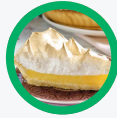
With custard



Lemon Cheesecake **NEW**



Lemon Cheesecake Mousse (GF)



Lemon Meringue Pie

With cream

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Desserts (continued) - \$4.00



Pavlova (GF)
With cream



Peaches with Jelly (GF)



Tiramisu (GF)



Trifle with Fruit & Cream



Vanilla Panna Cotta with Berries (GF)

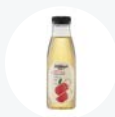
Drinks



Nippy's Iced Coffee 500ml - \$3.80



Devondale Longlife Milk 1L - \$3.00



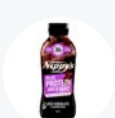
Nippy's Apple Blackcurrent Juice 375ml - \$3.50



Nippy's Immune Support Apple Ginger 1L - \$6.00 **NEW**



Nippy's Tropical Breakfast Juice 1L - \$5.50 **NEW**



Nippy's Iced Choc Protein & Fibre 500ml - \$4.50 **NEW**

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Fresh From Our Cafe



Beef & Guinness Pie - \$6.40 **NEW**



Chicken Curry Pie - \$6.10 **NEW**



Pork, Apple & Sage Sausage Roll - \$4.70



Mini Quiche Lorraines (2) - \$5.10



Spinach, Feta & Mushroom Frittatas (2) (V) (GF) - \$5.00



Couscous Salad (V) - \$5.70 **NEW**



Salad (V) (GF) - \$6.10 | With Meat (GF) - \$6.70



Salad Sandwich (V) - \$6.10 | With Meat - \$6.70



Pumpkin, Fetta & Sage Scone (V) - \$4.70 **NEW**



Banana & Date Muffin (V) - \$5.10



Apple Cake (V) (GF) - \$5.30 **NEW**



Fruit - Assorted Pieces (5) - \$7.00

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