



Let's get started on your meal delivery



My Meal Options

Chilled Menu

Summer 2025

Please keep this copy for your records



Meals on Wheels™
Newcastle



Supporting Your Independence with Nutritious Meals & Wellbeing Checks.

Your Chilled Meals

At Newcastle Meals on Wheels, we pride ourselves on being much more than a meal provider. Our service is designed to bring not only delicious and nutritious meals to your doorstep but also a sense of community and reassurance.

You have the flexibility and choice when it comes to our service.

Deliveries are Monday, Wednesday and Friday.

Our dedicated volunteers not only bring your meal with a warm smile but also complete your Wellness Check, ensuring you always feel connected and cared for.



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

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.

Monday		Wednesday		Friday	
	Quantity		Quantity		Quantity
BAKERY					
Apple & Cinnamon Muffin	1	Cream Lamination		Party Caramel Tart	1
SOUP					
Cheesy Cauliflower Soup	2	Minestrone Soup	1	Chicken Noodle Soup	1
BREAD					
Bread Roll & Butter	2	Bread Roll & Butter	1	Bread Roll & Butter	1
MEAL					
A		Chicken Schnitzel, Gravy, Mashed Potato, Peas & Corn	1	Bacon & Parmesan Crusted Chicken, Creamy Garlic Sauce, Roast Potato, Carrot & Peas	1
B		Sticky Pork with Garlic, Ginger and Soy, Rice & Stir-fried Vegetables		Beef Sausage, Gravy, Mashed Potato, Carrot & Peas	1
C		Beef Stroganoff, Mashed Potato, Carrot & Peas		Curried Prawns & Rice	
D		Stuffed Mushroom, Roasted Chats, Broccoli & Corn		Pumpkin & Feta Arancini, Roasted Pumpkin, Corn, Peas & Creamy Mushroom Sauce	
PREMIUM					
		Chicken Breast with Bacon, Cheese, Creamy Mustard Sauce, Chats, Carrot & Broccoli		Pork Scallopini, Potato Bake, Broccoli, Corn & Creamy Mushroom Sauce	
DESSERT					
A		Pavlova, Cream & Fruit		Lemon Meringue Pie	
B		Apple & Mixed Berry Crumble & Custard		Chocolate Pear Cake with Chocolate Sauce	
C		Fruit & Custard		Fruit & Custard	

3 Order By

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

4 Public holidays: (Opt In or Opt Out)

At Newcastle Meals on Wheels we don't deliver meals on Public Holidays.

To make things easier we have different options available to you. On your Chilled Order Form at the top of the page please make sure you tick your preferred option.

1. If you go away and do not need an alternate option,
Select - I don't want meals supplied
2. If your preference is to keep your Chilled Order the same but have it delivered as Frozen meals.
Select - Chilled Order to Frozen
3. If you would like to change your order and review the Frozen Menu Booklet.
Select - Send out a Frozen Menu selections instead
4. If you would prefer to be contacted so you can discuss your options in more detail.
Select Please Call Me

Monday

BAKERY	Apple & Cinnamon Muffin
SOUP	Cheesy Cauliflower Soup
BREAD ROLL	Bread Roll & Butter

MEAL	
MEAL A	Roast Beef, Gravy, Roast Potato, Roast Pumpkin & Peas  
MEAL B	Honey Soy Chicken & Fried Rice  
MEAL C	Penne Pasta Bolognese & Meatballs
MEAL D	Roasted Vegetable Quiche, Roast Pumpkin, Carrot & Broccoli

PREMIUM	Slow Cooked Beef Cheek with Pepper Sauce, Roasted Vegetable Medley & Beans  
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DESSERT	
DESSERT A	Crème Caramel
DESSERT B	Honey and Almond Cake with Poached Apricots
DESSERT C	Fruit & Custard 

