

Let's get started on your meal delivery



My Meal Options

Frozen Menu

2025-2026

Please keep this copy for your records



Meals on Wheels™
Newcastle



NEW
Recipes
for your old
favourites

Supporting Your Independence with Nutritious Meals & Wellbeing Checks.

How to Order

Delivery from: Monday 20th October 2025 - Week 1.

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.

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. Once you are ready for a change call your Branch or ask your Volunteer for a new order form.

		WEEK 1	WEEK 2	WEEK 3	WEEK 4					
		Mon	Tue	Fri	Mon	Tue	Fri	Mon	Tue	Fri
Monday - Friday										
MINI - MEAL (CONTINUED)										
Curried Sausages & Rice	NC27	1								
Meat Pie & Gravy, Mashed Potato & Peas	NC29			1					1	
Meatloaf & Gravy, Sweet Potato, Corn & Beans	NC28									2
Roast Beef & Gravy, Roast Potato, Roast Pumpkin & Peas	NC41									
Sausage & Gravy, Mashed Potato, Carrot & Beans	NC19		1				2			
Savoury Mince, Mashed Potato, Pumpkin & Peas	NC30				1					
Spaghetti Bolognese	LINE609		3							1
CHICKEN MINI - MEAL										
Apricot Chicken, Rice, Carrot & Beans	NC39						2			
Broccoli Chicken Pasta Bake	LINE545									
Chicken & Asparagus Pasta Bake, Corn & Beans	NC40	2								
Chicken Honey Curry with Steamed Rice	FD041									

3 Order By Phone Head Office 02 4957 7097,
Email info@mow.net.au or request a form from your Volunteer.

New Price List

Our new price list starts from November

		Waitlist CHSP	CHSP	HCP	Provider
Bakery		\$4.50	\$3.10	\$2.80	\$6.20
Soup		\$7.00	\$5.60	\$4.20	\$9.80
Bread Roll & Butter		\$1.00	\$1.00	\$1.00	\$0.00
Main Meal Select from Meal A, B, C or D (per item)					
Mini Meal	220gm	\$7.00	\$5.60	\$4.20	\$9.80
Main Meal	360gm	\$9.00	\$7.50	\$5.50	\$12.60
Premium		\$11.25	\$9.00	\$6.75	\$15.75
Dessert (per item)		\$4.50	\$3.10	\$2.80	\$6.20

Monday - Friday

Code


SOUP

Beef, Vegetable & Barley Soup	 	NC03
Chicken & Vegetable Soup		NC02
Classic Minestrone Soup	 	FD021
Creamy Pumpkin Soup		NC04
Leek & Potato Soup		FD022
MyChoice Chicken & Sweet Corn Soup		LNE21005
MyChoice Chicken Noodle Soup		LNE21002
MyChoice Creamy Tomato Soup		LNE21000
MyChoice Potato & Leek Soup		LNE21004
MyChoice Pumpkin Soup		LNE21001
MyChoice Pea & Ham Soup		LNE21003
Pea & Ham Soup	 	FD002
Bread Roll		TH01



MINI - MEAL

BEEF MINI - MEAL

Beef Stroganoff with Macaroni		FD003
Beef Casserole, Mashed Potato, Carrot & Peas		NC25
Beef Lasagne		FD005
Beef Lasagne		LNE751
Beef Rissole & Onion gravy, Mashed Potato, Baby Carrots & Beans		NC103
Braised Steak & Kidney	 	NC125
Classic Cottage Pie, Pumpkin & Peas		NC124
Corned Beef, White Sauce, Mashed Potato, Pumpkin & Peas		NC26
Curried Sausages & Rice		NC27
Meat Pie & Gravy, Mashed Potato & Peas		NC29
Meatloaf & Gravy, Sweet Potato, Corn & Beans	 	NC28
Roast Beef & Gravy, Roast Potato, Roast Pumpkin & Peas	 	NC41
Sausage & Gravy, Mashed Potato, Carrot & Beans		NC19
Savoury Mince, Mashed Potato, Pumpkin & Peas		NC30
Spaghetti Bolognese		LNE609

