



Fresh Meal
MENU

More
than just
a meal

Meals on Wheels
NEWCASTLE

WELCOME

Welcome to our Food Service,

Our professionally prepared meals are delivered to your door on Monday, Wednesday and Friday mornings. This service is aimed to help you stay independent in your own home

This menu showcases the variety of delicious fresh meals we offer our clients. The menu choices are set out in a 4 week cycle so you never have to eat the same thing twice in a month!

Each days menu choices contain Cheese and Biscuits, 2 Entrées, 4-5 Main Meals and 3 Desserts.

*** PLEASE NOTE ***

The accompanying vegetables CANNOT be changed.

If you have a medical condition that requires a special diet, please speak to your Coordinator directly.

*It's easy,
just sit back
relax and let us
cater for you*



PRICE

<u>ITEM</u>	<u>PRICE</u>
Juice	30 cents
Cheese & Biscuits	75 cents
Soup	\$1.20
Arancini Ball	\$2
Main Meal <i>360gm</i>	\$4.80
Mini Meal <i>220gm</i>	\$3.40
Dessert	\$1.40

How to Order

1. Choose your meals from the 4 week menu.
2. Mark them on the Meal Order Form provided.
3. Send it back via your Delivery Volunteer.
4. Orders can be changed 3 monthly if desired at the start of February, May, August and November.

*** PLEASE NOTE ***

It can take up to 2 weeks before your menu choices begin.