Wednesday

Cream Lamington
Minestrone Soup 
Bread Roll & Butter

Chicken Schnitzel, Gravy, Mashed Potato, Peas & Corn 
Sticky Pork with Garlic, Ginger and Soy, Rice & Stir fried Vegetables  
Beef Stroganoff, Mashed Potato, Carrot & Peas 
Stuffed Mushroom, Roasted Chats, Broccoli & Corn 

Chicken Breast with Bacon, Cheese, Creamy Mustard Sauce, Chats, Carrot & Broccoli 

Pavlova, Cream & Fruit 
Apple & Mixed Berry Crumble & Custard
Fruit & Custard 

Friday

Party Caramel Tart
Chicken Noodle Soup
Bread Roll & Butter

Bacon & Parmesan Crusted Chicken, Creamy Garlic Sauce, Roast Potato, Carrot & Peas
Beef Sausage, Gravy, Mashed Potato, Carrot & Beans 
Curried Prawns & Rice 
Pumpkin & Feta Arancini, Roasted Pumpkin, Corn, Peas & Creamy Mushroom Sauce

Pork Scallopini, Potato Bake, Broccoli, Corn & Creamy Mushroom Sauce 
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Lemon Meringue Pie
Chocolate Pear Cake with Chocolate Sauce
Fruit & Custard 

	Monday	Wednesday	Friday
BAKERY	Blueberry Muffin	Finger Bun	Caramel Slice
SOUP	Pea & Ham Soup 	Cream of Mushroom 	Chicken & Vegetable Soup 
BREAD ROLL	Bread Roll & Butter	Bread Roll & Butter	Bread Roll & Butter
MEAL			
MEAL A	Roasted Turkey, Roast Potato, Roast Pumpkin, Peas & Cranberry Sauce  	Lamb Risssole, Gravy, Mashed Potato, Pumpkin & Beans	Cottage Pie, Mashed Pumpkin & Peas 
MEAL B	Beef Casserole, Mashed Potato, Carrot & Peas 	Salmon & Vegetable Patties, Mashed Potato, Broccoli & Carrot	Lemon & Herb Crusted Fish, Mashed Potato, Carrot & Peas
MEAL C	Sweet & Sour Chicken with Rice  	Beef Teriyaki, Hokkien Noodles and Stirfried Vegetables 	Chicken Enchilada and Mexican Rice
MEAL D	Satay Vegetables & Rice 	Spinach & Ricotta Crepe, Mashed Pumpkin & Peas	Vegetarian Spaghetti Bolognese & Parmesan Cheese
PREMIUM	Beef Medallion & Garlic Prawn Sauce, Sweet Potato & Mixed Vegetables 	Boneless Lamb Shank, Mushroom & Red wine sauce, Mashed Potato , Carrot & Broccoli 	Chicken Kiev, Mashed Potato & Roasted Vegetable Medley
DESSERT			
DESSERT A	Pear & Cinnamon Crumble with Custard	Madeira Cake & Lemon Glaze	Peaches & Cream Cheesecake
DESSERT B	Coconut & Lime Panna Cotta with Pineapple Compote 	Chocolate Pudding & Cream	Apple Pie & Custard
DESSERT C	Fruit & Custard 	Fruit & Custard 	Fruit & Custard 

