



Meals on Wheels
Blue Mountains

AGED CARE MENU

(CLIENTS NOT ON
HOMECARE PACKAGES)



Beef/Veal Main Meals - \$7.40



Beef Stroganoff (GF)

With basmati rice & vegetables in a creamy mushroom sauce



Corned Beef in White Sauce (GF)

With mashed potatoes, carrots, broccoli & cauliflower



Curried Sausages (GF)

With mashed potato, carrots, peas & corn



Grilled Sausages with Onion Gravy (GF)

With mashed potatoes and seasonal vegetables



Lasagne

With carrots, peas & brussels sprouts



Malaysian Beef Rendang

With rice and seasonal greens



Meatloaf with Gravy

With mashed potato & vegetables



Rissoles with Gravy (GF)

With mashed potato, carrots & creamy spinach



Roast Beef (GF)

With potato & vegetables



Savoury Mince & Vegetables (GF)

With baby potatoes, mashed pumpkin & mixed vegetables



Spaghetti Bolognese (GF)

With mashed potato, carrots, peas & beans



Steak & Kidney Pie

served with mashed potato, carrots, peas & beans



Veal Schnitzel

With mashed potatoes & vegetables

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

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Lamb Main Meals - \$7.40



Lamb Casserole with Mashed Potato (GF)

With garden vegetables



Lamb Risssoles with Mashed Potato (GF)

With vegetables



Lamb Schnitzel with Roast Potatoes

With vegetables



Lambs Fry & Bacon (GF)

With mashed potato & vegetables



Roast Lamb with Mint Gravy (GF)

With roasted chat potatoes, pumpkin & mixed vegetables



Shepherds Pie

With vegetables

Pork Main Meals - \$7.40



Honey Pork & Pineapple Casserole (GF)

With rice, carrots & beans



Meatballs with Mushroom Sauce (GF)

With mashed potato & vegetables



Pork Sausage (GF)

With onion gravy, mashed potatoes, carrots & peas



Pork Steak Diane (GF)

With mashed potato & vegetables



Pork Vindaloo (GF)

With rice & vegetables



Roast Pork (GF)

With roast potatoes, sweet potato & mixed seasonal vegetables in an apple gravy

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Seafood Main Meals - \$7.40



Cheesy Tuna Bake

With sweet potato & peas



Crumbed Fish Fillets with Wedges

With potato wedges & vegetables



Salmon & Vegetable Pattie

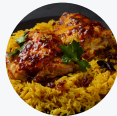
With baby potatoes, roast pumpkin & peas in a creamy parsley white sauce



White Fish with Mustard Sauce

With vegetables

Chicken Main Meals - \$7.40



Almond Chicken Casserole

With rice & vegetables



Apricot Chicken (GF)

With mashed potato & vegetables



Butter Chicken with Rice (GF)

With vegetables



Chicken Breast Mango (GF)

With vegetables



Chicken Chowmein

With hokkein noodles & vegetables



Chicken Curry (GF)

With basmati rice & vegetables



Chicken Kiev with Cheese Sauce

With roast potato & vegetables



Chicken Mushroom Roast (GF)

With vegetables

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Chicken Main Meals (continued) - \$7.40



Chicken Parmigiana with Wedges

With vegetables



Chicken Schnitzel with Gravy

With potato and vegetables



Chicken Schnitzel with Lemon

With rice, mashed pumpkin & peas



Chicken with Tomato & Capers (GF)

With potato & vegetables



Honey Chicken with Cashews

With hokkein noodles, carrots & beans



Roast Chicken Breast with Cream Potatoes (GF)

With carrots & peas



Satay Chicken (GF)

With rice & mixed vegetables



Thai Green Curry Chicken

With rice & mixed vegetables

Vegetarian & Vegan Main Meals - \$7.40



Brown Rice Vegetable Patties (VG) (GF)

With a potato & sweet potato stack, green beans & a tomato-based sauce



Macaroni & Cheese (V)

With vegetables



Mushroom Casserole with Mash (V) (GF)

With mashed potatoes, spinach & carrots



Spinach & Ricotta Cannelloni (V)

With vegetables

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Vegetarian & Vegan Mains (continued) - \$7.40 —



Vegetable Quiche (V)

With roast potatoes, pumpkin & mixed vegetables



Vegetable Risotto with Mushroom(V) (GF)

With vegetables



Vegetable Stir Fry (V)

