

# Special Frozen Menu

MEALS  
ON  
WHEELS



**Cut Up**  
**Gluten Intolerance**  
**Low Potassium**  
**Low Salt**  
**No Carbohydrate**

More  
than just  
a meal



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## Welcome to our Food Service.

This menu showcases the variety of fabulous meals we offer. Our aim is to make your life easier by offering you a wide selection of meal items and deliver them to your door. We source our meals from a variety of professional catering companies to ensure everyone's tastes can be met.

We supply: -

- Breakfast
- Finger Food
- Soup
- Main Meals
- Mini Meals
- Premium Meals
- Dessert

## SPECIAL DIETS

Let us know if you are on a special diet, we can cater for a wide variety of food needs including (but not limited to): -

- Low Sodium
- Low Potassium
- Gluten Intolerance
- Texture Modified e.g. Cut-up and Puree



Thank you for choosing our home delivery food service.

Your meals have been specially designed to satisfy your nutritional needs. The food is carefully planned to be nutritious for everyone, especially those aged in their 70's and 80's and with special dietary needs such as, low salt, gluten free, texture modified, cut up and low potassium.

Older age groups have higher nutritional requirements including protein, calcium, dietary fibre and folate. Our meals are designed to reach these targets according to the Nutrient Reference Values established by the Australian Government. These nutrients will help to address common health issues such as bone health, muscle strength and overall wellbeing.

Most supermarkets supply frozen packaged meals which are often packed with starchy foods and usually don't provide enough protein or essential nutrients for your needs. By receiving your food from us you can be assured that your nutritional needs are being taken care of.

For any specific nutritional queries please talk to your GP or see an Accredited Practicing Dietitian.



Keep this menu and use the code numbers shown beside each meal item as your reference to choose your meals. Every effort is made to provide the meals you order.

# How to Read the Menu

*This is the **CODE NUMBER** it is used when ordering to identify the product and supplier*

*This shows the meal and its accompaniments*

*This shows the pricing*

**NC01**

**Breakfast Pie**

Bacon and egg in a puff pastry

**\$3.60**





# Dietary Colour Code



Cut Up



Gluten Intolerance



Low Potassium



Low Salt



No Carbohydrate

# Your Cut Up Selection



# Cut Up Breakfast

## CODE

NC111	<b>Breakfast Pie</b> Bacon and egg in a puff pastry	\$4.20
NC112	<b>Pancakes</b> 2 pancakes with Butter and Maple Syrup	\$4.20
NC113	<b>Big Breakfast</b> Sausage, bacon, hash brown, eggs, baked beans	\$5.90
NC114	<b>French Toast</b> with Butter & Maple Syrup	\$4.20



# Cut Up Snack

## CODE

## Price

NC115	<b>Banana Cake</b>	\$2.60
NC116	<b>Blueberry Muffin</b>	\$2.80
NC117	<b>Chocolate Cake</b>	\$2.60
NC118	<b>Finger Bun</b>	\$2.80
NC119	<b>Lamington</b>	\$2.80
NC120	<b>Vegetable Pastie</b>	\$4.20



# Cut Up Soup

CODE		Price
NC04	Bacon Chowder	\$2.00
MM02	Beef & Barley Soup	\$2.15
FS01	Beef & Vegetable Soup	\$2.20
NC01	Chicken & Corn Soup	\$2.00
FS02	Chicken & Vegetable Soup	\$2.20
NC02	Cream of Chicken Soup	\$2.00
FS04	Minestrone Soup	\$2.20
MM04	Mushroom Soup	\$2.15
FS03	Pea & Ham Soup	\$2.20
NC03	Potato & Leek Soup	\$2.00
MM03	Pumpkin Soup	\$2.15
MM01	Tomato Soup	\$2.15



# Cut Up Seafood - Mini Meals

CODE		Price
NC121	<b>Creamy Garlic Prawns</b> With rice, vegetables	\$5.40
NC122	<b>Salmon Mornay</b> With chat potato, pumpkin, beans	\$4.20
NC123	<b>Steamed Fish in Creamy Sauce</b> With mashed potato, carrot, peas	\$4.20
NC124	<b>Tuna Bake</b> With vegetables	\$4.20

# Cut Up Seafood - Main Meals

CODE		Price
NC125	<b>Atlantic Salmon &amp; Béarnaise Sauce</b> With mashed potato and vegetables	\$9.00
NC126	<b>Creamy Garlic Prawns</b> With rice and vegetables	\$7.00
NC127	<b>Crumbed Fish &amp; Tartare Sauce</b> With wedges and vegetables	\$5.90
NC128	<b>Salmon Mornay</b> With rice, pumpkin, beans	\$5.90
NC129	<b>Steamed Fish in Creamy Sauce</b> With mashed potato, carrot, peas	\$5.90
NC130	<b>Tuna Bake</b> With vegetables	\$5.90

# Cut Up Beef - Mini Meal

CODE		Price
NC131	<b>Beef Casserole</b> With mashed potato, carrot, peas	\$4.20
NC132	<b>Corned Beef with White Sauce</b> With mashed potato, pumpkin, peas	\$4.20
NC133	<b>Curried Sausages</b> With rice	\$4.20
NC134	<b>Massaman Beef</b> With Rice, vegetables	\$4.20
NC135	<b>Meat Pie &amp; Gravy</b> With mashed potato, peas	\$4.20
NC136	<b>Meatloaf &amp; Gravy</b> With sweet potato, corn, beans	\$4.20
NC137	<b>Savoury Mince</b> With mashed potato, vegetables	\$4.20

NEED HELP?

