

Family Frozen Meals Menu

Available to everyone

	Price
2kg Family Ragu Lasagne	\$35
1kg Curried Prawns	\$18
1kg Beef & Red Wine Casserole (DF)	\$18
1kg Savoury Beef Mince	\$18
1kg Family Chicken Honey Curry (DF)	\$18
1kg Family Beef Stroganoff	\$18
800g Family Potato Bake (GF)	\$16
1kg Family Creamy Chicken & Mushroom Casserole	\$18
1kg Curried Sausages	\$18
1kg Family Tuna Mornay	\$18
1.8kg Beef Lasagne	\$28
1kg Family Pork & Apple Casserole (GF)	\$18
1kg Family Sweet & Sour Pork (GF) (DF)	\$18
1kg Family Butter Chicken (Mild)	\$18
1kg Family Irish Lamb Stew	\$18
1kg Family Apricot Chicken	\$18
1kg Family Shepherd's Pie (GF)	\$18
1kg Family Fried Rice (GF) (DF)	\$18
1kg Family Spaghetti Bolognaise	\$18
1KG Family Braised Lamb	\$18

Meals on Wheels always supporting our local communities.
 A Huge selection of Family Meals are available to any & everyone.
 Phone Cowra Office 63424165 or Grenfell 63432233 to place an
 order. Free Delivery 😊

More
 than just
 a meal