CHICKEN MINI - MEAL

Apricot Chicken, Rice, Carrot & Beans		NC39
Broccoli Chicken Pasta Bake		LNE545
Chicken & Asparagus Pasta Bake, Corn & Beans		NC40
Chicken Honey Curry with Steamed Rice		FD041



Vegetarian



Vegan



Gluten free



Dairy Free

Monday - Friday

Code



MINI - MEAL (CONTINUED)

Chicken Mornay & Spiral Pasta		FD025
Chicken Schnitzel & Gravy, Mashed Potato, Peas & Corn		NC107
Chicken Teriyaki		LNE612
Creamy Chicken & Mushroom Casserole with Cous Cous		FD023
Fried Rice with BBQ Chicken		LNE752
Honey Soy Chicken, Fried Rice & Stirfried Vegetables	 	NC22
Indian Butter Chicken & Steamed Rice		FD024
Roast Chicken, Gravy, Roast Potato, Roast Pumpkin & Peas	 	NC44
Satay Chicken, Rice & Stirfried Vegetables		NC42
Sweet & Sour Chicken with Rice	 	NC37

LAMB MINI - MEAL

Hearty Lamb Casserole, Sweet Potato, Corn & Beans		NC32
Lamb Pattie, Gravy, Mashed Potato, Carrot & Broccoli		NC111
Roast Lamb with Homemade Gravy & Baked Potato	 	FD010

PORK MINI - MEAL

Ham Steak & Pineapple Glaze, Chat Potatoes, Corn & Peas		NC31
Roast Pork & Gravy, Roast Potato, Roast Pumpkin & Peas	 	NC35
Spaghetti Carbonara		LNE494
Sweet & Sour Pork with Rice	 	NC36

SEAFOOD MINI - MEAL

Battered Fish with Baked Potato Wedges		FD008
Crumbed Fish, Tartare Sauce, Wedges & Seasonal Vegetables		NC58
Curried Prawns & Rice		NC20
Lemon & Herb Crusted Fish, Mashed Potato, Carrot & Peas		NC115
Salmon & Vegetable Patties, Mashed Potato, Broccoli & Carrot		NC116
Salmon Mornay, Rice, Pumpkin & Beans		NC21

VEGETARIAN MINI - MEAL

Hokkien Noodle & Vegetable Stirfry		NC53
Mushroom Stroganoff		LNE442
Pumpkin Ravioli, Creamy Tomato & Vegetable Sauce		NC52
Spinach & Ricotta Crepe, Mashed Pumpkin & Peas		NC50
Vegetarian Sausage, Gravy, Mashed Potato, Carrot & Beans		NC127
Vegetarian Spaghetti Bolognese & Parmesan Cheese		NC51

Monday - Friday

Code
 MAIN
BEEF MAIN MEALS

Beef Bourguignon with Mashed Potato		FD038
Beef Casserole, Mashed Potato, Carrot & Peas	 	NC68
Beef Lasagne		FD034
Beef Rissole & Onion Gravy, Mashed Potato, Baby Carrots & Beans		NC104
Beef Stroganoff with Macaroni		FD033
Braised Steak & Kidney	 	NC114
Classic Cottage Pie, Pumpkin & Peas		NC113
Coconut Beef Curry		LNE222
Corned Beef and White Sauce, Mashed Potato, Pumpkin & Peas		NC69
Curried Sausages & Rice		NC70
Meat Pie & Gravy, Mashed Potato & Peas		NC72
Meatloaf & Gravy, Sweet Potato, Corn & Beans	 	NC71
MyChoice Beef Lasagne		LNE11035
MyChoice Slow Cooked Beef with Pepper Gravy		LNE11003
MyChoice Spaghetti Bolognese		LNE11000
Roast Beef & Gravy, Roast Potato, Roast Pumpkin & Peas	 	NC75
Sausage & Gravy, Mashed Potato, Carrot & Beans		NC73
Savoury Mince, Mashed Potato, Pumpkin & Peas		NC74

