

Randwick Meals on Wheels Frozen Meal-Menu



Name:

Day of Delivery:

Run:

BEEF MEALS \$6.00	QTY
Swedish Meatballs	
Slow-Cooked Beef Bourguignon	
Aussie Meat Pie	
Beef Rissoles & Gravy	
Roast Beef & Gravy	
Shepherds Pie	
Curried Sausages	
Bangers and Mash	
Beef Stroganoff	

PASTA MEALS \$6.00	QTY
Beef Ravioli	
Spaghetti Bolognese	
Lasange	

PREMIUM MEALS \$6.50	QTY
Steak Dianne	
Barramundi with Lemon Sauce	

POULTRY MEALS \$6.00	QTY
Curried Chicken	
Roast Chicken & Gravy	
Chicken Schnitzel & Gravy	
Chicken Strips & Lemon Sauce	
Creamy Chicken & Bacon Pasta	

VEGETARIAN MEALS \$6.00	QTY
Zucchini Slice	
Macaroni Cheese	
Vegetarian Pie	
Spinach & Ricotta Cannelloni	
Vegetarian Stir Fry	

PORK MEALS \$6.00	QTY
Roast Pork & Gravy	
Honey Soy Glazed Pork	
Bacon and Potato Slice	
Pork Meatballs & Mushroom Sauce	

SEAFOOD MEALS \$6.00	QTY
Fish and Chips	
Crumbed Fish	
Salmon Patties	
Sweet & Sour Fish & Rice	
Baked Fish with Lemon Cream Sauce	

LAMB MEALS \$6.00	QTY
Roast Lamb & Gravy	
Lamb Casserole	
Lamb Schnitzel	

CHINESE MEALS \$6.00	QTY
Beef & Blackbean Sauce & Rice	
Sweet and Sour Pork with Rice	
Pork Stir Fry & Hokkein Noodles	
Chinese Chicken & Vegetables	
Chicken Chowmein	

MINI MEALS \$5.00	QTY
Roast Lamb with gravy	
Roast Pork with gravy	
Roast Beef with gravy	
Roast Chicken with gravy	
Grilled Sausages with gravy	
Beef Stroganoff	
Spaghetti Bolognese	
Meat Pie & Mash	
Chicken & Mushroom Pie	
Curried Chicken	
Salmon Patties	
Cheesy Tuna Bake	
Crumbed Fish	
Mac & Cheese	
Spinach & Feta Omelette	

DESSERTS \$3.50	QTY
Lemon Meringue Pie & Cream	
Lemon Pudding & Custard	
Apple Pie & Cream	
Apple & Rhubarb Crumble & Custard	
Apricot Crumble & Custard	
Bread & Butter Pudding	
Chocolate Bavarian & Cream	
Carrot Cake	
Pavlova	
Fruit Salad & Cream	
Raspberry Cheesecake	