More  
than just  
a meal

ASK US!

# Cut Up Beef - Main Meal

CODE		Price
NC138	<b>Beef Casserole</b> With mashed potato, carrot, peas	\$5.90
NC139	<b>Corned Beef with White Sauce</b> With mashed potato, pumpkin, peas	\$5.90
NC140	<b>Curried Sausages</b> With rice	\$5.90
NC141	<b>Massaman Beef</b> With Rice, vegetables	\$5.90
NC142	<b>Meat Pie &amp; Gravy</b> With mashed potato, peas	\$5.90
NC143	<b>Meatloaf &amp; Gravy</b> With sweet potato, corn, beans	\$5.90
NC144	<b>Sausage &amp; Gravy</b> With mashed potato, carrot, beans	\$5.90
NC145	<b>Savoury Mince</b> With mashed potato, vegetables	\$5.90





# Cut Up Lamb - Mini Meal

CODE		Price
NC146	<b>Hearty Lamb Casserole</b> With sweet potato, corn, beans	\$4.60
NC147	<b>Lamb Korma</b> With rice, vegetables	\$4.60
NC148	<b>Shepherd's Pie</b> With vegetables	\$4.60



# Cut Up Lamb - Main Meal

CODE		Price
NC149	<b>Hearty Lamb Casserole</b> With sweet potato, corn, beans	\$6.40
NC150	<b>Lamb Korma</b> With rice, vegetables	\$6.40
NC151	<b>Lamb Shank</b> With mashed potato, carrot, broccoli	\$9.00
NC152	<b>Shepherd's Pie</b> With vegetables	\$6.40

# Cut Up Pork - Mini Meal

CODE		Price
NC153	<b>BBQ Pork Riblets</b> With sweet potato chips, vegetables	\$4.20
NC154	<b>Pork Sausage &amp; Gravy</b> With sweet potato, corn, peas	\$4.20
NC155	<b>Roast Pork, Apple Sauce &amp; Gravy</b> With roast vegetables, peas	\$4.20
NC156	<b>Sweet &amp; Sour Pork</b> With rice	\$4.20



More  
than just  
a meal

# Cut Up Pork - Main Meal

CODE		Price
NC157	<b>BBQ Pork Riblets</b> With sweet potato chips, vegetables	\$5.90
NC158	<b>Pork Sausage &amp; Gravy</b> With sweet potato, corn, peas	\$5.90
NC159	<b>Roast Pork, Apple Sauce &amp; Gravy</b> With roast vegetables, peas	\$5.90
NC160	<b>Sweet &amp; Sour Pork</b> With rice	\$5.90

# Cut Up Chicken - Mini Meal

CODE		Price
NC161	<b>Apricot Chicken</b> With rice, vegetables	\$4.20
NC162	<b>Chicken &amp; Asparagus Bake</b> With vegetables	\$4.20
NC163	<b>Honey Mustard Chicken</b> With rice, vegetables	\$4.20
NC164	<b>Satay Chicken</b> With rice	\$4.20

# Cut Up Chicken - Main Meal

CODE		Price
NC165	<b>Apricot Chicken</b> With rice, vegetables	\$5.90
NC166	<b>Chicken &amp; Asparagus Bake</b> With vegetables	\$5.90
NC167	<b>Chicken Breast Supreme</b> With chat potato, vegetables	\$9.00
NC168	<b>Chicken Schnitzel &amp; Gravy</b> With mashed potato, corn, peas	\$5.90
NC169	<b>Honey Mustard Chicken</b> With rice, vegetables	\$5.90
NC170	<b>Satay Chicken</b> With rice	\$5.90

# Cut Up Vegetarian – Mini Meal

CODE		Price
NC171	<b>Chickpea Curry</b> With rice	\$4.20
NC172	<b>Five Bean Chilli</b> With mash potato, corn, peas	\$4.20
NC173	<b>Mushroom Mornay Crepe</b> With vegetables	\$4.20
NC174	<b>Pumpkin &amp; Corn Quiche</b> With mashed potato, carrot, beans	\$4.20

# Cut Up VEGETARIAN – Main Meal

CODE		Price
NC175	<b>Chickpea Curry</b> With rice	\$5.90
NC176	<b>Five Bean Chilli</b> With mash potato, corn, peas	\$5.90
NC177	<b>Lentil Pattie with Satay Sauce</b> With rice, vegetables	\$5.90
NC178	<b>Mushroom Mornay Crepe</b> With vegetables	\$5.90
NC179	<b>Pumpkin &amp; Corn Quiche</b> With mashed potato, carrot, beans	\$5.90

