President: Mr. Michael Hall
Secretary: Mrs. Patricia Balcombe

MEALS ON WHEELS
TAMWORTH
PO Box 371
328 Goonoo Goonoo Road, Tamworth.
NSW 2340
ABN 51 259 523 719

Phone: (02) 67658999
E-Mail: info@mow.org.au

Summer Frozen Order Form 2026

Transportation to be organised.

Superior Foods deliver to most of the New England district.
MONDAY – FRIDAY.

Please direct any enquiries or order changes to Jess at 6765 8999.

ORGANISATION NAME:	
CONTACT NAME:	
CONTACT NUMBER:	
EMAIL ADDRESS:	
DELIVERY ADDRESS:	
ORDER DATE:	
DELIVERY DATE:	
PURCHASE ORDER #	

ORDER SUMMARY

MEALS		TOTAL MEALS	PRICES Inc GST	TOTAL VALUE
Main	(CTN 24)		$8.00	$
Mini Meals	(CTN 36)		$5.00	$
Soup	(CTN 44)		$2.00	$
Dessert	(CTN 60)		$2.50	$
Sausage Rolls & Pies			$4.50	$
			Total	$

Aged Care & NDIS meals are sold GST free.

Date Prepared: _____ / _____ / 20 _____
(to Superior)

Date delivered: _____ / _____ / 20 _____
(to Superior)

Invoice date: _____ / _____ / 20 _____

Invoice No: _____

Internal use only. Order received by.	**Delivery Details**: Date: Time:

All listed main meals are suitable for diabetics.

Please Number Requirements

All Meals can be customised as gluten free GF, dairy free, cut up or pureed:
Please note customisation requirements in the column, give a minimum notice of two days on special orders and confirm via email info@mow.org.au

Main Meal	Main	Mini	Customise	Main Meal	Main	Mini	Customise
Example	4	2	E.g. 2 mains pureed	Example	4	2	E.g. 2 mains pureed
Creamy Garlic Prawns **LG**				Devilled Pork Sausages **LG/DF**			
Beef Steak w/ Diane Gravy **LG**				Beef Steak w/ Pepper Gravy **LG/DF**			
Chicken Kiev				Honey Mustard Chicken **LG**			
Beef Rissoles w/ Onion Gravy **DF**				Turkey Rissoles **DF**			
Roast Pork w/ Gravy **LG/DF**				Chicken Cordon Bleu			
Roast Lamb w/ Gravy **LG/DF**				Roast Beef w/ Gravy **LG/DF**			
Chicken Florentine				Roast Chicken w/ Gravy **LG/DF**			
Vegetable Lasagna **VEG LG**				Sweet & Sour Pork w/ Rice **LG/DF**			
Crumb Fish **DF**				Mushroom Wellington **VEG**			
Beef Stroganoff w/ Pasta				Pork Stew **LG/DF**			
Apricot Chicken **LG/DF**				Greek Style Fish **DF**			
Pork Curry w/ Rice **LG/DF (HOT)**				Lamb Hot Pot **LG/DF**			
Bangers & Mash **LG/DF**				Parmesan Pork Steak **LG**			
Chicken Parmigiana				Beef Cottage Pie			
Roast Beef w/ Gravy **LG/DF**				Chicken Schnitzel w/ Gravy			
Roast Turkey w/ Gravy **LG/DF**				Roast Lamb w/ Gravy **LG/DF**			
Tuna Mornay **VEG**				Baked Fish w/ Lemon Garlic Sauce			
Chickpea Fritters w/ Garlic Sauce **LG**				Beef & Mushroom Stir-fry w/ Noodles **DF**			
Silverside w/ Parsley Sauce				Broccoli & Cheddar Quinoa Balls **VEG**			
Chicken & Corn Casserole **LG**				Salmon Pasta Bake			
Meatballs & Gravy				Meatballs & Spaghetti			
TOTAL				**TOTAL**			

Soup	Qty	Soup	Qty	Soup	Qty
Creamy Cauliflower **LG**		Pork & Bean **LG/DF**		Bean & Sausage **LG/DF**	
Thai Prawn & Coconut **LG/DF (HOT)**		Creamy Tomato & Basil **LG**		Potato & Leek **LG**	
Cream Of Chicken **LG**		Chicken Noodle		Beef Minestrone **DF**	
Beef & Vegetable **LG/DF**		Fish Chowder **LG**		Mushroom & Lentil **LG**	
Broccoli & Cheddar		Turkey Chilli **LG/DF**		Asparagus & Zucchini **LG**	
Pumpkin **LG/DF**		Vegetable Pesto		Ham & Vegetables **LG/DF**	
Southwest Chicken **(HOT)**		Chicken & Mushroom		**TOTAL**	

Dessert	Qty	Dessert	Qty	Dessert	Qty
Yoghurt & Fruit		Lemon Raspberry Muffin		Strawberry Coconut Tart	
Chocolate Bavarian		Fruit & Custard **LG**		Turtle Poke Cake	
Blueberry Delight Cake		Carrot Cake		Choc PB Cupcake	
Passionfruit Tart		Trifle		B & B pudding w/ Custard	
Apple Pie w/ Custard		Apple Strudel w/ Custard		Sticky Date w/ Custard	
Tiramisu Muffin		Vanilla Cheesecake		Red Velvet Brownie	
Chocolate Cake w/ Custard		Apple Crumble w/ Custard		**TOTAL**	

Pies & Sausage Rolls	Qty	Pies & Sausage Rolls	Qty
Plain Beef Pie		Chicken Leek & Potato Pie	
Cottage Pie		Chicken & Spinach Pie	
Pepper Steak Pie		Broccoli & Cauli Bake Pie **VEG**	
Steak & Kidney Pie		Tuna Mornay Pie	
Curried Beef		Beef Sausage Roll	
		TOTAL	

LG – Low Gluten, DF – Dairy Free, VEG - Vegetarian