Meals on Wheels™ Inner West

FROZEN MEAL MENU

E: mow@cabl.org.au P: (02) 9747-1135

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) Rice (FC) Pasta (FL)
- 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)

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 & Vegs (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) NEW
- 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) NEW
- Fish & Chips (FFS)
- Grilled Fish & Lemon Sauce (FC)
- Tempura Fish with Lemon Sauce & Mash (FL) NEW
- Tempura Fish & Wedges (FFS)
- Sweet Soy Ginger Fish with Rice (FFS) NEW

NEW

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)

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) NEW

PORK MINI MEALS $6.50 (261g Avg)

- Roast Pork with Gravy (FFS)
- Pork Stir Fry with Noodles (FFS) NEW

CHICKEN MINI MEALS $6.50 (264g Avg)

- Chicken Casserole (FFS) NEW
- Chicken Tenders (FFS)
- Lemon Chicken (FFS) NEW

SEAFOOD/VEG MINI MEALS $6.50 (247g Avg)

- Crumbed Fish, Mash & Vegetables (FFS)
- Tempura Fish & Wedges (FFS)
- Vegetarian Lasagne (FFS) NEW

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 & Vegtable Soup (FL)
Chicken & Rice Soup (FL)
Chicken & Sweet Corn Soup (FL) NEW
Chicken & Vegetable Soup (FL)
Chinese Wonton Pork Soup (FL) NEW
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) NEW
Apple Danish (FL)
Apricot Danish (FL)
Bread & Butter Pudding (FL)
Butterscotch Pudding (FL)
Caramel Slice (HC)
Chocolate Mud Cake (FL) NEW
Coconut Slice (FL)
Custard Danish (FL) NEW
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 reqest
Chicken / Pork / Beef / Lamb / Fish Meals

MINCED MEALS $8.50 (380g Avg) Availble 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 National Meal Guidelines (Australian Meals on Wheels Assoc. 2016) and reviewed by Accredited Practising Dietitians. Each meal must meet energy and vegetable content goals

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

Meals on Wheels™
Inner West

2 Crane Street, Concord NSW 2137

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

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

*** Prices & Meal availabilities subject to change without notice** **OCTOBER 2026**