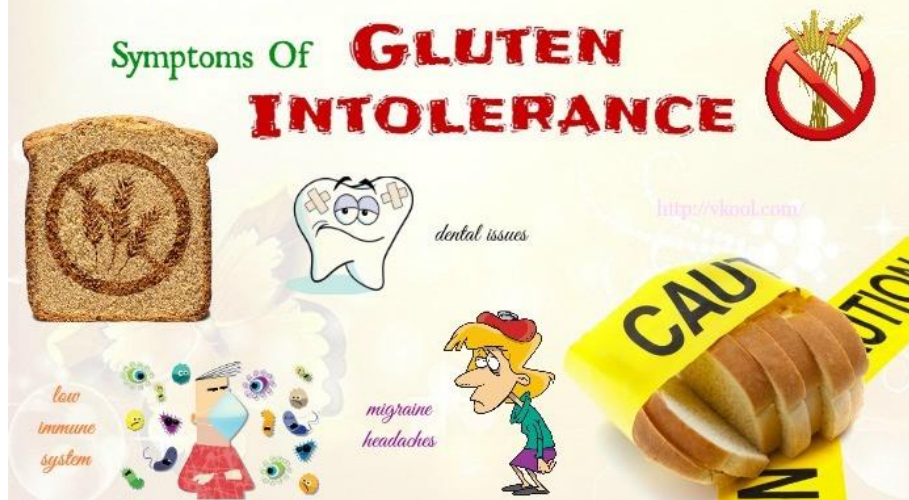


# Cut Up Desserts

CODE		Price
NC180	Caramel Tart	\$4.20
NC181	Cherry Crumble & Custard	\$2.30
NC182	Chocolate Pudding & Cream	\$2.30
NC183	Lemon Meringue Pie	\$4.20
NC184	Peach & Apple Sponge & Custard	\$2.30
NC185	Pear & Cinnamon Crumble & Custard	\$2.30
NC186	Pears & Custard	\$2.30
NC187	Pineapple Upside-Down Cake & Custard	\$2.30
NC188	Sticky Date Pudding & Caramel Sauce	\$2.30



# Your Gluten Intolerance Selection





# SOUP

CODE		Price
NC04	<b>Bacon Chowder</b>	\$2.00
FS01	<b>Beef &amp; Vegetable Soup</b>	\$2.20
NC01	<b>Chicken &amp; Corn Soup</b>	\$2.00
FS02	<b>Chicken &amp; Vegetable Soup</b>	\$2.20
NC02	<b>Cream of Chicken Soup</b>	\$2.00
NC03	<b>Potato &amp; Leek Soup</b>	\$2.00
MM03	<b>Pumpkin Soup</b>	\$2.15
MM01	<b>Tomato Soup</b>	\$2.15



# SEAFOOD - Mini Meals

CODE		Price
NC24	<b>Creamy Garlic Prawns</b> With rice, vegetables	\$5.10
FS18	<b>Curried Prawns</b> With rice, vegetable melange, peas	\$4.50
NC21	<b>Salmon Mornay</b> With chat potato, pumpkin, beans	\$3.90
NC22	<b>Steamed Fish in Creamy Sauce</b> With mashed potato, carrot, peas	\$3.90



# SEAFOOD - Main

CODE		Price
MM29	<b>Baked Fish in Mornay Sauce</b> With sauté potatoes, vegetables	\$6.70
NC66	<b>Creamy Garlic Prawns</b> With rice and vegetables	\$6.70
FS39	<b>Curried Prawns</b> With rice, vegetable melange, peas	\$6.30
NC63	<b>Salmon Mornay</b> With rice, pumpkin, beans	\$5.60
FS37	<b>Steamed Fish</b> With mashed potato, Thai vegetables, beans	\$5.80
NC64	<b>Steamed Fish in Creamy Sauce</b> With mashed potato, carrot, peas	\$5.60
FF02	<b>Sweet &amp; Sour Fish</b> With jasmine rice, vegetables	\$5.70







# BEEF - Mini Meal

CODE		Price
FS20	<b>Beef &amp; Bacon Casserole</b> With parsley potato, pumpkin, broccoli	\$4.50
NC25	<b>Beef Casserole</b> With mashed potato, carrot, peas	\$3.90
NC26	<b>Corned Beef with White Sauce</b> With mashed potato, pumpkin, peas	\$3.90
FS21	<b>Cottage Pie</b> With pumpkin, beans	\$4.50
NC27	<b>Curried Sausages</b> With rice	\$3.90
NC31	<b>Massaman Beef</b> With Rice, vegetables	\$3.90
NC28	<b>Meatloaf &amp; Gravy</b> With sweet potato, corn, beans	\$3.90
FS22	<b>Roast Beef &amp; Gravy</b> With roast potato, pumpkin, beans	\$4.50
MM16	<b>Sausage &amp; Onion Gravy</b> With mashed potato, vegetable	\$5.10
NC30	<b>Savoury Mince</b> With mashed potato, vegetables	\$3.90





# BEEF - Main Meal

CODE		Price
FS42	<b>Beef &amp; Bacon Casserole</b> With parsley potato, pumpkin, broccoli	\$6.30
MM33	<b>Beef Burgundy</b> With mashed potato, vegetables	\$6.70
NC68	<b>Beef Casserole</b> With mashed potato, carrot, peas	\$5.60
NC69	<b>Corned Beef with White Sauce</b> With mashed potato, pumpkin, peas	\$5.60
FS43	<b>Cottage Pie</b> With pumpkin, beans	\$5.80
NC70	<b>Curried Sausages</b> With rice	\$5.60
FS44	<b>Honey Mustard Beef</b> With parsley potato, carrots, broccoli, cauliflower	\$5.80
NC75	<b>Massaman Beef</b> With Rice, vegetables	\$5.60
NC71	<b>Meatloaf &amp; Gravy</b> With sweet potato, corn, beans	\$5.60
FF05	<b>Roast Beef &amp; Gravy</b> With Roast Potato, carrot, broccoli	\$5.70
NC73	<b>Sausage &amp; Gravy</b> With mashed potato, carrot, beans	\$5.60





# BEEF - Main Meal

CODE		Price
NC74	<b>Savoury Mince</b> With mashed potato, vegetables	\$5.60
MM32	<b>Steak Dianne</b> With chat potato, vegetables	\$6.70
FS41	<b>Veal Parmigiana</b> With mashed potato, carrots, peas	\$6.30



