

■ **SOFT**
■ **GLUTEN FREE**
■ **LOW SODIUM**
■ **LOW SATURATED FAT**
■ **LACTOSE FREE**

BEEF MAIN MEALS \$8.50 (440g Avg)

Baked Potato with Cheesy Mince (FL)	■ ■ ■ ■
Bangers & Mash (FFS)	■
Beef Lasagne (FFS) (FC)	■ (FL) ■ ■
Beef Ravioli with Tomato Sauce (FFS)	■
Beef Rissoles with Gravy (FFS) (FL)	■ ■ ■
Beef Stir Fry with Noodles (FL)	■ ■ ■ NEW
Beef Stroganoff Potatoes (FFS) Pasta (FL) Rice (FC)	■ ■ ■ ■ ■
Corned Beef with White Sauce (FL) (FC)	■ ■
Cottage Pie (FL) (FC)	■ ■ ■ ■
Curry Mince & Rice (FC)	■ ■ ■
Curry Sausages (FL)	■
Hearty Beef Casserole (FFS)	■
Henry's Sausage Casserole & Rice (FC)	■ ■
Irish Beef Stew (FL)	■ ■ ■
Meatballs with Penne Pasta (FFS)	■ ■
Meatballs with Spaghetti (FC)	■ ■
Roast Beef, Mash & Gravy* (FC)	■ ■ ■
Roast Beef, Potatoes & Gravy* (FFS) (FL)	■ ■ ■
Sausages, Onion & Gravy (FL)	■ ■
Spaghetti Bolognese (FFS) (FL)	■ ■ ■ ■ ■ ■
Steak & Mushroom Pie (FFS) (FL)	■ ■

LAMB MAIN MEALS \$8.50 (399g Avg)

Irish Lamb Stew (FFS)	■
Lamb Curry with Rice (FFS)	■
Lamb's Fry & Bacon (FC)	■
Lamb, Potato & Mushroom Pie (FL)	■ ■
Roast Lamb, Mash & Gravy* (FC)	■ ■
Roast Lamb, Potatoes & Gravy* (FFS) (FL)	■ ■ ■
Shepherds Pie (FFS)	■ ■

VEAL MAIN MEALS \$8.50 (427g)

Veal Schnitzel & Gravy (FFS)	
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CHICKEN MAIN MEALS \$8.50 (412g Avg)

BBQ Chicken Cutlets (FL)	■ ■ ■
Biryani Chicken & Rice (FFS)	■ ■ NEW
Braised Chicken & Leeks (FFS)	
Butter Chicken (FL)	■ ■ ■
Chicken Cacciatore (FFS)	■ ■ ■
Chicken Casserole (FL) (FFS)	■ ■ ■ ■ ■ ■
Chicken Chorizo Stew with Curly Pasta (FFS)	■
Chicken Chowmein with Noodles (FFS)	■ ■
Chicken & Cheese Schnitzel (FL)	■
Chicken & Leek Pie (FL)	■ NEW
Chicken & Mushroom Potato Pie (FFS)	■ ■ ■
Chicken Schnitzel, Gravy & Mash (FC) (FFS)	■ ■
Creamy Chicken & Mushroom Pasta (FC)	■ ■
Lemon Chicken with Mash Potatoes & Veggies (FFS)	■
Lemon Chicken & Roast Potatoes (FL)	■ ■ ■ NEW
Mustard Lemon Rosemary Chicken (FFS)	■ ■
Roast Chicken, Mash & Gravy* (FC)	■ ■ ■
Roast Chicken, Potatoes & Gravy* (FFS) (FL)	■ ■ ■

PORK MAIN MEALS \$8.50 (460g Avg)

Macaroni Ham & Cheese (FL)	■ ■
Pork Casserole (FFS)	■ ■
Pork Cassoulet (FL)	■ NEW
Pork Honey Mustard & Mash (FC)	■ ■
Pork Red Wine Ragu & Potatoes (FFS)	■ ■
Pork Schnitzel & Mushroom Sauce (FL)	■ ■
Pork Stir-Fry with Noodles (FFS)	■ ■ NEW
Pork Vindaloo & Rice (FFS)	■ ■ ■
Quiche Lorraine (FFS)	■
Roast Pork, Mash & Gravy* (FC)	■ ■ ■
Roast Pork, Potatoes & Gravy* (FFS) (FL)	■ ■ ■
Stuffed Baked Potatoes & Pulled Pork (FL)	■ ■ ■ ■

* Roasts also available without gravy upon request

VEGETARIAN MAINS \$8.50 (384g Avg)	
Gnocchi & Creamy Tomato Sauce (FL)	 
Paneer Curry & Rice (FL)	   
Pumpkin & Spinach Frittata (FL)	 
Spinach & Ricotta Cannelloni (FL)	 
Spinach Pie (FFS)	
Vegetarian Casserole with Lentils (FFS)	
Vegetarian Pie (FFS)	 
Vegetarian Risotto with Mushroom	(FFS)     (FL)    
Zucchini & Corn Fritters (FL)	 

FISH MAIN MEALS \$8.50 (387g Avg)	
Baked Fish & Bernaise Sauce (FL)	  
Crumbed Fish & Mash (FFS)	
Crumbed Fish with Cheese Sauce & Mash (FL)	 
Fish & Chips (FFS)	
Grilled Fish & Lemon Sauce (FC)	   
Tempura Fish with Lemon Sauce & Mash (FL)	  
Tempura Fish & Wedges (FFS)	 
Sweet Soy Ginger Fish with Rice (FFS)	   

