

AGED CARE MENU

(CLIENTS NOT ON
HOMECARE PACKAGES)



Beef/Veal Main Meals - \$8.00



Beef Goulash (GF)

With mashed potato, pumpkin & broccoli



Beef Pot Roast with Mash (GF)

With carrots & peas



Beef Stroganoff (GF)

With basmati rice & vegetables in a creamy mushroom sauce



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



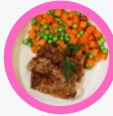
Grilled Sausages with Onion Gravy (GF)

With mashed potato & mixed vegetables



Lasagne

With carrots, peas & brussels sprouts



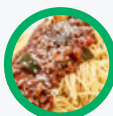
Meatloaf with Gravy

With mashed potato & vegetable panache



Roast Beef (GF)

With roast potato, carrots, broccoli & gravy



Spaghetti Bolognese (GF)

With sweet carrots & crisp peas



Steak & Kidney Pie

With mashed potato, carrots, peas & beans

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

SUPPLIERS:

- Central West Food Services
- Fairfield Food Service
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Beef/Veal Main Meals (continued) - \$8.00



Steak Diane (GF)

With roast potato, roast sweet potato, beans & mixed vegetables



Veal Schnitzel

With mashed potato, cauliflower, peas & gravy

Ham/Pork Main Meals - \$8.00



Honey Pork & Pineapple Casserole (GF)

With rice, carrots & beans



Pork & Red Wine Ragu (GF)

With roast potato, cauliflower & peas



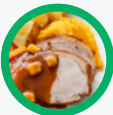
Pork Sausage (GF)

With mashed potato, carrots & peas in an onion gravy



Quiche Lorraine

With carrots & peas



Roast Pork (GF)

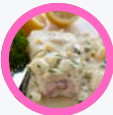
With roast potato, roast pumpkin & brussels sprouts



Sweet & Sour Pork (GF)

With fluffy rice & mixed vegetables

Seafood Main Meals - \$8.00



Baked Fish with Cream Sauce

With roast potato, cauliflower & beans



Barramundi with Lemon Butter (GF)

With basmati rice, cauliflower, broccoli & carrots

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Meals on Wheels
Blue Mountains

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Seafood Main Meals (continued) - \$8.00



Cheesy Tuna Bake

With roast sweet potato & peas



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 Premium Meal - \$8.75



Crumbed Fish with Potato Bake

With vegetables

Chicken Main Meals - \$8.00



Apricot Chicken (GF)

With mashed potato & vegetable melange



BBQ Chicken (GF)

With roast potato, sweet potato & green beans



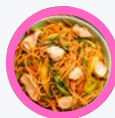
Chicken & Leek Pie

With vegetables



Chicken Casserole (GF)

With roast potato, broccoli & pumpkin



Chicken Chowmein

With hokkein noodles & vegetables



Chicken Curry (GF)

With basmati rice & vegetables

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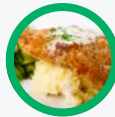


Chicken Main Meals (continued) - \$8.00



Chicken Parmigiana

With roast potato, cauliflower, broccoli & carrots



Chicken Schnitzel with Gravy

With mashed potato, carrots & beans



Chinese Chicken & Vegetable (GF)

With rice



Honey Chicken with Cashews

With hokkein noodles, carrots & beans



Lemon Chicken (GF)

With mashed potato & jardin vegetable mix



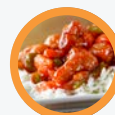
Roast Chicken (GF)

With roast potato, roast pumpkin & beans



Roast Turkey (GF)

With roast potato, sweet potato, peas & beans in a cranberry sauce



Sweet & Sour Chicken with Rice (GF)

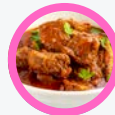
With mixed vegetables

Lamb Main Meals - \$8.00



Lamb Casserole with Mashed Potato (GF)

With broccoli & cauliflower



Lamb Curry

With basmati rice & vegetable panache



Lambs Fry & Bacon (GF)

With mashed potato & vegetables

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Lamb Main Meals (continued) - \$8.00



Roast Lamb with Mint Gravy (GF)

With roasted potatoes, pumpkin, broccoli & cauliflower



Shepherd's Pie

With carrots & beans

Lamb Premium Meal - \$8.75



Lamb Chops with Creamy Gravy (GF)

With mashed potato, honey glazed carrots, peas & beans

Vegetarian & Vegan Main Meals - \$8.00



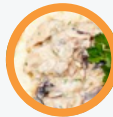
Brown Rice Vegetable Patties (VG) (GF)

With a potato & sweet potato stack & green beans



Coconut Dahl (VG) (GF)