# LAMB - Mini Meal

CODE		Price
NC32	<b>Hearty Lamb Casserole</b> With sweet potato, corn, beans	\$4.30
MM17	<b>Lamb &amp; Mint Risssole</b> With mashed potato, vegetables	\$5.10
NC34	<b>Lamb Korma</b> With rice, vegetables	\$4.30
FS26	<b>Roast Lamb &amp; Gravy</b> With roast potato, pumpkin, beans	\$4.50
NC33	<b>Shepherd's Pie</b> With vegetables	\$4.30



# LAMB - Main Meal

CODE		Price
NC76	<b>Hearty Lamb Casserole</b> With sweet potato, corn, beans	\$6.10
FF08	<b>Irish Lamb Stew</b> With mashed potato, beans, carrot, corn	\$5.70
FF09	<b>Lamb &amp; Cauliflower Casserole</b> With rice, carrot, beans	\$5.70
MM34	<b>Lamb &amp; Fruit Curry</b> With steamed rice, vegetables	\$6.70
MM35	<b>Lamb &amp; Mint Rissolle</b> With mashed potato, vegetables	\$6.70
FS49	<b>Lamb Chop &amp; Gravy</b> With parsley potato, vegetables, beans	\$6.30
NC78	<b>Lamb Korma</b> With rice, vegetables	\$6.10
NC79	<b>Lamb Shank</b> With mashed potato, carrot, broccoli	\$8.80
FF07	<b>Mild Lamb Curry</b> With rice, vegetable panache	\$5.70
FS48	<b>Roast Lamb</b> With roast potato, pumpkin, beans	\$6.30
NC77	<b>Shepherd's Pie</b> With vegetables	\$6.10



# PORK - Mini Meal

CODE		Price
NC38	<b>Pork Sausage &amp; Gravy</b> With sweet potato, corn, peas	\$3.90
NC35	<b>Roast Pork, Apple Sauce &amp; Gravy</b> With roast vegetables, peas	\$3.90
NC36	<b>Sweet &amp; Sour Pork</b> With rice	\$3.90



# PORK - Main Meal

CODE		Price
FS53	<b>Ham &amp; Cheese Omelette</b> With rice, carrot, beans	\$5.80
FS54	<b>Ham Steak &amp; Pineapple</b> With mashed potato, pumpkin, beans	\$5.80
FS55	<b>Pork &amp; Apple Casserole</b> With rice, mixed vegetables	\$5.80
FF11	<b>Pork &amp; Red Wine Ragu</b> With roast potato, cauliflower, peas	\$5.70
FF10	<b>Pork Meatballs</b> With roast potato, carrot, beans	\$5.70
NC83	<b>Pork Sausage &amp; Gravy</b> With sweet potato, corn, peas	\$5.60
NC80	<b>Roast Pork, Apple Sauce &amp; Gravy</b> With roast vegetables, peas	\$5.60
NC81	<b>Sweet &amp; Sour Pork</b> With rice	\$5.60



# CHICKEN - Mini Meal

CODE		Price
NC39	<b>Apricot Chicken</b> With rice, vegetables	\$3.90
FS31	<b>Chicken Scallopini with Bacon</b> With mashed potato, carrot, broccoli	\$4.50
FS30	<b>Chicken Wings in BBQ Sauce</b> With fried rice	\$4.50
NC41	<b>Honey Mustard Chicken</b> With rice, vegetables	\$3.90



# CHICKEN - Main Meal

CODE		Price
NC84	<b>Apricot Chicken</b> With rice, vegetables	\$5.60
FS62	<b>Butter Chicken</b> With rice, carrot, peas	\$5.80
FF17	<b>Chicken &amp; Mushroom Potato Pie</b> With broccoli	\$5.70
MM39	<b>Chicken &amp; Spinach Casserole</b> With mashed potato, vegetable	\$6.70
FF14	<b>Chicken Cacciatore</b> With rice, pumpkin, broccoli	\$5.70
FS63	<b>Chicken Scallopini with Bacon</b> With mashed potato, carrot, broccoli	\$5.80





# CHICKEN - Main Meal

CODE		Price
NC87	<b>Honey Mustard Chicken</b> With rice, vegetables	\$5.60
FF15	<b>Lemon Chicken</b> With mashed potato, jardin vegetable mix	\$5.70
FF18	<b>Mustard Lemon Rosemary Chicken</b> With roast potato, baked carrot, beans	\$5.70
FS61	<b>Roast Chicken &amp; Gravy</b> With roast potato, pumpkin, peas	\$5.80
MM37	<b>Roast Turkey &amp; Port Wine Sauce</b> With roast herb potato, vegetables	\$6.70
FS64	<b>Thai Green Curry Chicken</b> With rice, Thai mixed vegetables	\$5.80



# VEGETARIAN – Mini Meal

CODE		Price
NC45	<b>Chickpea Curry</b> With rice	\$3.90
NC46	<b>Five Bean Chilli</b> With mash potato, corn, peas	\$3.90
MM26	<b>Lentil Cottage Pie</b>	\$5.10
NC44	<b>Mushroom Mornay Crepe</b> With vegetables	\$3.90
NC43	<b>Pumpkin &amp; Corn Quiche</b> With mashed potato, carrot, beans	\$3.90
FS34	<b>Spinach &amp; Fetta Omelette</b> With pumpkin, Thai vegetables	\$4.50
FS32	<b>Vegetarian Cottage Pie</b> With pumpkin, beans	\$4.50



