



Meals on Wheels
Northern Illawarra

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AUGUST 2023



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

Soup - \$4.00



MENU KEY

Low Sodium (ls)

Dairy Free (df)

Gluten Free (gf)

Lactose free (lac)

Soft Meals (s)

Low fat (lf)

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

SANDWICHES	SOUPS	OMELETTES	DESSERTS
CHICKEN & CHEESE	BEEF & VEGETABLE (gf)(lac)(lf)	HAM & CHEESE	APPLE & RHUBARB CRUMBLE
HAM, CHEESE & RELISH	CHICKEN & VEGETABLE (gf)(ls)(lac)	CHEESE & SPINACH	CARROT CAKE
SILVERSIDE & PICKLES	PEA & HAM (lf)		CHOCOLATE BROWNIE CAKE
ROAST BEEF & CHEESE	POTATO & LEEK		CHOCOLATE MOUSSE
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
			TIRAMISU





Meals on Wheels
Northern Illawarra



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www.nimow.com.au

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.