Meals on Wheels Camden

Frozen Meals Order Form

Unit 1 18c Little Street Camden NSW 2570
Phone: 4655 6822
Effective 1 August 2017

Drinks	Available	Qty
Apple and Blackcurrant Juice	Y	

SOUP	Available	Qty
Beef & Vegetable	Y	
Beef & Barley	Y	
Chicken & Sweet Corn	Y	
Chicken & Vegetable	Y	
Chicken Stockpot	Y	
Country Style Tomato	Y	
Cream of Mushroom	Y	
Minestrone	Y	
Pea & Ham	Y	
Potato & Leek	Y	
Pumpkin	Y	
Thick Vegetable	Y	

BEEF	Main	Qty	Mini	Qty
Beef & Bacon Casserole	Y		Y	
Beef & Black Bean Sauce	Y		Y	
Beef and Red Wine Casserole with Creamy mash potato	Y		Y	
Beef Burgundy	Y			
Beef Curry	Y			
Beef Korma with Basmati Rice			Y	
Beef Lasagne	Y		Y	
Beef Rissole & Gravy	Y		Y	
Beef Stroganoff	Y		Y	
Braised Steak with Onion Gravy	Y		Y	
Corned Silverside	Y		Y	
Cottage Pie	Y		Y	
Curried Sausages	Y		Y	
Honey Mustard Beef	Y			
Meat Pie, Mash & Veg	Y		Y	
Meatloaf with Gravy	Y		Y	
Roast Beef & Gravy	Y		Y	
Sausages & Gravy	Y		Y	
Savoury Mince & Vegetables	Y		Y	
Shepherd's Pie - Beef	Y		Y	
Spaghetti Bolognaise	Y		Y	
Steak & Kidney Pie	Y		Y	
Steak and Mushroom Pie	Y		Y	
Steak Dianne	Y			

CHICKEN	Main	Qty	Mini	Qty
Apricot Chicken	Y		Y	
Butter Chicken with Rice	Y		Y	
Chicken & Asparagus Mornay	Y		Y	
Chicken and Potato Pie			Y	
Chicken and Spinach Casserole	Y			
Chicken and Vegetable Pasta Bake	Y			
Chicken Fettuccini	Y		Y	
Chicken Parmigiana	Y		Y	
Chicken Scaloppini	Y		Y	
Chicken Schnitzel	Y		Y	
Chicken Wings in BBQ Sauce			Y	
Curried Chicken	Y		Y	
Honey Soy Chicken	Y			
Lemon Chicken Schnitzel	Y		Y	
Lemon Chicken with Rice			Y	
Roast Chicken & Gravy	Y		Y	
Thai Green Chicken Curry	Y			

LAMB	Main	Qty	Mini	Qty
Lamb & Fruit Curry	Y			
Lamb Chops & Gravy	Y			
Lamb Rissoles	Y		Y	
Lamb Rogan Josh with Basmati Rice			Y	
Lambs Fry, bacon & Gravy	Y		Y	
Roast Lamb & Gravy	Y		Y	
Shepherd's Pie - Lamb	Y		Y	
Sweet Potato Shepherd's Pie			Y	

Turkey	Main	Qty	Mini	Qty
Roast Turkey with Gravy	Y		Y	

SEAFOOD	Main	Qty	Mini	Qty
Cheesy Tuna Bake	Y		Y	
Crumbed Fish	Y		Y	
Curried Prawns	Y		Y	
Fish & Chips	Y		Y	
Salmon Fish Cakes	Y		Y	

Please phone your order by **no later than 9.30am on the day** you wish to have your meals delivered or collected.

★ New Menu Items

PORK	Main	Qty	Mini	Qty
Fried Rice with Pork			Y	
Ham Steak & Pineapple Glaze	Y			
Pork and Mushroom Casserole	Y			
Pork in BBQ Sauce	Y		Y	
Pork Steak & Honey Soy Sauce	Y		Y	
Pork Steaks with Apple Sauce			Y	
Pork, Apple & Cranberry Cass.	Y			
Quiche with Bacon, spinach and Cheese	Y			
Roast Pork & Gravy	Y		Y	
Singapore Noodles with Pork Mince			Y	
Sweet & Sour Pork	Y		Y	
Thai Pork Rissoles with Sweet Chilli Sauce	Y			

VEGETARIAN	Main	Qty	Mini	Qty
Macaroni Cheese	Y		Y	
Potato and Spinach Pie			Y	
Pumpkin and Mushroom Arancini Balls			Y	
Pumpkin and Ricotta Lasagne			Y	
Spinach and Cheese Risotto	Y			
Spinach and Ricotta Cannelloni	Y		Y	
Vegetable Lasagna	Y			
Vegetable Pasta Bake	Y			
Vegetable Quiche	Y		Y	

DESSERT	Available	Qty
Apple, Rhubarb Crumble	Y	
Apple Pie with Cream	Y	
Banana Cake	Y	
Blackforest Cheesecake	Y	
Blueberry Sponge Crumble & Custard	Y	
Bread & Butter Pudding	Y	
Carrot Cake	Y	
Choc Mud Cake & Cream	Y	
Chocolate Bavarian Cream Pie	Y	
Creamed Rice & Apricots	Y	
Fruit Jelly & Custard	Y	
Golden Syrup Dumpling	Y	
Mousse Chocolate	Y	
Mousse Mango	Y	
Mousse Strawberry	Y	
Pavlova with fresh cream and Blueberries	Y	
Sticky Date Pudding & Caramel	Y	
Tiramisu	Y	
Trifle	Y	

Main Meals: $6.85
Mini Meals: $5.55
Desserts: $2.70
Soups: $2.70
Drinks: $0.90

Delivery or Pick Up Service available.
We can cater for most dietary requirements including having the food Chopped or Pureed