CHICKEN MAIN MEALS

Apricot Chicken, Rice, Carrot & Beans	 	NC84
Chicken & Asparagus Bake, Corn & Beans		NC85
Chicken Honey Curry & Rice		FD035
Chicken Mornay & Spiral Pasta		FD029
Chicken Schnitzel & Gravy, Mashed Potato, Peas & Corn		NC86
Creamy Chicken & Mushroom Casserole with Cous Cous		FD031
French Chicken Casserole		FD040
Honey Soy Chicken, Fried Rice & Stirfried Vegetables	 	NC110
Indian Butter Chicken & Steamed Rice		FD030
Lebanese Chicken with Rice	 	FD039
MyChoice Butter Chicken		LNE11020
MyChoice Chicken & Cashews	 	LNE11021
MyChoice Chicken Parmigiana		LNE11032
MyChoice Roast Chicken with Mushroom Sauce		LNE11023
MyChoice Rosemary & Garlic Chicken with Potato Bake		LNE11024

Monday - Friday

Code


MAIN (CONTINUED)

Roast Chicken & Gravy, Roast Potato, Roast Pumpkin & Peas	 	NC87
Satay Chicken, Rice & Stirfried Vegetables	 	NC88
Sweet & Sour Chicken with Rice	 	NC117

LAMB MAIN MEALS

Hearty Lamb Casserole, Sweet Potato, Corn & Beans	 	NC76
Lamb Pattie, Gravy, Mashed Potato, Carrot & Broccoli		NC112
Lambs Fry, Bacon, Onion Gravy & Mashed Potato		FD011
MyChoice Roast Lamb		LNE11013
MyChoice Shepherd's Pie		LNE11016
MyChoice Slow Cooked Lamb Shanks		LNE11015
Roast Lamb with Homemade Gravy & Baked Potato	 	FD036

PORK MAIN MEALS

Ham Steak, Pineapple Glaze, Chat Potatoes, Corn & Peas		NC120
MyChoice Pork Scallopini		LNE11011
MyChoice Special Fried Rice		LNE11041
Quiche with Bacon, Spinach & Cheese		FD028
Roast Pork & Gravy, Roast Potato, Roast Pumpkin & Peas	 	NC80
Sweet & Sour Pork & Rice	 	NC81

SEAFOOD MAIN MEALS

Baked Fish with Parsley Lemon Butter & Steamed Potato		FD027
Crumbed Fish, Tartare Sauce, Wedges & Seasonal Vegetables		NC62
Curried Prawns & Rice		NC67
Grilled Fish, White Wine Cream Sauce & Steamed Potato		FD026
Lemon & Herb Crusted Fish, Mashed Potato, Carrot & Peas		NC119
MyChoice Parmesan Crusted Fish		LNE11006
MyChoice Spaghetti with Creamy Garlic Prawns		LNE11034
MyChoice Tasmanian Salmon with White Wine Sauce		LNE11004
Salmon & Vegetable Patties, Mashed Potato, Broccoli & Carrot		NC118
Salmon Mornay, Rice, Pumpkin & Beans		NC63

VEGETARIAN MAIN MEALS

Hokkien Noodle & Vegetable Stirfry		NC123
Homestyle Macaroni Cheese		LNE54
Honey Soy Tofu & Vegetables		LNE239
Japanese Vegetable Stir Fry with Udon Noodles		LNE244
Moroccan Pumpkin & Chickpeas		LNE245



Monday - Friday

Code


MAIN (CONTINUED)