# VEGETARIAN – Main Meal

CODE		Price
NC92	<b>Chickpea Curry</b> With rice	\$5.60
NC93	<b>Five Bean Chilli</b> With mash potato, corn, peas	\$5.60
NC91	<b>Mushroom Mornay Crepe</b> With vegetables	\$5.60
NC90	<b>Pumpkin &amp; Corn Quiche</b> With mashed potato, carrot, beans	\$5.60
FS65	<b>Vegan Mixed Bean Casserole</b> With rice, carrot, peas	\$5.80
FS66	<b>Vegetarian Cottage Pie</b> With pumpkin, beans	\$5.80



## DESSERTS

CODE		Price
FS13	<b>Baked Rice Pudding</b>	\$2.30
FS11	<b>Chocolate Mousse</b>	\$2.30
MM05	<b>Creamy Rice &amp; Strawberry Compote</b>	\$2.15
MM10	<b>Jelly with Peaches &amp; Custard</b>	\$2.15
NC12	<b>Pears &amp; Custard</b>	\$2.00
FS09	<b>Stewed Apple &amp; Custard</b>	\$2.30
FS16	<b>Tropical Pavlova</b>	\$2.80



# PUREE - Mini Meals

CODE		Price
NC49	<b>Puree Beef &amp; Gravy</b> With mashed potato, puree vegetable	\$4.20
NC51	<b>Puree Chicken &amp; Gravy</b> With mashed potato, puree vegetable	\$4.20
FS36	<b>Puree Chicken &amp; Vegetable</b> With mashed potato, puree vegetable	\$5.10
NC57	<b>Puree Chickpea Curry</b> With mashed potato, puree vegetable	\$4.20
NC50	<b>Puree Corned Beef &amp; White Sauce</b> With mashed potato, puree vegetable	\$4.20
NC48	<b>Puree Curried Seafood</b> With mashed potato, puree vegetable	\$4.20
NC53	<b>Puree Lamb Casserole</b> With mashed potato, puree vegetable	\$4.60
NC54	<b>Puree Lamb Korma</b> With mashed potato, puree vegetable	\$4.60
NC55	<b>Puree Pork &amp; Gravy</b> With mashed potato, puree vegetable	\$4.20
FS35	<b>Puree Savoury Beef &amp; Vegetable</b> With mashed potato, puree vegetable	\$5.10
NC47	<b>Puree Seafood</b> With mashed potato, puree vegetable	\$4.20
NC56	<b>Puree Sweet &amp; Sour Pork</b> With mashed potato, puree vegetable	\$4.20
NC58	<b>Puree Vegetable Casserole</b> With mashed potato, puree vegetable	\$4.20



# PUREE - Main Meals

CODE		Price
NC97	<b>Puree Beef &amp; Gravy</b> With mashed potato, puree vegetable	\$5.90
NC99	<b>Puree Chicken &amp; Gravy</b> With mashed potato, puree vegetable	\$5.90
NC105	<b>Puree Chickpea Curry</b> With mashed potato, puree vegetable	\$5.90
NC98	<b>Puree Corned Beef &amp; White Sauce</b> With mashed potato, puree vegetable	\$5.90
NC96	<b>Puree Curried Seafood</b> With mashed potato, puree vegetable	\$5.90
FS73	<b>Puree Curry Vegetable</b> With mashed potato, puree vegetable	\$6.40
NC101	<b>Puree Lamb Casserole</b> With mashed potato, puree vegetable	\$6.40
NC102	<b>Puree Lamb Korma</b> With mashed potato, puree vegetable	\$6.40
NC103	<b>Puree Pork &amp; Gravy</b> With mashed potato, puree vegetable	\$5.90
FS69	<b>Puree Savoury Beef &amp; Vegetable</b> With mashed potato, puree vegetable	\$6.40
FS72	<b>Puree Savoury Lamb &amp; Vegetable</b> With mashed potato, puree vegetable	\$6.90
FS71	<b>Puree Savoury Pork &amp; Vegetable</b> With mashed potato, puree vegetable	\$6.40



# PUREE - Main Meals

CODE		Price
NC95	<b>Puree Seafood</b> With mashed potato, puree vegetable	\$5.90
NC104	<b>Puree Sweet &amp; Sour Pork</b> With mashed potato, puree vegetable	\$5.90
NC106	<b>Puree Vegetable Casserole</b> With mashed potato, puree vegetable	\$5.90



## Symptoms of **GLUTEN SENSITIVITY**

1. Digestive Issues
2. Fatigue/Crankiness
3. Dizziness
4. Headaches
5. Mood Issues
6. Joint Swelling/Pain
7. Eczema

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# Your Low Potassium Selection



# Low Potassium Soup

CODE		Price
MM02	<b>Beef &amp; Barley Soup</b>	\$2.15
NC01	<b>Chicken &amp; Corn Soup</b>	\$2.00
NC02	<b>Cream of Chicken Soup</b>	\$2.00

## Low Potassium Seafood - Mini Meals

CODE		Price
FS18	<b>Curried Prawns</b> With rice, vegetable melange, peas	\$4.50
NC23	<b>Tuna Bake</b> With vegetables	\$3.90

## Low Potassium SEAFOOD - Main Meals

CODE		Price
FS39	<b>Curried Prawns</b> With rice, vegetable melange, peas	\$6.30
NC63	<b>Salmon Mornay</b> With rice, pumpkin, beans	\$5.60
NC65	<b>Tuna Bake</b> With vegetables	\$5.60

# Low Potassium Beef - Mini Meal

## CODE

## Price

NC27	<b>Curried Sausages</b> With rice	\$3.90
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# Low Potassium Beef - Main Meal

