

# Meals on Wheels Menu

## Main Meals (frozen)

All main meals are served with vegetables



Roast chicken

Roast beef

Roast lamb

Beef lasagne

*Small*    \$5.00 funded  
\$7.00 full price

*Large*    \$6.00 funded  
\$10.50 full price

Penne with meatballs in a  
rich tomato sauce

Spinach and ricotta cannelloni

Honey mustard chicken

Chicken parmigiana with wedges

Pork sausages with apple gravy sauce

Lamb rissoles

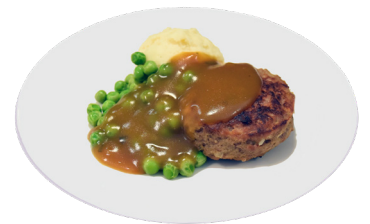
Steamed fish with parsley sauce

Salmon quiche with salad

Spinach, pumpkin and feta  
quiche with salad

Chicken pie with mash, peas and gravy

Beef pie with mash, peas and gravy



## Soup

*\$2.00 funded*  
*\$3.00 full price*



Soup of the week with  
crusty bread roll

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## 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*



Egg and lettuce  
Chicken and salad  
Ham and salad

## Desserts

*\$2.50 funded  
\$3.50 full price*



Fruit salad & yogurt  
Apple pie & custard  
Cheesecake with berry coulis  
Summer berry crumble & ice cream