	Monday	Wednesday	Friday
BAKERY	Apple & Cinnamon Muffin	Cream Lamington	Chocolate Chip Muffin
SOUP	Tomato & Vegetable Soup  	Beef, Vegetable & Barley Soup	Creamy Pumpkin Soup 
BREAD ROLL	Bread Roll & Butter	Bread Roll & Butter	Bread Roll & Butter
MEAL			
MEAL A	Beef Rissole, Onion Gravy, Mashed Potatoes, Carrots & Beans 	Roast Pork, Gravy, Roast Potato, Roast Pumpkin & Peas  	Corned Beef, White Sauce, Mashed Potato, Mashed Pumpkin & Peas 
MEAL B	Ham Steak, Pineapple Glaze, Chat Potatoes, Corn & Peas  	Savoury Mince, Mashed Potato, Mashed Pumpkin & Peas 	Chicken & Pumpkin Lasagne & Mixed Vegetables
MEAL C	Honey Mustard Chicken, Rice & Vegetables  	Satay Chicken, Rice & Stirfried Vegetables  	Crumbed Fish, Tartare, Wedges & Vegetable Melange
MEAL D	Pumpkin and Feta Ravioli with Creamy Tomato & Vegetable Sauce & Parmesan Cheese	Vegetable Slice, Broccoli, Carrot & Corn	Hokkien Noodle & Vegetable Stirfry 
PREMIUM	Slow Cooked Beef Brisket, Chat Potato, Cauliflower Bake & Honey Carrots 	Pork Loin with Apple & Sage Gravy, Chat Potatoes, Carrots & Beans  	Fisherman's Basket & Chips
DESSERT			
DESSERT A	Coconut & Fruit Cake & Custard	Lemon Self Saucing Pudding & Cream	Strawberry Jelly Layer Cake
DESSERT B	Chocolate & Raspberry Brownie with Cream 	Bread & Butter Pudding	Sticky Date Pudding & Caramel Sauce
DESSERT C	Fruit & Custard 	Fruit & Custard 	Fruit & Custard 

	Monday	Wednesday	Friday
BAKERY	Apple Slice	Blueberry Muffin	Vanilla Slice
SOUP	Chicken & Sweet Corn Soup 	Potato & Leek Soup 	Spring Vegetable & Noodle Soup
BREAD ROLL	Bread Roll & Butter	Bread Roll & Butter	Bread Roll & Butter
MEAL			
MEAL A	Meat Pie, Gravy, Mashed Potato & Peas	Lamb Casserole, Sweet Potato, Beans & Corn  	Roast Chicken, Gravy, Roast Potato, Roast Pumpkin & Peas  
MEAL B	Apricot Chicken, Rice, Carrot & Beans  	Sweet & Sour Pork with Rice  	Meatloaf, Gravy, Sweet Potato, Beans & Corn  
MEAL C	Mongolian Lamb, Hokkien Noodles & Stirfried Vegetables 	Baked Chicken Parmigiana, Roasted Chats, Broccoli & Carrot 	Mild Fish Green Curry, Stirfried Noodles & Veg  
MEAL D	Vegetarian Sausage, Gravy, Mashed Potato, Carrot & Beans	Creamy Basil Pesto Penne, Roasted Pumpkin, Semi Dried Tomato & Mushroom	Mushroom, Feta and Spinach Risotto, Roasted Pumpkin & Peas 
PREMIUM	Beef Medallion, Creamy Peppercorn Sauce, Sweet Potato & Stuffed Mushroom 	Chicken Breast with Fig, Camembert & Pistachio, Chats, Pumpkin & Broccoli 	Pork Medallion with Prosciutto & Sage, Vegetable Stuffed Capsicum & Honey Mustard Sauce 
DESSERT			
DESSERT A	Caramelised Pear & Custard Tart	Impossible Pie & Fruit	Double Chocolate Mousse Cake
DESSERT B	Chocolate Panna Cotta 	Carrot Cake & Cream Cheese Frosting	Trifle
DESSERT C	Fruit & Custard 	Fruit & Custard 	Fruit & Custard 



Meals on Wheels™
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 Dietitians, 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.

Name:
Run:

Date:

Public Holidays Opt In /Out: ☐ I don't want meals supplied ☐ Chilled Order to Frozen ☐ Send out a Frozen Menu ☐ Please Call Me

	Monday	Quantity
BAKERY	Apple & Cinnamon Muffin	
SOUP	Cheesy Cauliflower Soup	
BREAD	Bread Roll & Butter	

	Wednesday	Quantity
	Cream Lamington	
	Minestrone Soup 	
	Bread Roll & Butter	

	Friday	Quantity
	Party Caramel Tart	
	Chicken Noodle Soup	
	Bread Roll & Butter	

MEAL		MINI 220gm	MAIN 360gm
A	Roast Beef, Gravy, Roast Potato, Roast Pumpkin & Peas  		
B	Honey Soy Chicken & Fried Rice  		
C	Penne Pasta Bolognese & Meatballs		
D	Roasted Vegetable Quiche, Roast Pumpkin, Carrot & Broccoli		

