

February 2025 - 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 \$6.50		Main Meals \$7.50	
Bangers & Mash with gravy		Beef Bourguignon creamy mash & veges	
BBQ Sausage with potato, broccoli, baked beans	DE	Beef Rendang with rice & veges	C
Beef Casserole mashed potato, pumpkin, peas	DE	Corned Beef with white sauce, mash & veges	D
Beef Pot Roast with mashed potato, carrot, peas	BDE	Meat Pie with mash potato & veges	
Beef Rissoles with a tomato herb sauce & veges	D	Penne Napolitana with beef meatballs	
Beef Stroganoff with mashed potato & veges	D	Roast Beef mashed potato, pumpkin & peas	DE
Cottage Pie mashed potato, topped with cheese	AD	Butter Chicken with rice & veges	AD
Creamy Beef Rissoles with mashed potato & vege	D	Chicken & Mushroom Pie with potato top	
Curried Sausages with mashed potato & veges	DE	Chicken Kiev cheesy sauce, roast pot & veges	
Spaghetti Bolognese zucchini, eggplant, leek		Chicken Parmigiana potato wedges & veges	
Chicken Mango roast potatoes & veges	D	Chinese Style Chicken & Cashews with rice	B
Chicken Casserole roast potatoes & veges	DE	Creamy Pesto Chicken Pasta with grilled veges	
Chicken Mushroom roast potatoes & veges	BD	Curried Chicken with basmati rice & veges	D
Honey Soy Chicken stir fried rice & veges	DE	Satay Chicken with rice & veges	D
Roast Chicken Breast cream potatoes & veges	D	Thai Green Chicken Curry with rice	
Sweet & Sour Chicken steamed rice, mixed veges	BDE	Lamb Schnitzel roast potato, veges & gravy	
Lamb Casserole mashed potato & veges	ADE	Lamb Rissoles mash potato, veges & gravy	D
Pork Sausage onion gravy, mashed pot & veges	DE	Roast Lamb mint gravy, roast potato & veges	DE
Pork Steak Diane cream potato & veges	BD	Roast Pork apple gravy, pumpkin mash & veges	BD
Barrumundi Lemon Butter basmati rice & veges	AD	Curried Prawns with asian greens & rice	BD
Crumbed Whiting with wedges & veges	A	Garlic Prawns with creamy sauce, rice & veges	BD
Brown Rice Vege Patties potato/ swt pot & beans	ABDEG	Tuna Mornay Pasta with veges	AB
Coconut Dahl lentils, basmati rice, spinach	ADEG	White Fish with mustard sauce, mash & veges	B
Creamy Vege Balls mustard sauce, mash & veges	AEG		
Macaroni & Cheese	AF		
Mushroom Casserole mashed potato & spinach	ADF		
Spaghetti Veganaise vegan bolognese sauce	EG		
Spring Vegetable Risotto	ABF		
Vegetable Pasta Bake	F		
Vegetarian Parmi roast potato, carrot & veges	F		



Meals on WheelsTM
Tweed

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DIET KIT LEGEND

A = Soft B = Low Fat C = Low Salt D = Gluten Free E = Dairy Free F = Vegetarian G = Vegan

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Mini Meals \$5.00		Soups \$2.50	
Beef Casserole with mashed potato & veges	DE	Beef & Vegetable	BDE
Beef Rissoles with potato bake & veges	D	Chicken & Corn	DE
Beef Stroganoff with basmati rice & veges	D	Chicken Noodle	BE
Corned Beef creamy mustard sauce, mash & veges	D	Corn & Bacon Chowder	D
Cottage Pie mash pot, topped with cheese & veges	AD	Creamy Chicken & Vegetable	BD
Curried Sausages mash potato & veges	DE	Minestrone	E
Mince Potato Bake with veges	AD	Pea & Ham	BCDE
Slow Cooked Beef mashed potato & veges	BDE	Potato & Leek	BD
Spaghetti Bolognese zucchini, eggplant, leek	B	Pumpkin	BCD
Steak & Bacon Casserole mashed potato & veges	DE	Creamy Tomato	D
Steak & Kidney with mashed potato & veges	DE		
Butter Chicken creamed spinach & basmati rice	D	Desserts \$3.00	
Honey Soy Chicken with stir fried rice	DE	Apple Crumble	CD
Roast Chicken Breast cream potatoes & veges	BD	Berry Crumble with custard	CD
Sweet & Sour Chicken steamed rice & veges	BDE	Bread & Butter Pudding	
Lamb Casserole mashed potato & veges	ADE	Chocolate Mousse with cream	A
Roast Lamb mint gravy, mashed potato & veges	BDE	Double Chocolate Pudding	
Roast Pork apple sauce, potato, pumpkin, broccoli	BD	Lemon Cheesecake	A
Barramundi lemon sauce, potato & veges	AD	Lemon Cheesecake Mousse	A
Curried Prawns with asian greens & rice	D	Fruit Pavlova	A
Garlic Prawns creamy sauce, rice & veges	BD	Rice Pudding	A
Vegetable Mornay veges, creamy sauce & cheese	D	Sticky Date Pudding with caramel sauce	
		Tiramisu	A
		Vanilla Tea Cake & Custard	
Texture Modified Main Meals \$6.50			

Heating times may vary with microwave strength

Mini meals - 4 to 5 1/2 minutes on high
(instructions on pack)

DO NOT THAW

Soups - 3 to 4 minutes on high
from frozen
(instructions on pack)

Main meals - 4 1/2 to 6 minutes on high
(instructions on pack)

DO NOT THAW

Desserts - thaw in refrigerator



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