

October 2024 - Menu

Restaurant quality meals delivered FREE by friendly volunteers

**MEALS ON WHEELS TWEED - CHSP PRICING**

Snap Frozen Meal Menu - Great Taste and Excellent Value

Main Meals \$6.00

Brown Rice Vege Patties potato swt potato beans	B D E G	Creamy Vege Balls with beans broccoli carrots	E F
Vegan Mixed Bean Casserole rice carrots & peas	B C D E G	Yellow Potato Curry with rice & veg melange	A B D F
Mushroom Casserole potato mash spinach carrots	A D F	Coconut Dahl with basmati rice	A D E G
Vegetarian Parmi creamy tomato sauce & veg	F	Barramundi with Lemon butter rice & veg	A D
Crumbed Whiting Wedges carrots corn peas	A	Chicken Breast with mango sauce & veg	A D
Roast Chicken Breast potato carrots peas	B D	Sweet & Sour Chicken steamed rice mixed veg	B D E
Honey Soy Chicken fried rice carrots beans	D E	Chicken Mushroom Casserole potato beans	D
Lamb Casserole potato mash broccoli	D E		
Beef Casserole potato mash baked pumpkin peas	D E	Beef Stroganoff broccoli carrots potato	A D
BBQ Sausage pan fried potato broccoli baked beans	D E	Curried Sausages potato mash carrots peas corn	A D E
Beef Patties w creamy sauce & vegetables	D	Beef Pot Roast potato carrots peas	B D E
Pork Steak Diane potatoes carrots cabbage	B D	Pork Sausage onion gravy m/potato carrot peas	D E

Main Meals \$7.00

Vegetarian Cottage Pie with pumpkin & beans	A B C D F	Vegetable Pasta Bake carrots beans	B C F
Macaroni Cheese with mixed vegetables	A C F	Curry Prawns with asian greens rice	B D
Fish Cake with parsley sauce fries carrots broccoli	A	Garlic Prawns rice broccoli cauliflower carrots	B D
Curried Chicken boiled rice broccoli carrots	D	Chicken Asparagus Mornay potato beans veg	B C
Chicken Schnitzel mixed vege fries with gravy	E	Chicken Scallopini bacon potato carrots broccoli	A D
Chicken & Vegetable Pie potato pumpkin peas	A B C	Chicken Strips lemon sauce rice mixed veg	
Butter Chicken with rice peas & carrots	A D	Hawaiian Chicken with rice, carrots & peas	B C E
Beef & Bacon Casserole potato carrots broccoli	A C D E	Chicken Parmigiana potato pumpkin peas	
Beef Pie with gravy potato mash peas	A	Rissole onion gravy potato mash & veg	
Savoury Beef Mince, potato mash mixed veg	A B	Meatloaf & gravy potato mash mixed veg	B
Cottage Pie with mixed vegetables	A D	Steak & Kidney Pie potato mash carrots beans	B
Roast Beef with gravy potato pumpkin peas	B D E	Vienna Schnitzel potato carrots beans	
Spaghetti Bolognese w zuchini eggplant leek	A	Veal Parmigiana potato mash carrots peas	B D
Beef Lasagne with mixed vegetables	A	Silverside potato carrots cauliflower	D
Pork Apple Cranberry Casserole w rice & veg	B C D E	Roast Pork apple gravy pumpkin mash & veg	B D
Pork Ragu with penne pasta mixed vegies & cheese	C	Sweet & Sour Pork with rice broccoli carrots	B E
Ham Steak & Pineapple w potato mash mixed veg	B D	Ham & Cheese Omelette rice carrots beans	A D
Crumbed Lamb Patties gravy potato mash veg		Mongolian Lamb w mixed vegetables & rice	A B E
Roast Lamb w gravy potato pumpkin & greens	D E		

**Recommended heating instructions for 1,000 watt microwave**  
**Heating times may vary with microwave strength**

Mini meals 3 to 5 minutes (instructions on pack)  
 on high DO NOT THAW

Main meals 5 to 7 minutes (instructions on pack)  
 on high DO NOT THAW

Soups - thaw in refrigerator heat for 2 minutes

Desserts - thaw in refrigerator

DIET KEY LEGEND A = Soft B = Low Fat C = Low Salt D = Gluten Free E = Lactose Free F = Vegetarian G = Vegan

Tweed Community Support Inc - Meals on Wheels Tweed, Turnock Street Kingscliff

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**200g Mini Meals \$5.00**

Bubble & Squeak with breakfast sausage		Sweet & Sour Pork with Fried Rice	E
Meat Pie with gravy potato mash peas		Sausages w gravy potato mash carrots beans	D
Spaghetti Bolognese cheese carrots & peas	A	Roast Beef w gravy roast potato pumpkin beans	C D E
Savoury Beef mince, potato mash mixed veg	A B	Steak & Kidney Pie potato mash carrots beans	
Curried Chicken w rice carrots broccoli	A B C D	Chicken Wing in BBQ sauce w fried rice	D E
Chicken and Vege Pie potato pumpkin peas	A C	Chicken Asparagus Mornay potato & veg	A C D
Hawaiian Chicken with rice carrots & peas	B C E	Roast Lamb w gravy roast potato pumpkin beans	C D E
Singapore Noodle stir fry	B E F	Crumbed Fish oven fried chips pumpkin peas	A B E
Macaroni Cheese vege melange	A F	Spinach & Feta Omelette pumpkin Thai veg	A D F

**250g Mini Meals \$5.00**

Cottage Pie with mash & cheese & veg	D	Silverside mustard sauce potato & veg	D
Steak & Bacon Casserole potato mash & veg	D E	Roast Pork apple sauce potato pumpkin broccoli	B D
Roast Chicken Breast potato carrot peas gravy	B D E	Garlic Prawns rice broccoli cauliflower carrots	D

**Soups \$2.60**

Tomato	A D	Minestrone	A E
Pumpkin	A B C D	Pea and Ham	A B D E
Creamy Chicken and Vegetable	A B D	Beef and Vegetable	A B D E
Potato and Leek	A B D	Corn & Bacon chowder	D
Chicken and Corn	D E	Chicken and Vegetable broth	A B D E
Chicken Noodle Soup	A B E		

**Desserts \$3.00**

Double Chocolate Pudding	A C	Lemon Cheesecake Mousse	A D
Peaches and custard	B C D F	Rice Pudding	A B C D
Sticky Date with caramel sauce	A	Stewed Apple with custard	A B C D F
Tiramisu	A D	Apple Rhubarb Crumble with custard	C F
Berry Crumble with custard	A C D	Chocolate Mousse	A B C D F
Carrot Cake	F	Bread & Butter Pudding	A C
Vanilla Tea Cake and custard	A	Mango Flavoured Mousse	A B C D F
Banana Cake	A F	Lemon Cheesecake	A C D
Tropical Pavlova	A C D		

**Desserts \$3.30**

Strawberry Swirl Cheesecake	A F	Apple Pie with cream	A F
Apricot Pie with cream	C F		

**Texture Modified Main Meals \$6.50**

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