	MINI 220gm	MAIN 360gm
Chicken Schnitzel, Gravy, Mashed Potato, Peas & Corn		
Sticky Pork with Garlic, Ginger and Soy, Rice & Stir fried Vegetables  		
Beef Stroganoff, Mashed Potato, Carrot & Peas 		
Stuffed Mushroom, Roasted Chats, Broccoli & Corn 		

	MINI 220gm	MAIN 360gm
Bacon & Parmesan Crusted Chicken, Creamy Garlic Sauce, Roast Potato, Carrot & Peas		
Beef Sausage, Gravy, Mashed Potato, Carrot & Beans 		
Curried Prawns & Rice 		
Pumpkin & Feta Arancini, Roasted Pumpkin, Corn, Peas & Creamy Mushroom Sauce		

PREMIUM	Slow Cooked Beef Cheek with Pepper Sauce, Roasted Vegetable Medley & Beans  	
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Chicken Breast with Bacon, Cheese, Creamy Mustard Sauce, Chats, Carrot & Broccoli 	
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Pork Scallopini, Potato Bake, Broccoli, Corn & Creamy Mushroom Sauce 	
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DESSERT		
A	Creme Caramel	
B	Honey and Almond Cake with Poached Apricots	
C	Fruit & Custard 	

Pavlova, Cream & Fruit 	
Apple & Mixed Berry Crumble & Custard	
Fruit & Custard 	

Lemon Meringue Pie	
Chocolate Pear Cake with Chocolate Sauce	
Fruit & Custard 	

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

Please return me !

Contact P: 02 4957 7097 E. info@mow.net.au



Vegetarian



Vegan



Gluten free



Dairy Free

Name:
 Run:

Date:

 Public Holidays Opt In /Out: ☐ I don't want meals supplied ☐ Chilled Order to Frozen ☐ Send out a Frozen Menu ☐ Please Call Me

Monday		Quantity	Wednesday		Quantity	Friday		Quantity
BAKERY	Blueberry Muffin		Finger Bun		Caramel Slice			
SOUP	Pea & Ham Soup 		Cream of Mushroom 		Chicken & Vegetable Soup 			
BREAD	Bread Roll & Butter		Bread Roll & Butter		Bread Roll & Butter			

MEAL		MINI 220gm	MAIN 360gm		MINI 220gm	MAIN 360gm		MINI 220gm	MAIN 360gm
A	Roasted Turkey, Roast Potato, Roast Pumpkin, Peas & Cranberry Sauce  			Lamb Rissolle, Gravy, Mashed Potato, Pumpkin & Beans 			Cottage Pie, Mashed Pumpkin & Peas 		
B	Beef Casserole, Mashed Potato, Carrot & Peas 			Salmon & Vegetable Patties, Mashed Potato, Broccoli & Carrot			Lemon & Herb Crusted Fish, Mashed Potato, Carrot & Peas		
C	Sweet & Sour Chicken with Rice  			Beef Teriyaki, Hokkien Noodles and Stirfried Vegetables 			Chicken Enchilada and Mexican Rice		
D	Satay Vegetables & Rice 			Spinach & Ricotta Crepe, Mashed Pumpkin & Peas			Vegetarian Spaghetti Bolognese & Parmesan Cheese		

PREMIUM	Beef Medallion & Garlic Prawn Sauce, Sweet Potato & Mixed Vegetables 		Boneless Lamb Shank, Mushroom & Red wine sauce, Mashed Potato, Carrot & Broccoli 		Chicken Kiev, Mashed Potato & Roasted Vegetable Medley	
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DESSERT				
A	Pear & Cinnamon Crumble with Custard		Madeira Cake & Lemon Glaze	
B	Coconut & Lime Panna Cotta with Pineapple Compote 		Chocolate Pudding & Cream	
C	Fruit & Custard 		Fruit & Custard 	