## CODE

## Price

FF06	<b>Beef Ravioli</b> With cauliflower, peas	\$5.70
CB03	<b>Beef Stroganoff</b> With rice, vegetables	\$6.10
CB06	<b>Curried Mince</b> With rice, vegetables	\$6.10
NC70	<b>Curried Sausages</b> With rice	\$5.60
CB04	<b>Henry's Sausage Casserole</b> With rice & vegetables	\$6.10
FF05	<b>Roast Beef &amp; Gravy</b> With Roast Potato, carrot, broccoli	\$5.70
NC73	<b>Sausage &amp; Gravy</b> With mashed potato, carrot, beans	\$5.60

# Low Potassium Lamb - Mini Meal

## CODE

## Price

NC34

### Lamb Korma

With rice, vegetables

\$4.30

# Low Potassium Lamb - Main Meal

## CODE

## Price

FF09

### Lamb & Cauliflower Casserole

With rice, carrot, beans

\$5.70

MM34

### Lamb & Fruit Curry

With steamed rice, vegetables

\$6.70

NC78

### Lamb Korma

With rice, vegetables

\$6.10

FF07

### Mild Lamb Curry

With rice, vegetable panache

\$5.70

FS51

### Mongolian Lamb

With rice, Thai vegetables, beans

\$6.30



# Low Potassium Pork - Mini Meal

CODE		Price
MM22	<b>Singapore Noodle &amp; Pork Mince</b>	\$5.10
NC36	<b>Sweet &amp; Sour Pork</b> With rice	\$3.90

# Low Potassium Pork - Main Meal

CODE		Price
FS53	<b>Ham &amp; Cheese Omelette</b> With rice, carrot, beans	\$5.80
FF13	<b>Quiche Lorraine</b> With carrot, peas	\$5.70
NC81	<b>Sweet &amp; Sour Pork</b> With rice	\$5.60



# Low Potassium Chicken - Mini Meal

CODE		Price
FS27	<b>Chicken Pesto Pasta</b>	\$4.50
FS28	<b>Curried Chicken</b> With rice, carrot, broccoli	\$4.50
NC41	<b>Honey Mustard Chicken</b> With rice, vegetables	\$3.90
NC42	<b>Satay Chicken</b> With rice	\$3.90

# Low Potassium Chicken - Main Meal

CODE		Price
NC85	<b>Chicken &amp; Asparagus Bake</b> With vegetables	\$5.60
FS58	<b>Chicken Strips with Lemon Sauce</b> With rice, vegetable melange, peas	\$5.80
CB12	<b>Creamy Chicken &amp; Mushroom Pasta</b> With vegetables	\$6.10
FS59	<b>Curried Chicken</b> With rice, carrot, broccoli	\$5.80
NC87	<b>Honey Mustard Chicken</b> With rice, vegetables	\$5.60
NC88	<b>Satay Chicken</b> With rice	\$5.60



# Low Potassium Vegetarian – Mini Meal

CODE		Price
FS33	<b>Macaroni Cheese</b> With vegetable melange, peas	\$4.50
NC44	<b>Mushroom Mornay Crepe</b> With vegetables	\$3.90

# Low Potassium Vegetarian – Main Meal

CODE		Price
FS67	<b>Macaroni Cheese</b> With vegetable melange, peas	\$5.80
NC91	<b>Mushroom Mornay Crepe</b> With vegetables	\$5.60

# Low Potassium Desserts

CODE		Price
NC14	<b>Caramel Tart</b>	\$3.90
NC15	<b>Lemon Meringue Pie</b>	\$3.90
NC09	<b>Peach &amp; Apple Sponge &amp; Custard</b>	\$2.00
NC12	<b>Pears &amp; Custard</b>	\$2.00

# Your Low Salt Selection

Low Sodium



# Low Salt Soup

## CODE

## Price

**NC03** **Potato & Leek Soup**

**\$2.00**

# Low Salt Seafood - Mini Meals

## CODE

## Price

**MM12** **Crumbed Whiting Fillets** **\$5.70**  
With roast diced potatoes, vegetables

**MM11** **Fishcake Chunky Tomato** **\$5.10**  
With roast herb potatoes, vegetables

**NC22** **Steamed Fish in Creamy Sauce** **\$3.90**  
With mashed potato, carrot, peas

**NC23** **Tuna Bake** **\$3.90**  
With vegetables

# Low Salt Seafood - Main Meals

## CODE

## Price

**NC67** **Atlantic Salmon & Béarnaise Sauce** **\$8.80**  
With mashed potato and vegetables

**MM29** **Baked Fish in Mornay Sauce** **\$6.70**  
With sauté potatoes, vegetables

**NC62** **Crumbed Fish & Tartare Sauce** **\$5.60**  
With wedges and vegetables

# Low Salt Seafood - Main Meals

CODE		Price
FS38	<b>Fishcake with Parsley Sauce</b> With fries, carrots, broccoli	\$5.80
CB02	<b>Grilled Fish Lemon Sauce</b> With mashed potato, vegetables	\$6.10
MM28	<b>Salmon Fishcakes, Lemon Sauce</b> With roast potatoes, vegetables	\$6.70
NC64	<b>Steamed Fish in Creamy Sauce</b> With mashed potato, carrot, peas	\$5.60
NC65	<b>Tuna Bake</b> With vegetables	\$5.60

# Low Salt Beef - Mini Meal

CODE		Price
FS20	<b>Beef &amp; Bacon Casserole</b> With parsley potato, pumpkin, broccoli	\$4.50
NC25	<b>Beef Casserole</b> With mashed potato, carrot, peas	\$3.90
FS22	<b>Roast Beef &amp; Gravy</b> With roast potato, pumpkin, beans	\$4.50
NC30	<b>Savoury Mince</b> With mashed potato, vegetables	\$3.90

