



ASIAN STYLE MEALS portion size 350-360g \$7.00		VEGETARIAN MEALS portion size 350-360g \$7.00	
BEEF STIR FRY with RICE NOODLES		SPAGHETTI VEGANAISE	
CHICKEN CHOW MEIN		SPINACH & RICOTTA CANNELONI (LS)	
HONEY SOY GLAZED PORK & RICE (LS)		VEGE RISOTTO with MUSHROOM (GF) (LS)	
BEEF MEALS portion size 350-360g \$7.00		VEGE PARM	
BANGERS & MASH		ZUCCHINI & CORN FRITTERS	
BEEF GOULASH (GF) (SR)			
RISSOLES & GRAVY			
ROAST BEEF with GRAVY (GF)		MINI MEALS portion size 250-350g \$5.50	
STEAK & BACON CASSEROLE (GF)		BANGERS & MASH	
STEAK & MUSHROOM PIE		BARRAMUNDI with LEMON BUTTER (GF)	
CHICKEN MEALS portion size 350-360g \$7.00		BEEF RISSOLES & POTATO BAKE (GF)(SR)	
BUTTER CHICKEN (GF) (SR)		BUTTER CHICKEN (GF) (SR)	
BBQ CHICKEN CUTLETS		COTTAGE PIE (GF) (SR)	
CHICKEN CURRY with RICE (GF) (SR)		CRUMBED FISH	
CHICKEN PARMIGIANA		CURRIED PRAWNS (GF) (LS)	
CHICKEN SCHNITZEL & GRAVY		GARLIC PRAWNS (GF)(SR)	
ROAST CHICKEN & GRAVY (GF)		HONEY SOY CHICKEN (GF) (SR)	
LAMB MEALS portion size 350-360g \$7.00		ROAST CHICKEN & GRAVY	
LAMB POTATO & MUSHROOM PIE		ROAST LAMB & GRAVY (GF)	
ROAST LAMB with GRAVY (GF)		ROAST PORK & GRAVY (GF)	
SHEPHERDS PIE (SR)		SLOW COOKED BEEF (GF) (SR)	
		SPAGHETTI BOLOGNESE (LS)	
PASTA MEALS portion size 350-360g \$7.00		VEGE MORNAY (GF)	
BEEF RAVIOLI			
CHICKEN CARBONARA			
LASAGNE			
SPAGHETTI BOLOGNESE (LS)		DESSERTS \$4.00	
PORK MEALS portion size 350-360g \$7.00		APPLE PIE & CREAM	
PORK SCHNITZEL with MUSHROOM SAUCE		APPLE CRUMBLE (GF)	
PORK STEAK DIANE (GF)		BREAD & BUTTER PUDDING	
ROAST PORK (GF) (LS)		CARROT CAKE	
ZUCCHINI SLICE with BACON		CHEESECAKE SLICE	
PREMIUM MEALS portion size 350-360g \$7.50		CHOCOLATE BAVARIAN & CREAM	
CORNER SILVERSIDE (GF)		CHOCOLATE MOUSSE & CREAM (LS)	
MONGOLIAN BEEF with RICE		FRUIT TRIFLE	
SWEET & SOUR PORK with RICE		LEMON MERINGUE PIE & CREAM	
SEAFOOD MEALS portion size 350-360g \$7.00		LEMON CHEESECAKE (GF)	
BAKED FISH with LEMON CREAM SAUCE		PAVLOVA (GF) (LS)	
BARRAMUNDI & LEMON BUTTER (GF) (SR)		TIRAMISU (GF)	
CRUMBED FISH with MASH		VANILLA PANNACOTTA (GF)	
CURRY PRAWNS with RICE (GF) (LS)			
TUNA PATTIES with SWEET CHILI SAUCE			

GF- GLUTEN FREE \ SR – SALT REDUCED \ LS – LOW SALT

Call/email orders Monday- Friday 7am-1.30pm day before delivery required
admin@randwickmealsonwheels.com.au or 9661-3781