ASIAN STYLE MEALS \$11.00 (400g)	
Beef & Black Bean Sauce	
Beef with Honey & Black Pepper	
Curry King Prawns	 
Pork Chops in BBQ Sauce	 
Pork & Vegetables in Oyster Sauce	
Special Fried Rice	 
Steak in Peking Sauce	
Stir-fried Tomato & Beef	
Sweet & Sour Pork	
Teriyaki Chicken	
Spicy Stir Fried Chicken & Purple Rice	
Spicy Korean Stir Fried Pork & Purple Rice	

GOURMET MINI MEALS \$7.00 (300g Avg)	
Butter Chicken, Creamed Spinach & Rice	
Roast Chicken Breast with Gravy	
Honey Soy Chicken with Stir Fried Rice	 
Sweet & Sour Chicken with Steamed Rice	  
Cottage Pie, Mashed Potato & Cheese	
Corned Beef, White Sauce & Mash	
Mince Potato Bake with Vegetables	
Lamb Moussaka, Potato & Bechamel Sauce	
Barramundi Fillet with Lemon Butter Sauce	
Creamy Garlic Prawns with Rice	
Mild Curry Prawns, Asian Greens & Rice	

LAMB MINI MEALS \$6.50 (272g Avg)	
Roast Lamb with Gravy (FFS)	
Shepherd's Pie (FFS)	

PORK MINI MEALS \$6.50 (261g Avg)	
Roast Pork with Gravy (FFS)	 
Pork Stir Fry with Noodles (FFS)	  

SEAFOOD/VEG MINI MEALS \$6.50 (247g Avg)	
Crumbed Fish, Mash & Vegetables (FFS)	
Tempura Fish & Wedges (FFS)	 
Vegetarian Lasagne (FFS)	

BEEF MINI MEALS \$6.50 (277g Avg)	
Bangers & Mash (FFS)	
Beef Rissoles & Gravy (FFS)	
Roast Beef, Potatoes & Gravy (FFS)	 
Spaghetti Bolognaise (FFS)	  
Meat Pies (FFS)	

CHICKEN MINI MEALS \$6.50 (264g Avg)	
Chicken Casserole (FFS)	   
Chicken Tenders (FFS)	
Lemon Chicken (FFS)	 

DESSERTS - \$2.00
Apple Blueberry Crumble Bar (HC) ■
Chocolate Madeira Cake (HC) ■
Lamington (HC)
Mini Banana Bread (HC) ■
Passionfruit Madeira Cake (HC) ■

DESSERTS - \$2.95
Baked Cheesecake (HC)
Caramel Mousse (FL)
Chocolate Lava Pudding (HC)
Lemon Drizzle Cake (HC)
Orange Cake (FL)
Orange & Poppyseed Cake (HC) ■
Passionfruit Baked Cheesecake (HC)
Sticky Date Pudding (HC)
Strawberry Baked Cheesecake (HC)
Vanilla Mousse (FL)

SOUPS \$3.95 (300g Avg)
Beef & Vegetable Soup (FL)
Chicken & Rice Soup (FL)
Chicken & Sweet Corn Soup (FL) 
Chicken & Vegetable Soup (FL)
Chinese Wonton Pork Soup (FL) 
Creamy Pumpkin Soup (FL)
Curried Yellow Split Pea Soup (FL)
Hearty Vegetable Soup (FL)
Pea & Ham Soup (FL)
Potato, Leek & Bacon Soup (FL)

PREMIUM DESSERTS - \$3.45
Apple Crumble (FL)
Apple & Blueberry Crumble (FL) 
Apple Danish (FL)
Apricot Danish (FL)
Bread & Butter Pudding (FL)
Butterscotch Pudding (FL)
Caramel Slice (HC)
Chocolate Mud Cake (FL) 
Coconut Slice (FL)
Custard Danish (FL) 
Iced Banana Cake (HC)
Iced Carrot Cake (HC)
Marshmallow Slice (FL)
Pumpkin & Sultana Cake (FL)
Tiramisu (FL)
Tropical Cheesecake (FL)

PUREED MEALS \$8.50 (380g Avg) Available upon request
Chicken / Pork / Beef / Lamb / Fish Meals

MINCED MEALS \$8.50 (380g Avg) Available upon request
Chicken / Beef / Lamb Meals

■ SOFT

■ GLUTEN FREE

■ LOW SODIUM <120mg per 100 grams

■ LOW SATURATED FAT <1.5gm per 100 grams

■ LACTOSE FREE

All Main and Mini Meals comprise of Protein, Vegetables and Carbohydrate

Meals on Wheels meals are nutritionally balanced and prepared under strict

LEGEND:

FC - Canterbury Meals on Wheels item

FFS - Fairfield Food Services item

FL - Liverpool Meals on Wheels item

HC - Homebush Cakes item

GM - Gourmet Meals item



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Phone: 02 9747-1135 - Email: mow@cabl.org.au

**Note: Prices applicable to Commonwealth Home Support Programme Clients (CHSP)
and Private Clients**

*** Prices & Meal availabilities subject to change without notice**

OCTOBER 2026