	Peaches & Cream Cheesecake	
	Apple Pie & Custard	
	Fruit & Custard 	

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Vegetarian



Vegan



Gluten free



Dairy Free

Name:
Run:

Date:

Public Holidays Opt In /Out: ☐ I don't want meals supplied ☐ Chilled Order to Frozen ☐ Send out a Frozen Menu ☐ Please Call Me

	Monday	Quantity	Wednesday	Quantity	Friday	Quantity
BAKERY	Apple & Cinnamon Muffin		Cream Lamington		Chocolate Chip Muffin	
SOUP	Tomato & Vegetable Soup  		Beef, Vegetable & Barley Soup		Creamy Pumpkin Soup 	
BREAD	Bread Roll & Butter		Bread Roll & Butter		Bread Roll & Butter	

MEAL		MINI 220gm	MAIN 360gm		MINI 220gm	MAIN 360gm		MINI 220gm	MAIN 360gm
A	Beef Rissole, Onion Gravy, Mashed Potatoes, Carrots & Beans 			Roast Pork, Gravy, Roast Potato, Roast Pumpkin & Peas  			Corned Beef, White Sauce, Mashed Potato, Mashed Pumpkin & Peas 		
B	Ham Steak, Pineapple Glaze, Chat Potatoes, Corn & Peas  			Savoury Mince, Mashed Potato, Mashed Pumpkin & Peas 			Chicken & Pumpkin Lasagne & Mixed Vegetables		
C	Honey Mustard Chicken, Rice & Vegetables  			Satay Chicken, Rice & Stirfried Vegetables  			Crumbed Fish, Tartare, Wedges & Vegetable Melange		
D	Pumpkin and Feta Ravioli with Creamy Tomato & Vegetable Sauce & Parmesan Cheese			Vegetable Slice, Broccoli, Carrot & Corn			Hokkien Noodle & Vegetable Stirfry 		

PREMIUM	Slow Cooked Beef Brisket, Chat Potato, Cauliflower Bake & Honey Carrots 		Pork Loin with Apple & Sage Gravy, Chat Potatoes, Carrots & Beans  		Fisherman's Basket & Chips	
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DESSERT						
A	Coconut & Fruit Cake & Custard		Lemon Self Saucing Pudding & Cream		Strawberry Jelly Layer Cake	
B	Chocolate & Raspberry Brownie with Cream 		Bread & Butter Pudding		Sticky Date Pudding & Caramel Sauce	
C	Fruit & Custard 		Fruit & Custard 		Fruit & Custard 	

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 Run:

Date:

 Public Holidays Opt In /Out: ☐ I don't want meals supplied ☐ Chilled Order to Frozen ☐ Send out a Frozen Menu ☐ Please Call Me

	Monday	Quantity	Wednesday	Quantity	Friday	Quantity
BAKERY	Apple Slice		Blueberry Muffin		Vanilla Slice	
SOUP	Chicken & Sweet Corn Soup 		Potato & Leek Soup 		Spring Vegetable & Noodle Soup	
BREAD	Bread Roll & Butter		Bread Roll & Butter		Bread Roll & Butter	

MEAL		MINI 220gm	MAIN 360gm		MINI 220gm	MAIN 360gm		MINI 220gm	MAIN 360gm
A	Meat Pie, Gravy, Mashed Potato & Peas			Lamb Casserole, Sweet Potato, Beans & Corn  			Roast Chicken, Gravy, Roast Potato, Roast Pumpkin & Peas  		
B	Apricot Chicken, Rice, Carrot & Beans  			Sweet & Sour Pork with Rice  			Meatloaf, Gravy, Sweet Potato, Beans & Corn  		
C	Mongolian Lamb, Hokkien Noodles & Stirfried Vegetables 			Baked Chicken Parmigiana, Roasted Chats, Broccoli & Carrot 			Mild Fish Green Curry, Stirfried Noodles & Veg  		
D	Vegetarian Sausage, Gravy, Mashed Potato, Carrot & Beans			Creamy Basil Pesto Penne, Roasted Pumpkin, Semi Dried Tomato & Mushroom			Mushroom, Feta and Spinach Risotto, Roasted Pumpkin & Peas 		

