

Meals on Wheels Dubbo is funded by the Australian Government.
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3/74 Mountbatten Drive
 Dubbo NSW 2830 6882 4083

2D - 2024

Effective from Monday 28th October 2024
 admin@mealsonwheelsdubbo.org.au

OFFICE USE ONLY
STANDARD ORDER
PHONE / EMAIL ORDER
PICK UP
STAFF DELIVERY
DELIVERY DATE:
DELIVERY DAY:
FROZEN RUN:
HOT RUN:
WEEK:
PICK UP DATE:
PICK UP DAY:
DUBBO
NARROMINE
TRANGIE
BAGS
FROZEN #
BAG #

FROZEN FOODS ORDER FORM				
NAME				
ORDER DATE		DELIVERY / PICK UP DAY / DATE		
SPECIAL INSTRUCTIONS				
		INDIVIDUAL QUANTITY	PRICE / ITEM	TOTAL PRICE
MAIN MEALS	Group R (Gourmet)		\$6.10	
	Group Q (Bathurst)		\$7.25	
	Group A (Bathurst)		\$7.50	
	Group C (Bathurst)		\$8.00	
MINI MEALS	Group 2 (Gourmet)		\$5.10	
PUREE MEALS	Puree Roast (Gourmet)		\$6.10	
	Puree Main (Gourmet)		\$6.10	
SOUPS	Frozen Soup (Gourmet)		\$2.00	
LIGHT MEALS	Sausage Roll (Earlyrise)		\$2.90	
	Cheese & Bacon Sausage Roll (Earlyrise)		\$3.80	
	Curry Steak Pie (Earlyrise)		\$4.00	
	Plain Beef Pie (Earlyrise)		\$4.00	
SWEETS	Group 1 (Bathurst)		\$3.50	
	Group 2 (Gourmet)		\$2.60	
	Group 3 (Bathurst)		\$3.90	
	Muffins		\$2.00	
	Yoghurt		\$1.70	
	Ice Cream Cups		\$1.00	
TOTAL				

START DATE:

OFFICE USE ONLY	HOME CARE PACKAGES - CLIENT PRICE	Package 1 (Main & Sweets)		\$9.00	
		Package 2 (Main & Soups)		\$9.00	
		Package 3 (Main Only)		\$7.00	

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Dubbo

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FROZEN MAIN MEALS

MAIN MEALS GROUP R		\$ 6.10 each
(Most meals are 380g each)		
		INDIVIDUAL QTY
BEEF		
Beef Casserole (G)		
Beef Pot Roast (G)		
Beef Rissoles (G)		
Beef Stroganoff (G)		
BBQ Sausage (G)		
Corned Beef in White Sauce (G)		
Cottage Pie (G)		
Curried Sausages (G)		
Spaghetti Bologanise		
CHICKEN		
Chicken Breast Mango (G)	NEW	
Chicken Curry (G)		
Chicken With Mushroom Sauce (G)		
Honey Soy Chicken (G)		
Sweet & Sour Chicken (G)		
LAMB		
Lamb Casserole (G)		
SEAFOOD		
Barramundi Lemon Butter (G)		
Curry Prawns (G)		
Crumbed Fish & Wedges		
Garlic Prawns (G)	NEW	
PORK		
Pork Sausage (G)		
Pork Steak Dianne (G)		
ROASTS		
Beef Roast (G)		
Chicken Roast Breast (G)		
Lamb Roast (G)		
Pork Roast in Apple Gravy (G)		
Total Quantity Mains Group R		

MAIN MEALS GROUP Q		\$ 7.25 each
(Meals are 360g each)		
		INDIVIDUAL QTY
LAMB		
Lambs Fry, Bacon & Gravy		
PORK		
Honey Pork & Pineapple Casserole (G)		
SEAFOOD		
Cheesy Tuna Bake		
Total Quantity Mains Group Q		

MAIN MEALS GROUP A		\$ 7.50 each
(Meals are 360g each)		
		INDIVIDUAL QTY
BEEF		
Hi-Fibre Rissole & Gravy (G)		
Lasagne		
Savoury Mince & Vegetables (G)		
Steak & Kidney Pie		
CHICKEN		
Chicken & Leek Pie	NEW	
Lemon Chicken Schnitzel		
Mild Chicken Curry (G)		
SEAFOOD		
Salmon Patties		
VEGETARIAN		
Vegetable Quiche		
Total Quantity Mains Group A		

MAIN MEALS GROUP C		\$ 8.00 each
(Meals are 360g each)		
		INDIVIDUAL QTY
ROAST		
Roast Turkey & Gravy (G)		
BEEF		
Braised Steak & Onion Gravy (G)		
Steak Diane (G)	NEW	
CHICKEN		
Apricot Chicken		
Creamy Chicken & Bacon Pasta		
PORK		
Sweet & Sour Pork (G)		
Total Quantity Mains Group C		

(G) Gluten Free

Note: While all care is taken, the gluten free meals are prepared in an environment which contains minimal gluten and we are unable to guarantee that gluten free meals will be 100% free from gluten.