Pumpkin Ravioli, Creamy Tomato & Vegetable Sauce		NC126
Spinach & Ricotta Crepe, Mashed Pumpkin & Peas		NC96
Thai Yellow Vegetable Curry		LNE243
Vegetable Lasagne with Bechamel Sauce		FD013
Vegetarian Sausage, Gravy, Mashed Potato, Carrot & Beans		NC122
Vegetarian Spaghetti Bolognese		LNE242
Vegetarian Spaghetti Bolognese & Parmesan Cheese		NC121



PREMIUM

Barramundi Fillet, Ginger, Lime, Shallot Butter & Rice Pilaf		FDP03
Beef Medallion, Garlic Prawn Sauce, Sweet Potato & Vegetable Melange		NCD14
Boneless Lamb Shank, Mashed Potato, Carrot & Broccoli		NCD04
Chicken Breast Supreme, Chat Potato, Carrot & Broccoli		NCD08
Chicken Kiev, Mashed Potato & Roasted Vegetable Medley		NCD15
Fisherman's Basket with Chips		NCD02
King Prawns, Garlic Cream Sauce & Steamed Rice		FDP01
Pork Loin, Apple & Sage Gravy, Chat Potato, Baby Carrots & Beans		NCD12



DESSERT

Apple & Mixed Berry Crumble & Custard		NC08
ApplePie & Custard		NC09
Bread & Butter Pudding		FD037
CaramelSlice		TH03
Chocolate Bavarian Cream Pie		FD018
Chocolate Pudding & Cream		NC07
Golden Syrup Dumpling		FD019
Lamington		TH02
Lemon Self Saucing Pudding & Cream		NC10
MyChoice Apple & Cinnamon Crumble		LNE22005
MyChoice Apricot Pudding		LNE22002
MyChoice Lemon Sponge with Custard		LNE22004
Pancakes & Maple Syrup		NC59
Pavlova, Cream & Fruit		NC14
Sherry Custard Trifle		FD020
Sticky Date Pudding		NC13



Vegetarian



Vegan



Gluten free



Dairy Free



Meals on WheelsTM
Newcastle

3/6 Revelation Cl, Tighes Hill NSW 2297

Ph: 02 4957 7097 | info@mow.net.au

www.mow.net.au

Your Local Branch Pick Up Location

Adamstown Hub
287 Brunker Road,
Adamstown NSW 2289

Boolaroo Branch
51 Main Road (off 4th Street)
Boolaroo NSW 2284

Hamilton Branch
Henry Park Hall,
Thomas Street
Hamilton NSW 2303

Lambton Branch
61 DeVitre Street,
Lambton
NSW 2299

Mayfield Branch
154 Crebert Street,
Mayfield
NSW 2304

Morisset Branch
10 Stockton Street
Morisset
NSW 2264

Stockton Branch
74 Mitchell Street,
Stockton
NSW 2295

Tomaree Branch
Tomaree Library,
7 Community Close
Salamander Bay NSW 2317

Toronto Branch
1 Thorne Street
Toronto
NSW 2283

Wallsend Branch
11 Carbine Close
Maryland
NSW 2287

Supporting your independence, health, & connection at home.



200+ Fresh & Frozen Meal Choices



**Nutritious Meals Designed
for Older Australians**



**Bulk Frozen Orders available
for Convenience & Flexibility**



**Textured Modified Meals
for Special Dietary Needs**



**Up to 3 Deliveries Per Week
Locally Cooked, Chef-Prepared**



Meals from Our Newcastle Kitchen



Affordable Pricing



**Wellbeing Checks
Included with Every Delivery**



**Optional Support Services:
Shopping, Appointments
& Social Outings**



**Seamless Coordination with
Home Care & Support
at Home Packages**



**We Partner with Trusted
Providers – Including Lite n' Easy**

SCAN TO VIEW OUR
INGREDIENTS



Recipe Declaration:

Our menus are developed in consultation with Accredited Dieticians, and align with Aged Care requirements and Vulnerable persons Food Safety Scheme. Please note as recipes may change please check our Ingredient List QR for up to date ingredients and nutritional information.