# Low Salt Beef - Main Meal

CODE		Price
FS42	<b>Beef &amp; Bacon Casserole</b> With parsley potato, pumpkin, broccoli	\$6.30
NC68	<b>Beef Casserole</b> With mashed potato, carrot, peas	\$5.60
NC74	<b>Savoury Mince</b> With mashed potato, vegetables	\$5.60
MM32	<b>Steak Dianne</b> With chat potato, vegetables	\$6.70

# Low Salt Lamb - Mini Meal

CODE		Price
NC32	<b>Hearty Lamb Casserole</b> With sweet potato, corn, beans	\$4.30
NC34	<b>Lamb Korma</b> With rice, vegetables	\$4.30
FS26	<b>Roast Lamb &amp; Gravy</b> With roast potato, pumpkin, beans	\$4.50
NC33	<b>Shepherd's Pie</b> With vegetables	\$4.30

# Low Salt Lamb - Main Meal

CODE		Price
NC76	<b>Hearty Lamb Casserole</b> With sweet potato, corn, beans	\$6.10
MM35	<b>Lamb &amp; Mint Rissole</b> With mashed potato, vegetables	\$6.70
FS49	<b>Lamb Chop &amp; Gravy</b> With parsley potato, vegetables, beans	\$6.30
NC78	<b>Lamb Korma</b> With rice, vegetables	\$6.10
FS48	<b>Roast Lamb</b> With roast potato, pumpkin, beans	\$6.30
NC77	<b>Shepherd's Pie</b> With vegetables	\$6.10

# Low Salt Pork - Mini Meal

CODE		Price
MM23	<b>Italian Pork Meatballs</b> With pasta, chunky tomato sauce, vegetables	\$5.10
NC35	<b>Roast Pork, Apple Sauce &amp; Gravy</b> With roast vegetables, peas	\$3.90
NC36	<b>Sweet &amp; Sour Pork</b> With rice	\$3.90



# Low Salt Pork - Main Meal

CODE		Price
FS54	<b>Ham Steak &amp; Pineapple</b> With mashed potato, pumpkin, beans	\$5.80
FS55	<b>Pork &amp; Apple Casserole</b> With rice, mixed vegetables	\$5.80
NC80	<b>Roast Pork, Apple Sauce &amp; Gravy</b> With roast vegetables, peas	\$5.60
NC81	<b>Sweet &amp; Sour Pork</b> With rice	\$5.60

# Low Salt Chicken - Mini Meal

CODE		Price
NC39	<b>Apricot Chicken</b> With rice, vegetables	\$3.90
NC40	<b>Chicken &amp; Asparagus Bake</b> With vegetables	\$3.90
FS29	<b>Chicken &amp; Vegetable Pie</b> With mashed potato, pumpkin, peas	\$4.50
FS28	<b>Curried Chicken</b> With rice, carrot, broccoli	\$4.50

# Low Salt Chicken - Main Meal

CODE		Price
NC84	<b>Apricot Chicken</b> With rice, vegetables	\$5.60
NC85	<b>Chicken &amp; Asparagus Bake</b> With vegetables	\$5.60
FS60	<b>Chicken &amp; Vegetable Pie</b> With mashed Potato, pumpkin, peas	\$5.80
FS59	<b>Curried Chicken</b> With rice, carrot, broccoli	\$5.80
FS61	<b>Roast Chicken &amp; Gravy</b> With roast potato, pumpkin, peas	\$5.80

# Low Salt Vegetarian – Mini Meal

CODE		Price
NC45	<b>Chickpea Curry</b> With rice	\$3.90

# Low Salt Vegetarian – Main Meal

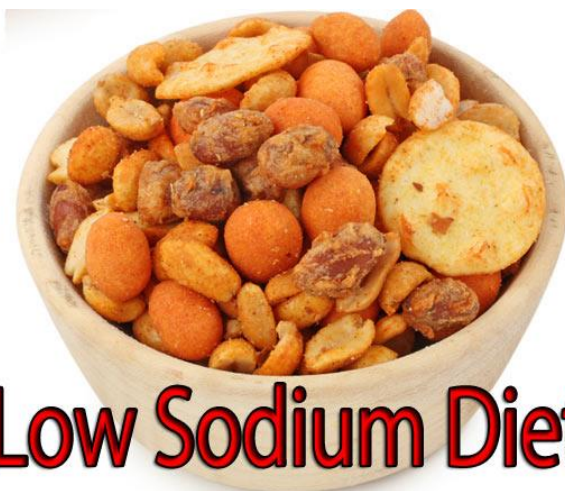
CODE		Price
NC92	<b>Chickpea Curry</b> With rice	\$5.60
FS65	<b>Vegan Mixed Bean Casserole</b> With rice, carrot, peas	\$5.80

# Low Salt Desserts

CODE		Price
MM08	Apple Sultana Crumble & Custard	\$2.15
FS15	Apricot Pie & Cream	\$2.80
FS13	Baked Rice Pudding	\$2.30
NC08	Cherry Crumble & Custard	\$2.00
FS11	Chocolate Mousse	\$2.30
NC07	Chocolate Pudding & Cream	\$2.00
MM05	Creamy Rice & Strawberry Compote	\$2.15
MM10	Jelly with Peaches & Custard	\$2.15
NC09	Peach & Apple Sponge & Custard	\$2.00
NC11	Pineapple Upside-Down Cake & Custard	\$2.00
FS09	Stewed Apple & Custard	\$2.30
MM09	Tiramisu	\$2.15
FS16	Tropical Pavlova	\$2.80
FS08	Wine Trifle & Cream	\$2.30