WEEK ONE

ENTREE

A Cream of Chicken Soup

*** **

B Arancini -Rice Ball with
Bolognese filling



DESSERTS

A Apple Pie

*** **



B Sticky Date Pudding
& Caramel Sauce

*** **



C Fruit & Custard

MONDAY

MAINS

A

Roast Beef & Gravy

Baked Potato & Pumpkin & Peas

*** **



B

Chicken & Asparagus

Bake with Vegetable Medley

*** **



C

Fish Cake with White Sauce

Sweet Potato, Cauliflower & Peas

*** **



D

Pumpkin & Ricotta

Lasagne

with Vegetable Medley



WEEK ONE

ENTREE

A **Minestrone Soup**

*** ***

B **Arancini -Rice Ball with**
Mushroom, Spinach &
Mozzarella filling



DESSERTS

A **Baked Rice Custard**
& Fruit

*** ***



B **Pear & Cinnamon**
Crumble & Custard

*** ***



C **Fruit & Custard**

WEDNESDAY

MAINS

A

Curried Sausages

with Savoury Rice

*** **



B

Lamb Pattie & Gravy

Mashed Potato, Pumpkin & Peas

*** **



C

Pork Potato Pie

& Vegetable Medley

*** **



D

Gnocchi in Cheesy Tomato

Sauce with Broccoli & Carrots



WEEK ONE

ENTREE

A Pumpkin Soup

*** **



B Arancini -Rice Ball with
Tomato, Feta & Pesto filling

A Chocolate Pudding
& Cream

*** **



B Stewed Apple &
Rhubarb & Custard

*** **



C Fruit & Custard

FRIDAY

MAINS

A

Rissole & Gravy

Mashed Potato, Carrot & Beans

*** **



B

Curried Chicken

& Savoury Rice

*** **



C

Crumbed Fish & Tartare

Sauce, Wedges & Vege Medley

*** **



D

Pork Sausage & Fennel

Casserole

Sweet Potato & Broccoli

*** **



E

Macaroni Cheese

Carrot, Beans & Cauliflower



WEEK TWO

ENTREE

A Beef & Vegetable Soup

*** **

B *Arancini -Rice Ball with
Mushroom, Spinach &
Mozzarella filling*



DESSERTS

A Coconut Rice Pudding

*** **



B Trifle

*** **



C Fruit & Custard

MONDAY

MAINS

A

Sausages & Gravy

Mashed Potato, Pumpkin & Peas

*** **



B

Chicken Stir Fry

with Savoury Rice

*** **



C

Seafood Crumble

with Sweet Potato, Corn & Peas

*** **



D

Spinach & Ricotta Crepe

with Vegetable Medley



WEEK TWO

ENTREEE

A **Mushroom Soup**

*** ***



B **Arancini -Rice Ball with
Tomato, Feta & Pesto filling**

DESSERTS

A **Pineapple
Upside-down Cake
& Custard**

*** ***



B **Mango Mousse**

*** ***



C **Fruit & Custard**

WEDNESDAY

MAINS

A

Steak & Kidney

Mashed Potato, Carrot & Beans

*** **



B

Apricot Chicken

with Rice, Carrot & Peas

*** **



C

Shepherds Pie

with Vegetable Medley

*** **



D

Vegetable Strudel

with Sweet Potato & Peas



WEEK TWO

ENTREEE

A **Thick Vegetable Soup**

*** ***



B **Arancini -Rice Ball with**
Bolognese filling

DESSERTS

A **Marmalade Pudding**
& Custard

*** ***



B **Lamington**

*** ***



C **Fruit & Custard**

FRIDAY

MAINS

A

Roast Lamb & Mint Gravy

Baked Potato, Pumpkin & Peas

*** **



B

Meat Pie & Gravy

Mashed Potato, Corn & Peas

*** **

C

Sweet & Sour Pork

with Rice

*** **

D

Seafood Hotpot

with Sweet Potato & Baby Beans

*** **

E

Creamy Spinach & Sweet Potato Pasta

WEEK THREE

ENTREE

A

Tomato Soup

*** **



B

**Arancini - Rice Ball with
Tomato, Feta & Pesto filling**

A

**Scone
with Jam and Cream**

*** **



B

**Creamed Rice
and Fruit**

*** **



C

Fruit and Custard

MONDAY

MAINS

A

Braised Steak

Mashed Potato, Carrot & Broccoli

*** **



B

Chicken Schnitzel & Gravy

Mashed Potato, Pumpkin & Peas

*** **



C

Honey Pork Meatballs

Sweet Potato, Carrot & Broccoli

*** **



D

Asparagus Quiche

Chat Potato, Pumpkin & Peas



WEEK THREE

ENTREE

A **Thai Chicken &
Vegetable Soup**

*** ***



B **Arancini -Rice Ball with
Bolognaise filling**

DESSERTS

A **Impossible Coconut Pie
and Fruit**

*** ***



B **Stewed Apple
with Custard**

*** ***



C **Fruit and Custard**

WEDNESDAY

MAINS

A

Roast Chicken & Sage Gravy

Baked Potato, Pumpkin & Peas

*** **



B

Cottage Pie

with Vegetable Medley

*** **



C

Lamb Casserole

with Sweet Potato & Broccoli

*** **



D

Vegetable & Chickpea

Potato Pie

with Vegetable Medley



WEEK THREE

ENTREE

A Pea and Ham Soup

*** **

B *Arancini -Rice Ball with
Mushroom, Spinach &
Mozzarella filling*



DESSERTS

A Peach & Apple Sponge
& Custard

*** **

B Baked Custard
with Fruit

*** **

C Fruit & Custard



FRIDAY

MAINS

A **Corned Beef & White Sauce**
Mashed Potato, Pumpkin, Cabbage

*** **



B **Chicken Stroganoff**
with Pasta

*** **



C **Salmon Pattie with White**
Sauce, Sweet Potato, Carrot & Peas

*** **



D **Sweet & Sour Meatballs**
with Rice

*** **



E **Pumpkin Quiche**
Mashed Potato, Carrot & Beans



WEEK FOUR

ENTREEE

A Pumpkin Minestrone
Soup

*** **



B Arancini -Rice Ball with
Bolognese filling

A Bread & Butter Pudding
with Fruit

*** **



B Apple Ginger Crumble
with Custard

*** **



C Fruit & Custard

MONDAY

MAINS

A

Meatloaf & Gravy

Mashed Potato, Pumpkin & Peas

*** **



B

Curried Prawns & Rice

*** **



C

Sausages with Tomato Onion Gravy

Sweet Potato, Carrot & Beans

*** **



D

Vegetable Lasagne

with Carrot & Broccoli



WEEK FOUR

ENTREEE

A **Chicken & Corn Soup**

*** ***



B **Arancini -Rice Ball with**
Mushroom, Spinach &
Mozzarella filling

DESSERTS

A **Mixed Fruit Crumble**
& Custard

*** ***



B **Chocolate Mousse**

*** ***



C **Fruit & Custard**

WEDNESDAY

MAINS

A

Beef Casserole

Sweet Potato, Carrot & Beans

*** **



B

Sweet & Sour Chicken & Rice

*** **



C

Salmon Mornay

Chat Potato, Pumpkin & Peas

*** **



D

Thai Green Curry Vegetables with Rice



WEEK FOUR

ENTREE

A Curry Vegetable & Rice
Soup

*** **



B Arancini - Rice Ball with
Tomato, Feta & Pesto filling

A Pavlova

*** **



B Cherry Pudding
& Custard

*** **



C Fruit & Custard

FRIDAY

MAINS

A

Roast Pork & Gravy

*Baked Potato, Sweet Potato &
Beans*

*** **



B

Savoury Mince

Chat Potato, Pumpkin & Peas

*** **



C

Chicken & Vegetable Casserole & Savoury Rice

*** **



D

Poached Fish in Cream Sauce *Mashed Potato, Carrot & Peas*

*** **



E

Zucchini Slice

Sweet Potato, Carrot & Beans



Interested?

Call...

MY AGED CARE
1800 200 422

Visit our Website
www.mow.net.au



Nuovo
Chef

All our fresh meals are professionally prepared by NuovoChef

Along with this freshly cook range, we have a wide selection of frozen meals please ask your Coordinator for a copy of the frozen menu.

Our Social Group meets for lunches, movies, bingo & outings.
If you are interested, phone 4961 6116.