



COMMONWEALTH HOME SUPPORT MENU

SPRING 2024

"Delivering across the Greater Hume Region."

114 Albury Street, Holbrook. Ph: 02 6036 3677

DATE: _____

NAME: _____

ADDRESS: _____

PHONE: _____



OFFICE USE ONLY	
Packed	
Ent. Polixen	
TOTAL	

DELIVERY: YES / NO

DELIVERY DATE: _____

	DISCONTINUED ITEMS	PRICE	QTY
MC	Pork BBQ Pulled & Pot Gratin (GF,DF)	\$5.00	
MC	Tuna Mornay & Mash	\$5.00	
G	Chicken Honey Soy & Fried Rice (GF,DF)	\$7.00	
FS	Creamed Rice & Apricots (GF)	\$1.50	
FS	Beef Roast & Gravy (LS,GF) PETITE	\$5.70	
CW	Fruit Trifle & Cream	\$1.50	
SALADS & SANDWICHES		PRICE	QTY
JB	Fresh Salad with cold meat	\$12.00	
HB	Fresh Sandwiches	\$9.00	
HB	Fresh Egg Sandwich	\$7.50	
PETITE MEALS		PRICE	QTY
MC	Beef Curry Sausages Mash & Veg	\$5.80	
MC	Beef Shepherd's Pie & Veg (GF)	\$5.80	
MC	Beef Lasagne & Veg	\$5.80	
MC	Chicken Honey Curry & Rice (DF)	\$5.80	
MC	Chicken Apricot & Mash	\$5.80	
MC	Chicken & Mushroom Casserole	\$5.80	
MC	Chicken Mornay with Spiral Pasta	\$5.80	
MC	Chicken Roast Gravy & Potato (GF,DF)	\$5.80	
MC	Pork Sweet & Sour & Rice (GF)	\$5.80	
MC	Pork Roast , Gravy & Potato (GF, DF)	\$6.50	
MC	Tuna Mornay & Mashed Potato	\$5.80	
JUICE (Price is per single juice. 6 pk=\$3.60)		PRICE	QTY
	Apple Juice	\$0.60	
	Orange Juice	\$0.60	
	Apple & Blackcurrant Juice	\$0.60	
	Bread Rolls - Donated by Holbrook Bakery (1 bread roll per meal)		
WINE - Donated by Casella Winery			QTY
	1 Wine per delivery		
	Merlot		
	Sauvignon Blanc		
	Shiraz		
	Cabernet Sauvignon		
	Pinot Grigio		
	Chardonnay		

	SOUP	PRICE	QTY
G	Tomato (GF)	\$3.00	
G	Chicken and Corn (GF,DF)	\$3.00	
G	Chicken Noodle (DF)	\$3.00	
G	Beef & Vegetable (GF,DF)	\$3.00	
G	Chicken & Vegetable (GF)	\$3.00	
G	Creamy Pumpkin (GF)	\$3.00	
G	Leek & Potato (GF)	\$3.00	
G	Minestrone (DF)	\$3.00	
G	Pea & Ham (GF,DF)	\$3.00	
PETITE MEALS		PRICE	QTY
G	Beef Rissoles & Veg (GF)	\$5.80	
G	Beef Corned & Veg (GF)	\$5.80	
G	Beef Stroganoff & Rice (GF)	\$5.80	
G	Beef Mince & Potato Bake (GF,SR)	\$5.80	
NC	Beef Sweet & Sour Meatballs & Rice NEW	\$5.80	
G	Beef Slow Cooked (NEW)	\$5.80	
FS	Chicken Hawaiian	\$5.80	
G	Lamb Casserole & Mash (GF,DF)	\$5.80	
G	Lamb Roast & Veg (GF,DF)	\$5.80	
NC	Pork Sausages with Gravy	\$5.80	
G	Barramundi with Lemon Butter & Veg (GF)	\$5.80	
FS	Fish Crumbed, Chips & Veg (S,DF)	\$5.80	
G	Prawns Curried & Rice (GF)	\$5.80	

SUPPLIER LEGEND		
MC	- MyChef/Farm Door Cuisine	FS - Flagstaff Fine Food
G	- Gourmet Meals	GM - The Good Meal Co.
CW	- Central West/Bathurst MOW	NC - Nuovo
HB	- Holbrook Bakery	JB - J&B's Gourmet Café

DIET LEGEND		
GF	- Gluten Free, DF - Dairy Free	
LF	- Low Fat, HF - High Fibre, S - Soft	
LS	- Low Sugar, SR - Salt Reduced,	