PREMIUM	Beef Medallion, Creamy Peppercorn Sauce, Sweet Potato & Stuffed Mushroom 		Chicken Breast with Fig, Camembert & Pistachio, Chats, Pumpkin & Broccoli 		Pork Medallion with Prosciutto & Sage, Vegetable Stuffed Capsicum & Honey Mustard Sauce 	
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DESSERT						
A	Caramelised Pear & Custard Tart		Impossible Pie & Fruit		Double Chocolate Mousse Cake	
B	Chocolate Panna Cotta 		Carrot Cake & Cream Cheese Frosting		Trifle	
C	Fruit & Custard 		Fruit & Custard 		Fruit & Custard 	

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Meals on Wheels™
Newcastle

Summer Chilled Order Form 2025

Week 1

Name: John Smith
Run:

Date: 1/10/25

Public Holidays Opt In /Out: ☐ I don't want meals supplied ☐ Chilled Order to Frozen ☒ Send out a Frozen Menu ☐ Please Call Me

	Monday	Quantity
BAKERY	Apple & Cinnamon Muffin	<u>1</u>
SOUP	Cheesy Cauliflower Soup	<u>2</u>
BREAD	Bread Roll & Butter	<u>2</u>

	Wednesday	Quantity
	Cream Lamington	
	Minestrone Soup	<u>1</u>
	Bread Roll & Butter	<u>1</u>

	Friday	Quantity
	Party Caramel Tart	<u>1</u>
	Chicken Noodle Soup	<u>1</u>
	Bread Roll & Butter	<u>1</u>

MEAL		MINI 220gm	MAIN 360gm
A	Roast Beef, Gravy, Roast Potato, Roast Pumpkin & Peas		
B	Honey Soy Chicken & Fried Rice		<u>2</u>
C	Penne Pasta Bolognese & Meatballs		<u>1</u>
D	Roasted Vegetable Quiche, Roast Pumpkin, Carrot & Broccoli		

	MINI 220gm	MAIN 360gm
Chicken Schnitzel, Gravy, Mashed Potato, Peas & Corn	<u>1</u>	
Sticky Pork with Garlic, Ginger and Soy, Rice & Stir fried Vegetables		
Beef Stroganoff, Mashed Potato, Carrot & Peas		
Stuffed Mushroom, Roasted Chats, Broccoli & Corn		

	MINI 220gm	MAIN 360gm
Bacon & Parmesan Crusted Chicken, Creamy Garlic Sauce, Roast Potato, Carrot & Peas	<u>1</u>	
Beef Sausage, Gravy, Mashed Potato, Carrot & Beans		<u>1</u>
Curried Prawns & Rice		
Pumpkin & Feta Arancini, Roasted Pumpkin, Corn, Peas & Creamy Mushroom Sauce		

PREMIUM	Slow Cooked Beef Cheek with Pepper Sauce, Roasted Vegetable Medley & Beans	
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	Chicken Breast with Bacon, Cheese, Creamy Mustard Sauce, Chats, Carrot & Broccoli	
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	Pork Scallopini, Potato Bake, Broccoli, Corn & Creamy Mushroom Sauce	
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DESSERT		
A	Creme Caramel	<u>2</u>
B	Honey and Almond Cake with Poached Apricots	<u>1</u>
C	Fruit & Custard	<u>1</u>

	Pavlova, Cream & Fruit	
	Apple & Mixed Berry Crumble & Custard	
	Fruit & Custard	

	Lemon Meringue Pie	
	Chocolate Pear Cake with Chocolate Sauce	
	Fruit & Custard	

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