



Meals on Wheels[™]
Newcastle

Please keep this copy for your records

Winter Chilled Menu 2025

CHSP | HCP | NDIS



Meals on Wheels™
Newcastle

How to Order

Delivery from: Monday 7th April 2025.

Follow these Simple Steps;

- 1 On your order form please add your name & date to top of page
- 2 Select your menu items by
Placing a number next to your chosen item in the quantity column.
Please note: This is a 4 week reoccurring menu.

This means once you have submitted your initial order, your selections will reoccur without the need to place another order... until you are ready for a change!
- 3 Please return your completed Order Form via your delivery volunteers or contact your branch.























Price List - Chilled

		CHSP	HCP/ NDIS
Bakery		\$3.50	\$3.50
Soup & Dinner Roll		\$5.50	\$4.20
Light Meal	Select from Light Meal A or B	\$5.50	\$4.20
Main Meal	Select from Meal A, B, C or D (per item)		
Mini Meal	220gm	\$5.50	\$4.20
Main Meal	360gm	\$7.30	\$5.40
Premium		\$9.50	\$6.75
Dessert	Select from Dessert A, B, or C (per item)	\$2.80	\$2.55



Meals on WheelsTM
Newcastle

Winter Chilled Menu 2025 | Week 1

	Monday	Wednesday	Friday
BAKERY	Finger Bun	Chocolate Cherry Slice	Apple Slice
SOUP & ROLL	Bacon Minestrone Soup	Pumpkin Soup	Chicken & Vegetable Soup
LIGHT MEAL			
LIGHT MEAL A	Bacon & Cheese Sausage Roll & Fruit Cup	Beef, Bacon & Cheese Pie & Fruit Cup	Hash Brown & Scrambled Eggs 
LIGHT MEAL B	Mediterranean Muffins & Yoghurt	Chicken & Leek Arancini, Tomato Relish & Yoghurt Tub	Baked Potato, Smokey BBQ Pulled Pork & Coleslaw
MEAL			
MEAL A	Lamb Casserole, Sweet Potato, Beans & Corn  	Chicken Schnitzel, Gravy, Mashed Potato, Peas & Corn	Roast Beef, Roasted Potato, Pumpkin & Peas  
MEAL B	Curried Sausages & Rice 	Salmon Mornay, Rice, Pumpkin & Beans 	Honey Soy Chicken, Fried Rice & Stirfried Vegetables  
MEAL C	Honey Mustard Chicken, Sweet Potato, Beans & Corn  	Beef Casserole, Mashed Potato, Carrot & Peas 	Tuna Pasta Bake, Mashed Pumpkin & Peas
MEAL D	Pumpkin, Chickpea & Coconut Curry & Rice 	Roasted Vegetable Quiche, Chat Potatoes, Pumpkin & Corn	Spinach & Ricotta Crepe, Mashed Pumpkin & Peas 
PREMIUM	Lamb Shank, Mushroom & Red Wine Sauce, Mashed Potato, Carrot & Broccoli 	Beef Loin & Creamy Mushroom Sauce, Chat Potato, Carrots & Beans 	Chicken Breast, Creamed Spinach & Cheesy Tomato Sauce, Potato Bake & Brussel Sprouts 
DESSERT			
DESSERT A	Caramel Mousse 	Pineapple Upside Down Cake & Custard 	Bread & Butter Pudding & Fruit
DESSERT B	Apple & Cinnamon Crumble & Custard	Tiramisu	Trifle & Cream
DESSERT C	Fruit & Custard 	Fruit & Custard 	Fruit & Custard 



Whilst every precaution is made to ensure these lines are free from allergens, we do not operate in an allergen free environment



No Added Gluten



















No Added Dairy

	Monday	Wednesday	Friday
BAKERY	Apple & Cinnamon Muffin	Cream Lamington	Vanilla Slice
SOUP & ROLL	Potato & Leek Soup	Beef, Barley & Vegetable Soup	Creamy Chicken & Noodle Soup
LIGHT MEAL			
LIGHT MEAL A	Pancakes & Maple Syrup	Chicken Mornay & Vegetable Pie & Fruit Cup	Bacon, Cheese & Vegetable Savoury Muffin & Fruit Cup
LIGHT MEAL B	Beef & Potato Pie & Yoghurt	Meatballs in Tomato Sauce & Corn Bread	Italian Penne Pasta Salad & Fruit Cup
MEAL			
MEAL A	Meat Pie, Gravy, Mashed Potato & Peas	Roast Pork, Gravy, Roast Potato, Roast Pumpkin & Peas 	Meatloaf, Gravy, Sweet Potato, Beans & Corn 
MEAL B	Apricot Chicken, Rice, Carrot & Beans 	Savoury Mince, Mashed Potato, Mashed Pumpkin & Peas 	Devilled Sausages, Roasted Chats, Baby Carrots & Brussel Sprouts 
MEAL C	Mongolian Lamb, Hokkien Noodles & Stirfried Vegetables 	Curried Prawns & Rice 	Salmon & Vegetable Patties, Sweet Potato, Brussel Sprouts & Corn 
MEAL D	Mushroom Stroganoff, Penne Pasta, Pumpkin & Beans	Vegetable Pastie, Mashed Potato, Roast Pumpkin & Broccoli	Honey Soy Tofu, Stirfried Vegetables & Rice 
PREMIUM	Pork Belly, Orange & Ginger Glaze, Roasted Chats, Stirfried Vegetables	Chicken Breast with Bacon, Cheese, Creamy Mustard Sauce, Chats, Carrot & Broccoli 	Baked Barramundi, Lemon Butter Sauce, Vegetable Bake 
DESSERT			
DESSERT A	Golden Syrup Pudding & Cream	Banana Cake & Custard	Peach & Apricot Crumble & Custard
DESSERT B	Vanilla Panna Cotta & Fruit 	Chocolate Pudding & Cream	Pavlova, Fruit Salad & Cream 
DESSERT C	Fruit & Custard 	Fruit & Custard 	Fruit & Custard 