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FROZEN MINI MEALS, MAIN PUREE, PIES & SOUPS

MINI MEALS	
MINI MEALS GROUP 2	\$ 5.10 each
(Most meals are 280-300g each)	
INDIVIDUAL QTY	
ROASTS	
Lamb Roast (G)	
Pork Roast (G)	
Roast Chicken Breast (G)	
BEEF	
Beef Rissoles (G)	
Beef Stroganoff (G)	
Corned Beef (G)	
Cottage Pie (G)	
Curried Sausages (G)	
Slow Cooked Beef (G)	
Spaghetti Bolognaise	
Steak & Kidney (G)	
CHICKEN	
Butter Chicken (G)	
Honey Soy Chicken (G)	
Sweet & Sour Chicken (G)	
SEAFOOD	
Barramundi Fillet (G)	
Curry Prawns (G)	
Garlic Prawns (G)	NEW
LAMB	
Lamb Casserole (G)	
VEGETARIAN	
Vegetable Bake (G)	
Total Quantity Mini Meals Group 2	

PUREE ROASTS		\$ 6.10 each
(350g Each) - LIMITED stock kept on hand		
		INDIVIDUAL QTY
Lamb Roast (G)		
Roast Beef (G)		
Roast Chicken Breast (G)		
Total Quantity Pureed Roasts		

PUREE MAINS		\$ 6.10 each
(350g Each) - LIMITED stock kept on hand		
		INDIVIDUAL QTY
Barramundi Lemon Butter (G)		
Chicken Mushroom (G)		
Corned Beef (G)		
Cottage Pie (G)		
Lamb Casserole (G)		
Total Quantity Pureed Mains		

FROZEN SOUP		\$ 2.00 each
(200g each)		
		INDIVIDUAL QTY
Beef & Vegetable Soup (G)		
Chicken & Corn Soup (G)		
Creamy Tomato Soup (G)		
Ham & Pea Soup (G)		
Potato & Leek Soup (G)		
Pumpkin Soup (G)		
Total Quantity Frozen Soups		

SAUSAGE ROLLS & PIES		
		INDIVIDUAL QTY
Sausage Roll	\$ 2.90 each	
Cheese & Bacon Sausage Roll	\$ 3.80 each	
Curry Steak Pie	\$ 4.00 each	
Plain Beef Pie	\$ 4.00 each	

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FROZEN SWEETS, MUFFINS, YOGHURT & ICE CREAM

SWEETS GROUP 1		\$ 3.50 each
INDIVIDUAL QTY		
Apple Pie & Cream		
Butterscotch Sultana Pudding & Custard		
Fruit Salad & Cream (G)		
Fruit Trifle & Cream		
Golden Syrup Pudding		
Lemon Meringue Pie & Cream		
Total Quantity Sweets Group 1		

SWEETS GROUP 2		\$ 2.60 each
INDIVIDUAL QTY		
Apple Crumble (G)		
Berry Crumble With Custard (G)		
Bread & Butter Pudding <i>(contains nuts)</i>		
Chocolate Mousse		
Fruit Pavlova (G)		
Lemon Cheesecake (G)		
Rice Pudding (G)		
Sticky Date Pudding		
Tiramisu (G)		
Vanilla Tea Cake & Custard	NEW	
Total Quantity Sweets Group 2		

SWEETS GROUP 3		\$ 3.90 each
INDIVIDUAL QTY		
Caramel Custard Tart & Cream		
Chocolate Bavarian & Cream		
Raspberry Cheesecake		
Vanilla Panacotta With Mixed Berries (G)		
Total Quantity Sweets Group 3		

SARA LEE MUFFINS		\$ 2.00 each
(120g each)		
INDIVIDUAL QTY		
Blueberry		
Choc Chip		
Total Quantity Sara Lee Muffins		

FROZEN YOGHURT		\$ 1.70 each
(200ml each)		
INDIVIDUAL QTY		
Mango		
Strawberry		
Total Quantity Frozen Yoghurt		

FROZEN ICE CREAM CUPS		\$ 1.00 each
(100ml each)		
INDIVIDUAL QTY		
Vanilla (G)		
Total Quantity Frozen Ice Cream Cups		

Bathurst Meals Heating Instructions Microwave - Frozen Main Meal

- DO NOT pierce or remove the film.
- Place the meal in the microwave oven in the centre of the turntable.
- Thaw on defrost for 3-5 minutes, then heat main meals on high for 2-4 minutes (check and stir after 2 minutes) or mini meals on high for 1-2 minutes (check and stir after 1 minute).

Gourmet Meals Heating Instructions Microwave - Frozen Main or Mini Meal

- Cook on high for 5-6 minutes.
- Allow to stand for 2 minutes before removing film.
- DO NOT RE FREEZE MEALS

Heating times are approximate and depend on the microwave type and power level

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