Meals on Wheels™
Greater Hume Area

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HOME SUPPORT

GREATER HUME AREA

MAIN MEALS

	BEEF	PRICE	QTY
MC	Beef Bourguignon w/ Creamy Mash (GF)	\$8.20	
MC	Beef Curry Sausages & Mash (S)	\$8.20	
MC	Beef Grilled Sausages, Gravy & Mash	\$8.20	
MC	Beef Lasagne & Vegetables (S)	\$8.20	
MC	Beef Savoury Mince & Mash (GF)	\$8.20	
MC	Beef Shepherd's Pie & Veg (GF)	\$8.20	
MC	Beef Spaghetti Bolognese & Veg (S)	\$8.20	
	CHICKEN	PRICE	QTY
MC	Chicken Roast & Veg (GF,DF)	\$8.20	
MC	Chicken Schnitzel & Veg	\$8.20	
MC	Chicken French Casserole & Mash (GF)	\$8.20	
MC	Chicken & Mushroom Casserole	\$8.20	
MC	Chicken Mornay with Spiral Pasta	\$8.20	
MC	Chicken Parmigiana, Mash & Veg	\$8.20	
MC	Chicken Butter Curry & Rice (GF) NEW	\$8.20	
	LAMB	PRICE	QTY
MC	Lamb Roast & Veg (GF,DF)	\$8.20	
MC	Lamb Shanks & Mash (GF)	\$8.20	
	PORK	PRICE	QTY
MC	Pork Roast, Gravy & Potato (GF, DF)	\$8.20	
MC	Fettucine with Bacon Cream Sauce	\$8.20	
MC	Pork Sweet & Sour, Rice & Veg (GF,DF)	\$8.20	
	SEAFOOD	PRICE	QTY
MC	King Prawns in Garlic Sauce	\$9.00	
MC	Fish Baked & Veg (S,GF)	\$8.20	
MC	Fish Crumbed & Wedges	\$8.20	
	DESSERTS	PRICE	QTY
MC	Lemon Cheesecake & Cream (S)	\$3.70	
MC	Baked Vanilla Rice Pudding (S,GF,LS,LF)	\$3.70	
MC	Chocolate Mousse (S,GF,LS,LF)	\$3.70	
MC	Chocolate Bavarian Pie (S)	\$3.70	
MC	Pavlova & Blueberries (S,GF)	\$3.70	
MC	Plum Pudding & Custard (S)	\$3.70	
MC	Sherry Trifle & Custard (S)	\$3.70	
MC	Baked Lemon Pudding & Custard (S)	\$3.70	
MC	Fruit Salad (GF)	\$3.70	
BL	Strawberry Frozen Yoghurt	\$2.20	
BL	Mango Frozen Yoghurt NEW	\$2.20	
BL	Raspberry Frozen Yoghurt NEW	\$2.20	
BL	Bulla Ice Cream Cup	\$1.60	

	BEEF	PRICE	QTY
G	Beef Cottage Pie, Mash & Veg (S,GF,SR)	\$7.70	
G	Beef Casserole, Mash & Veg (GF,DF)	\$7.70	
G	Beef Roast, Mash & Veg (GF,DF,LF,SR)	\$7.70	
G	Beef Corned, Mash & Veg (GF)	\$7.70	
NC	Beef Meatloaf, Gravy & Veg (GF)	\$7.70	
FS	Beef Stroganoff & Rice (GF)	\$7.70	
FS	Beef Rissolle with Onion Gravy & Veg	\$7.70	
	CHICKEN	PRICE	QTY
G	Chicken Sweet & Sour, Rice & Veg (GF,DF)	\$7.70	
GM	Chicken Casserole & Baked Potato (GF) NEW	\$7.70	
GM	Chicken Kiev & Veg	\$7.70	

	LAMB	PRICE	QTY
G	Lamb Casserole, Mash & Veg (SR,GF,DF)	\$7.70	
FS	Lamb Crumbed Patties & Veg	\$7.70	
FS	Lamb Chop, Gravy, Mash & Veg (GF,DF)	\$7.70	
	PORK	PRICE	QTY
G	Pork Sausage, Mash & Veg (DF,GF)	\$7.70	
CW	Pork Honey & Pineapple Casserole (GF) NEW	\$7.70	



	SEAFOOD	PRICE	QTY
G	Prawns Curry & Rice (SR,GF)	\$7.70	
CW	Salmon & Veg Patties	\$7.70	
G	Barramundi, Rice & Veg (GF,LF,SR)	\$7.70	

	DESSERTS	PRICE	QTY
FS	Apple Pie & Cream	\$3.70	
CW	Lemon Meringue Pie	\$3.70	
G	Sticky Date Pudding	\$3.70	
G	Bread & Butter Pudding	\$3.70	
G	Strawberry Cheesecake (GF)	\$3.70	
G	Berry Crumble & Custard (GF)	\$3.70	
G	Apple Crumble (GF)	\$3.70	
G	Berry Cheesecake (GF)	\$3.70	
G	Double Chocolate Pudding NEW	\$3.70	

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DATE