	Monday	Wednesday	Friday
BAKERY	Caramel Slice	Cream Bun	Party Custard Tart
SOUP & ROLL	Chicken & Sweet Corn Soup	Pea & Ham Soup	Tomato & Vegetable Soup
LIGHT MEAL			
LIGHT MEAL A	Corned Beef, Potato & Egg Salad 	Baked Potato, Chilli Con Carne & Cheese 	Bacon & Scrambled Eggs
LIGHT MEAL B	Spinach & Ricotta Roll & Fruit Cup	Vegetable Frittata & Fruit Cup 	Zucchini & Ricotta Muffins & Fruit Cup
MEAL			
MEAL A	Beef Rissole, Onion Gravy, Mashed Potatoes, Baby Carrots & Beans	Beef Sausage, Gravy, Mashed Potato, Carrot & Beans 	Roast Chicken, Gravy, Roast Potato, Roast Pumpkin & Peas  
MEAL B	Sweet & Sour Chicken & Rice  	Steak & Kidney, Sweet Potato Mash, Cauliflower & Peas  	Baked Fish, Lemon Pepper Sauce, Mashed Potato, Corn & Beans 
MEAL C	Lambs Fry & Bacon, Mashed Potato, Pumpkin & Brussel Sprouts 	Satay Chicken, Rice & Stirfried Vegetables  	Butter Chicken, Rice & Stirfried Vegetables 
MEAL D	Vegetarian Spaghetti Bolognese & Parmesan Cheese	Chickpea Meatballs in Creamy Tomato Sauce, Sweet Potato, Cauliflower & Beans 	Creamy Vegetable Pasta Bake, Roasted Pumpkin & Beans
PREMIUM	Braised Lamb, Rosemary & Garlic Sauce, Chats, Pumpkin & Brussel Sprouts  	Beef Steak, Dianne Sauce, Roasted Vegetables & Beans 	Fishermans Basket, Chips & Tartare Sauce
DESSERT			
DESSERT A	Chocolate Bavarian & Cream	Apple & Cinnamon Tea Cake & Custard	Sticky Date Pudding & Caramel Sauce
DESSERT B	Pear & Rhubarb Crumble & Custard	Strawberry Cheesecake & Fruit	Baked Custard & Fruit 
DESSERT C	Fruit & Custard 	Fruit & Custard 	Fruit & Custard 



	Monday	Wednesday	Friday
BAKERY	Rock Cake	Vanilla Slice	Cream Lamington
SOUP & ROLL	Spring Vegetable & Noodle Soup	Potato, Bacon & Chive Soup	French Onion Soup
LIGHT MEAL			
LIGHT MEAL A	Roast Beef & Gravy Roll 	Ham & Cheese Croissant & Yoghurt Cup	Quiche Lorraine & Fruit Cup
LIGHT MEAL B	Corn Fritters, Bacon & Tomato Relish	Chicken Supreme Pizza & Fruit Cup	Apple & Rhubarb Crepe 
MEAL			
MEAL A	Lamb Pattie & Gravy, Mashed Potato, Carrot & Broccoli	Cottage Pie, Mashed Pumpkin & Peas 	Corned Beef, White Sauce, Mashed Potato, Mashed Pumpkin & Peas 
MEAL B	Sweet & Sour Pork & Rice  	Chicken & Asparagus Pasta Bake, Corn & Beans	Ham Steak & Pineapple Glaze, Chats, Baby Carrots & Beans 
MEAL C	Beef Stroganoff, Mashed Potato, Carrot & Peas 	Beef Korma Curry, Rice & Vegetables	Crumbed Fish, Tartare, Wedges & Vegetable Melange
MEAL D	Crumbed Vegetable Pattie, Sweet Potato, Beans & Corn	Pumpkin Ravioli with Creamy Tomato & Spinach Sauce	Sweet & Sour Vegetables, Black Beans & Rice  
PREMIUM	Roasted Chicken Cutlet & Cacciatore Sauce, Mashed Potato, Carrot & Broccoli	Beef Medallion & Garlic Prawn Sauce, Sweet Potato & Mixed Vegetables 	Pork Loin with Apple & Sage Gravy, Chat Potatoes, Baby Carrots & Beans  
DESSERT			
DESSERT A	Chocolate Mousse 	Baked Rice Pudding & Cream	Lemon Self Saucing Pudding & Cream
DESSERT B	Orange & Cinnamon Syrup Cake & Cream	Apple Pie & Custard	Mango Cheesecake & Fruit
DESSERT C	Fruit & Custard 	Fruit & Custard 	Fruit & Custard 