

AUGUST 2023

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FROZEN FOOD MENU LIST & ORDER FORM

WE DELIVER FROZEN MEALS DAILY, WEEKLY, FORTNIGHTLY OR MONTHLY

OUR MEALS ARE SUPPLIED BY FAIRFIELD MEALS, FLAGSTAFF FINE FOODS and MEAL MASTERS

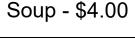
PRICES

Standard Main Meal - \$8.70 Premium Main Meal - \$9.10

Lamb Meals - \$9.50

Mini Meal - \$7.20 Sandwiches - \$6.50 Desserts - \$4.00

Omelettes - \$3.00





MENU KEY

Low Sodium (Is) Dairy Free (df) Gluten Free (gf)

Lactose free (lac) Soft Meals (s) Low fat (If)

MAIN MEALS MAIN MEALS MAIN MEALS MAIN MEALS **CHICKEN MEALS BEEF MEALS** LAMB MEALS **SEAFOOD MEALS** BEEF RISSOLES WITH CRUMBED LAMB PATTIES ROAST CHICKEN BAKED FISH W/LEMON Premium Meal FLAGSTAFF SAUCE **FAIRFIELD FAIRFIELD** (gf)(ls)(lac) GRAVY (qf) MEAL **MASTERS** ROAST LAMB (gf)(ls) (lac) CHICKEN SCHNITZEL (lac) BEEF STROGANOFF CRUMBED FISH (If) (lac) (s) **FLAGSTAFF FAIRFIELD** (s) (lf) **FAIRFIELD** Premium Meal FLAGSTAFF CHICKEN SCALLOPINI LAMB CHOPS W/GRAVY SALMON FISH CAKES **BANGERS & MASH** (gf) (s) **FLAGSTAFF** (qf) (ls) (lac) (ls) (lf) **MEAL MASTERS FAIRFIELD** Premium Meal FLAGSTAFF CHICKEN & MUSHROOM CURRY PRAWNS SHEPHERDS PIE **VEAL MEAL** POTATO PIE Premium Meal FLAGSTAFF **FAIRFIELD** (gf) **FAIRFIELD** (s) (lf) (gf) CHICKEN PARMIGANA BEEF & POTATO HOTPOT VEAL PARMIGIANA **FLAGSTAFF** Premium Meal FLAGSTAFF (qf) **FAIRFIELD** MUSTARD LEMON CHICKEN CORNED SILVERSIDE **PORK MEALS VEGETARIAN** (gf) (df) **FAIRFIELD** (lf) (gf) **MEALS** Premium Meal FLAGSTAFF APRICOT CHICKEN MEATLOAF & GRAVY **ROAST PORK & GRAVY** SPINACH & RICOTTA **FAIRFIELD** (qf) (ls) (lac) FLAGSTAFF (gf) **FAIRFIELD** CANNELLONI FAIRFIELD **ROAST BEEF & GRAVY** CHICKEN CACCIATORE SWEET & SOUR PORK POTATO & SPINACH PIE (gf) **FAIRFIELD FLAGSTAFF** (gf) (ls) (lac) (lf)(lac) (ls) (lf) **MEAL MASTERS** Premium Meal FLAGSTAFF STEAK & MUSHROOM PIE PORK SAUSAGE & LENTIL MACARONI CHEESE BAKE **FAIRFIELD** STEW (qf) FAIRFIELD (Is) (If) **MEAL MASTERS** SPAGHETTI BOLOGNESE **VEGETARIAN RISOTTO FLAGSTAFF** (s) (ls) with MUSHROOM (gf) FAIRFIELD BEEF LASAGNE **FAIRFIELD** (ls)

MINI MEALS MINI MEALS MINI MEALS **MINI MEALS BEEF MEALS CHICKEN MEALS SEAFOOD MEALS** LAMB MEALS BEEF & BACON CASSEROLE CRUMBED FISH CHICKEN SCALLOPINI ROAST LAMB (gf)(ls)(lac) (gf) (s) **FLAGSTAFF** (If) (lac) (s) FLAGSTAFF (gf) (ls) (lac) FLAGSTAFF FLAGSTAFF BEEF LASAGNE **CURRIED CHICKEN & RICE** FISH CAKES LAMB & MINT RISSOLES MEAL (s) (lf) (ls) (gf) FLAGSTAFF (lf) (ls) **MEAL MASTERS** (ls) **MEAL MASTERS MASTERS** BEEF RISSOLES W/GRAVY CHICKEN SCHNITZEL TUNA PASTA BAKE (ls) **MEAL MASTERS** (ls) (lf) **MEAL MASTERS** (If) (Is) **MEAL MASTERS** COTTAGE PIE CHICKEN & CHEESE PIE **MEAL MASTERS** (gf) (ls) (s) **FLAGSTAFF** CORNED SILVERSIDE **PORK MEALS VEGETARIAN** (lf) (gf) **FLAGSTAFF MEALS** ROAST BEEF (gf) (ls) (lac) POTATO & SPINACH PIE ROAST PORK **FLAGSTAFF MEAL MASTERS** (If) (lac) (ls) FLAGSTAFF SAUSAGES & GRAVY (gf) SWEET & SOUR PORK MACARONI CHEESE **FLAGSTAFF FLAGSTAFF** (lac) **FLAGSTAFF** (ls) SPAGHETTI BOLOGNESE FLAGSTAFF (ls) (s) STEAK & KIDNEY PIE **FLAGSTAFF**

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SANDWICHES SOUPS OMELETTES DESSERTS CHICKEN & CHEESE BEEF & VEGETABLE HAM & CHEESE APPLE & RHUBARB CRUMBLE (gf)(lac)(lf) HAM, CHEESE & RELISH CHICKEN & VEGETABLE CHEESE & SPINACH **CARROT CAKE** (gf)(ls)(lac) SILVERSIDE & PICKLES CHOCOLATE BROWNIE PEA & HAM (If) CAKE POTATO & LEEK CHOCOLATE MOUSSE **ROAST BEEF& CHEESE** EGG & CHIVES ON RYE BREAD PUMPKIN (gf)(lf) FRUIT SALAD (gf)(ls)(lac)(lf) PEACHES & CUSTARD (gf)(ls) STRAWBERRY CHEESECAKE STEWED APPLE & CUSTARD (gf)(ls)STICKY DATE PUDDING TIRAMASU











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We hope you enjoy the wide selection of meals on offer and look forward to taking your next order

We can cater for specific dietary requirements

Contact the office if you require a list of the vegetables served with each meal or a full list of meal ingredients.

Meal Orders

The staff will contact you to check if you would like a meal order the day before or the morning of your delivery. Alternatively, you may contact the office or email us your meal order.

Delivery

If you will not be home to receive the meals please contact the office and we will make other arrangements to deliver the meals to you at a more suitable time. If you are not home when the meals are being delivered and have not made other arrangements with us we will contact your emergency contact to check on your health and wellbeing.

Northern Illawarra Meals on Wheels only collects personal information that is necessary for our organisation.