With noodles, cauliflower & beans



Vegetarian Parmigiana Roast (V)

With roast potatoes & vegetables

Premium Main Meals - \$8.40 —



Barramundi with Lemon Butter (GF)

With rice, cauliflower, broccoli & carrots



Braised Steak with Onion Gravy (GF)

With mashed potato, sweet potato & beans



Chinese Chicken & Vegetable (GF)

With Rice



Curry Prawns (GF)

With Basmati rice & Asian greens



Lamb Chops with Creamy Gravy (GF)

With mashed potato, carrots, peas & beans



Roast Turkey (GF)

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

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Mini Meals - \$5.80



Beef Bourguignon with Mash

With vegetables



Butter Chicken with Rice

With vegetables



Chicken Schnitzel with Lemon

With rice, mashed pumpkin & peas



Cottage Pie (GF)

With vegetables



Crumbed Fish (GF)

With mashed potato & vegetables



Garlic Prawns (GF)

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



Grilled Sausages with Onion Gravy (GF)

With mash & seasonal vegetables



Lamb Casserole with Sweet Potato

With vegetables



Roast Chicken (GF)

With cream potatoes, carrots, peas & gravy



Slow Cooked Beef (GF)

With mashed potato, peas & carrots



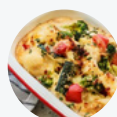
Sweet & Sour Chicken Noodles

With vegetables



Steak Pie

With mashed potato & vegetables



Vegetable Mornay (V) (GF)

With seasonal vegetables

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Premium Mini Meals - \$6.80



Barramundi with Lemon Butter (GF)

With basmati rice, broccoli, cauliflower & carrots



Chinese Chicken & Vegetables (GF)

With rice & vegetables



Roast Lamb with Mint Gravy (GF)

With roasted chat potatoes, pumpkin & mixed vegetables



Roast Turkey (GF)

With roast potato, sweet potato, peas & beans

Soups - \$3.40



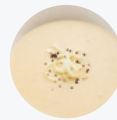
Beef, Barley & Vegetable



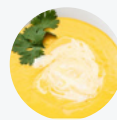
Chicken Stockpot



Pea & Ham (GF)



Potato & Leek (V) (GF)



Pumpkin (V) (GF)



Thai Roast Sweet Potato (V) (GF)

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Desserts - \$3.70



Apple & Rhubarb Crumble

With custard



Apple Pie

With cream



Apricot Crumble

With custard



Berry Crumble with Custard (GF)

With custard



Caramel Custard Tart

With cream



Chocolate Mousse

With cream



Double Chocolate Pudding

With custard



Fruit Salad with Cream (GF)



Lemon Cheesecake Mousse (GF)



Lemon Meringue Pie

With cream



Sticky Date Pudding

With dates & caramel sauce



Tiramisu (GF)



Trifle with Fruit & Cream



Vanilla Tea Cake & Custard

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Premium Desserts - \$4.00



Chocolate Bavarian
With cream



Pavlova (GF)
With cream



Raspberry Cheesecake



Vanilla Panna Cotta with Berries (GF)

Drinks



Iced Coffee 500ml - \$3.20



Devondale Longlife Milk 1L - \$2.70



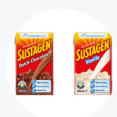
Juice - Apple & Blackcurrant 375ml - \$2.70



Juice - Breakfast 375ml - \$2.70



Juice - Orange & Passionfruit 2L - \$5.60



Sustagen - Chocolate or Vanilla 250ml - \$2.90

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Fresh From Our Cafe



Beef & Red Wine Pie - \$6.10



Vegetable Pie (V) - \$5.80



Pork & Thyme Sausage Roll - \$4.40



Mini Quiche Lorraines (2) - \$4.80



Mini Vegetable Frittatas (2) (V) (GF) - \$4.70



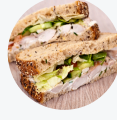
Cheese & Chive Scone (V) - \$4.30



White Bean Tabouli Salad (V) (GF) - \$5.45



Salad (V) (GF) - \$5.90 | With Meat - \$6.50



Salad Sandwich (V) - \$5.90 | With Meat - \$6.50



Apple & Cinnamon Muffin - \$5.00



Carrot Cake (GF) - \$4.80



Brownie (GF) - \$4.40



Fruit- Assorted Pieces (5) - \$6.00

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