# Low Salt Puree - Mini Meals

CODE		Price
FS36	<b>Puree Chicken &amp; Vegetable</b> With mashed potato, puree vegetable	\$5.10
NC57	<b>Puree Chickpea Curry</b> With mashed potato, puree vegetable	\$4.20
NC48	<b>Puree Curried Seafood</b> With mashed potato, puree vegetable	\$4.20
NC53	<b>Puree Lamb Casserole</b> With mashed potato, puree vegetable	\$4.60
NC54	<b>Puree Lamb Korma</b> With mashed potato, puree vegetable	\$4.60
NC55	<b>Puree Pork &amp; Gravy</b> With mashed potato, puree vegetable	\$4.20
NC47	<b>Puree Seafood</b> With mashed potato, puree vegetable	\$4.20
NC56	<b>Puree Sweet &amp; Sour Pork</b> With mashed potato, puree vegetable	\$4.20



## Low Sodium Diets

# Low Salt Puree - Main Meals

CODE		Price
FS70	<b>Puree Chicken &amp; Vegetable</b> With mashed potato, puree vegetable	\$6.40
NC105	<b>Puree Chickpea Curry</b> With mashed potato, puree vegetable	\$5.90
NC96	<b>Puree Curried Seafood</b> With mashed potato, puree vegetable	\$5.90
NC101	<b>Puree Lamb Casserole</b> With mashed potato, puree vegetable	\$6.40
NC102	<b>Puree Lamb Korma</b> With mashed potato, puree vegetable	\$6.40
NC103	<b>Puree Pork &amp; Gravy</b> With mashed potato, puree vegetable	\$5.90
NC95	<b>Puree Seafood</b> With mashed potato, puree vegetable	\$5.90
NC104	<b>Puree Sweet &amp; Sour Pork</b> With mashed potato, puree vegetable	\$5.90



# Your No Carbohydrate Selection





# No Carbohydrate Mini Meals

CODE		Price
NC189	<b>Salmon Mornay</b> With Vegetable Melange	\$4.20
NC190	<b>Steamed Fish in Creamy Sauce</b> With Vegetable Melange	\$4.20
NC191	<b>Beef Casserole</b> With Vegetable Melange	\$4.20
NC192	<b>Curried Sausages</b> With Vegetable Melange	\$4.20
NC193	<b>Massaman Beef</b> With Vegetable Melange	\$4.20
NC194	<b>Hearty Lamb Casserole</b> With Vegetable Melange	\$4.60
NC195	<b>Lamb Korma</b> With Vegetable Melange	\$4.60
NC196	<b>Pork Sausage &amp; Gravy</b> With Vegetable Melange	\$4.20
NC197	<b>Roast Pork, Apple Sauce &amp; Gravy</b> With Vegetable Melange	\$4.20
NC198	<b>Sweet &amp; Sour Pork</b> With Vegetable Melange	\$4.20
NC199	<b>Honey Mustard Chicken</b> With Vegetable Melange	\$4.20
NC200	<b>Satay Chicken</b> With Vegetable Melange	\$4.20
NC201	<b>Chickpea Curry</b> With Vegetable Melange	\$4.20
NC202	<b>Five Bean Chilli</b> With Vegetable Melange	\$4.20

# No Carbohydrate Main Meals

CODE		Price
NC203	<b>Atlantic Salmon &amp; Béarnaise Sauce</b> With Vegetable Melange	\$9.00
NC204	<b>Salmon Mornay</b> With Vegetable Melange	\$5.90
NC205	<b>Steamed Fish in Creamy Sauce</b> With Vegetable Melange	\$5.90
NC206	<b>Beef Casserole</b> With Vegetable Melange	\$5.90
NC207	<b>Curried Sausages</b> With Vegetable Melange	\$5.90
NC208	<b>Massaman Beef</b> With Vegetable Melange	\$5.90
NC209	<b>Hearty Lamb Casserole</b> With Vegetable Melange	\$6.40
NC210	<b>Lamb Korma</b> With Vegetable Melange	\$6.40
NC211	<b>Lamb Shank</b> With Vegetable Melange	\$9.00
NC212	<b>Pork Sausage &amp; Gravy</b> With Vegetable Melange	\$5.90
NC213	<b>Roast Pork, Apple Sauce &amp; Gravy</b> With Vegetable Melange	\$5.90
NC214	<b>Sweet &amp; Sour Pork</b> With Vegetable Melange	\$5.90
NC215	<b>Honey Mustard Chicken</b> With Vegetable Melange	\$5.90

## No Carbohydrate Main Meals

CODE		Price
NC216	<b>Satay Chicken</b> With Vegetable Melange	\$5.90
NC217	<b>Chickpea Curry</b> With Vegetable Melange	\$5.90
NC218	<b>Five Bean Chilli</b> With Vegetable Melange	\$5.90

**NOTES:**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Our service provides assistance to the aged and younger disabled people and their carers to help them to stay independent in their own homes.

If you are interested in our Food Service or any other Help at Home service please contact:-

**YOUR LOCAL BRANCH**

OR

**MY AGED CARE**

*Over 65 years*

**1800 200 422**

**NDIS**

*National Disability Insurance Scheme*

**1800 800 110**

**More  
than just  
a meal**

This service is supported by funding from the Australian Government under the Commonwealth Home Support Program & support from the NSW Meals on Wheels Association.

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