With red lentils, basmati rice, spinach & mango chutney



Mushroom Casserole with Mash (V) (GF)

With mashed potatoes & spinach



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

With vegetables



Spinach & Ricotta Cannelloni (V)

With vegetable melange



Vegetable Quiche (V)

With roast potato, roast pumpkin & mixed vegetables



Veggie Pesto Pasta (V)

With vegetables, parmesan & feta cheese in a creamy pesto sauce

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Mini Meals - \$6.25



Barramundi with Lemon Butter (GF)

With garden vegetables & potato



Beef Risssoles with Gravy (GF)

With mashed potato, carrots & creamy spinach



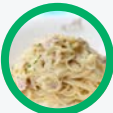
Butter Chicken (GF)

With basmati rice & creamed spinach



Chicken Tenders (GF)

With potato, carrots & broccoli



Creamy Chicken & Bacon Pasta

With broccoli, carrots & peas



Crumbed Fish (GF)

With potato, beans, carrots & corn



Crumbed Vegetable Patties (V) (GF)

With roast potato, roast sweet potato, beans & broccoli



Garlic Prawns (GF)

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



Lamb Casserole with Mashed Potato (GF)

With garden vegetables



Roast Beef (GF)

With potato, broccoli, carrots & gravy



Roast Lamb with Mint Gravy (GF)

With mashed potato & mixed vegetables



Roast Pork in Apple Gravy (GF)

With potato, pumpkin mash & mixed vegetables



Savoury Mince & Vegetables (GF)

With baby potatoes, mashed pumpkin & mixed vegetable

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Mini Meals (continued) - \$6.25



Shepherds Pie

With potato, carrots, beans & mixed vegetables



Slow Cooked Beef (GF)

With mashed potato, peas & carrots



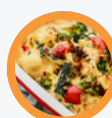
Spaghetti Bolognese (GF)

With sweet carrots & crisp peas



Steak & Bacon Casserole with Mash (GF)

With carrots, cauliflower, broccoli & green beans



Vegetable Mornay (V) (GF)

Smothered in a creamy sauce & topped with cheese

Soups - \$3.75



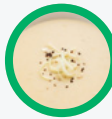
Beef, Barley & Vegetable



Chicken Stockpot



Pea & Ham (GF)



Potato & Leek (V) (GF)



Pumpkin (V) (GF)



Tomato (V) (GF)

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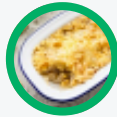
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Desserts - \$4.00



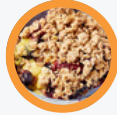
Apple & Rhubarb Crumble

With custard



Apple Pie

With cream



Berry Crumble with Custard (GF)

With custard



Butterscotch Pudding

With custard



Cheesecake (GF)



Chocolate Bavarian

With cream



Chocolate Mousse

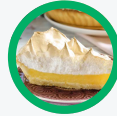
With cream



Fruit Salad with Cream (GF)



Lemon Cheesecake Mousse (GF)



Lemon Meringue Pie

With cream



Pavlova (GF)

With cream



Peaches with Jelly (GF)

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Desserts (continued) - \$4.00



Sticky Date Pudding
With dates & caramel sauce



Tiramisu (GF)



Trifle with Fruit & Cream

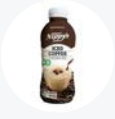


Vanilla Panna Cotta with Berries (GF)



Vanilla Tea Cake & Custard

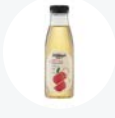
Drinks



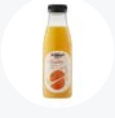
Nippy's Iced Coffee 500ml - \$3.50



Devondale Longlife Milk 1L - \$3.00



Nippy's Apple Juice 375ml - \$3.00



Nippy's Orange Juice 375ml - \$3.00



Nippy's Tropical Breakfast Juice 2L - \$6.50



Sustagen - Chocolate or Strawberry 250ml - \$3.50

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Fresh From Our Cafe



Beef Bourguignon Pie - \$6.20



Chicken & Sage Pie - \$5.90



Pork, Apple & Sage Sausage Roll - \$4.50



Mini Quiche Lorraines (2) - \$4.90



Spinach, Feta & Mushroom Frittatas (2) (V) (GF) - \$4.80



Apple Slaw (V) (GF) - \$5.55



Salad (V) (GF) - \$6.00 | With Meat (GF) - \$6.60



Salad Sandwich (V) - \$6.00 | With Meat - \$6.60



Fruit Scone - \$4.40



Banana & Date Muffin - \$4.90



Sticky Date Pudding with Butterscotch (GF) - \$5.10



Fruit - Assorted Pieces (5) - \$6.50

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