

Meals on Wheels Dubbo is funded by the Australian Government. Disclaimer: "Although funding for this Meals on Wheels Dubbo service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government".



3/74 Mountbatten Drive
 Dubbo NSW 2830
 Ph: 6882 4083 Fax: 6882 3855

2 - 2017

Effective from 1st July 2017

OFFICE USE ONLY		FROZEN & LONG LIFE FOODS ORDER FORM			
Start Date:		Name:			
Order Modified Date:		Address:			
		Town:		Phone:	
		Delivery/Pick Up Day/Date:		Order #:	
		Special Instructions:			
			Qty	Price/Item	Total Price
		MAIN MEALS			
		Group L		\$4.65	
		Puree Roast Main		\$5.75	
		Puree Assorted Main		\$5.50	
		Group Q		\$5.60	
		Group A		\$5.40	
		Roast 1		\$5.60	
		Group C		\$5.80	
		Group B		\$6.25	
		Roast 2		\$6.25	
		Group J		\$6.80	
		Frozen Soup		\$2.10	
		MINI MEALS			
		Group 1		\$4.35	
		Group 2		\$4.55	
		Group 3		\$4.90	
		LIGHT MEALS			
		Sausage Roll		\$2.30	
		Lite Lunch Pie		\$2.30	
		Plain Pie		\$3.15	
		Steak & Potato Pie		\$3.90	
		Chicken & Veg Pie		\$4.20	
		Breggie Egg Bakes		\$2.25	
		LONG LIFE			
		Long Life Soup		\$1.75	
		SWEETS			
		Group 1		\$2.60	
		Group 2		\$2.55	
		Group 3		\$2.95	
		Group 4		\$3.10	
		Group 5		\$2.40	
		Muffins		\$1.60	
		Yoghurt		\$1.30	
		Ice Cream Cups		\$0.85	
		TOTAL			\$

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 MAIN MEALS

MAIN MEALS GROUP L – Gourmania		\$4.65 ea	MAIN MEALS GROUP A Bathurst		\$5.40 ea
BEEF		Qty	BEEF		Qty
Beef Shepherds Pie			Braised Steak & Onion Gravy (G)		
Flamegrilled Meatballs & Garlic Sauce			Curried Sausages		
Hickory BBQ Beef			Cottage Pie (G)		
Meat Loaf Traditional			Hi-Fibre Rissole & Gravy (G)		
ROAST			Savoury Mince & Vegetables (G)		
Roast Beef Traditional			CHICKEN		
CHICKEN			Apricot Chicken		
Chicken Chasseur (G)			Chicken Casserole (G)		
Chicken Creole Cajun (G)			Lemon Chicken Schnitzel		
Chicken Chow Mein			Mild Chicken Curry (G)		
Chicken Paprika			SEAFOOD		
TURKEY			Salmon Patties		
Turkey Provencale			Smoked Cod & Parsley Sauce (G)		
LAMB			Steamed Barramundi / Lemon Sauce		
Lamb in Plum Sauce			LAMB		
Lamb Pasanda Curry			Lambs Fry, Bacon & Gravy		
Satay Lamb			Lancashire Hot Pot		
Spinach & Lamb Lasagne			PASTA		
PORK			Lasagne		
Pork, Tomato & Vegie Stew			PORK		
Total Quantity Mains Group L			Honey Pork & Pineapple Casserole (G)		
			Smothered Pork Steaks with Apple (G)		
PUREE ROASTS MAIN – BATHURST		\$5.75	Sweet & Sour Pork (G)		
Limited Stock Kept on Hand			VEGETARIAN		
Assorted Roasts			Vegetable Quiche		
Total Quantity Pureed Roasts			Total Quantity Main Meals Group A		
PUREED ASSORT MAIN – BATHURST		\$5.50 ea	ROAST 1 – BATHURST		\$5.60 ea
Limited Stock Kept on Hand			Roast Beef & Gravy (G)		
Assorted Mains			Roast Lamb & Gravy (G)		
Total Quantity Puree Assorted			Roast Turkey & Gravy (G)		
			Total Quantity Roast 1		
MAIN MEALS GROUP Q – BATHURST		\$5.60 ea	MAIN MEALS GROUP C – BATHURST		\$5.80 ea
Pork Loin w Apricot & Prune Sauce (G)			Seafood Crepe		
Spinach/Almond Stuffed Leg of Lamb (G)			Steak Diane (G)		
Total Quantity Group Q			Total Quantity Group C		

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FROZEN MAIN & MINI MEALS

MAIN MEALS GROUP B – FLAGSTAFF		\$6.25 ea	FROZEN SOUP – BATHURST		\$2.10 ea
BEEF		Qty	Beef & Barley & Vegetable Soup		
Beef Pie & Mash with Gravy			Chicken Stockpot Soup		
Beef Stroganoff (G)			Pumpkin Soup (G)		
Honey Mustard Beef (G)			Total Quantity Frozen Soup		
Rissole with Onion Gravy			MINI MEALS		
Sausages & Gravy			MINI MEALS GROUP 1 – BATHURST		\$4.35 ea
Steak & Kidney Pie			Apricot Chicken		
CHICKEN			Corned Silverside with Parsley Sauce (G)		
Chicken & Asparagus Mornay			Cottage Pie (G)		
Chicken & Vegetable Pie			Lasagne		
SEAFOOD			Mild Chicken Curry (G)		
Fish Cakes with Parsley Sauce			Spinach & Almond Stuffed Leg of Lamb (G)		
Crumbed Fish			Salmon Patties		
PASTA (VEGETARIAN)			Steak & Kidney Pie		
Macaroni & Cheese			Curried Sausages		
PORK			Sweet & Sour Pork (G)		
Pork, Apple-Cranberry Casserole (G)			Total Quantity Mini Meals Group 1		
Pork in BBQ Sauce			MINI MEALS GROUP 2 – BATHURST		
Total Quantity Mains Group B			MINI MEALS GROUP 2 – BATHURST		\$4.55 ea
			Roast Beef & Gravy (G)		
ROAST 2 – FLAGSTAFF		\$6.25 ea	Roast Chicken & Gravy (G)		
Roast Chicken with Gravy (G)			Roast Pork & Gravy (G)		
Roast Pork with Gravy (G)			Roast Turkey & Gravy (G)		
Total Quantity Roast 2			Total Quantity Mini Meals Group 2		
MAIN MEALS GROUP J – PREMIUM		\$6.80 ea	MINI MEALS GROUP 3 – FLAGSTAFF		
FISH			MINI MEALS GROUP 3 – FLAGSTAFF		\$4.90 ea
Curried Prawns & Rice (G)			Beef & Bacon Casserole (G)		
LAMB			Chicken & Asparagus Mornay		
Lamb Roast with Gravy (G)			Chicken Wings in BBQ Sauce (G)		
Lamb Chops with Gravy (G)			Crumbed Fish & Chips with Vegetables		
BEEF			Macaroni Cheese		
Beef & Bacon Casserole (G)			Roast Lamb with Gravy (G)		
Corned Silverside & Parsley Sauce (G)			Sausages with Gravy		
Roast Beef with Gravy (G)			Spaghetti Bolognese		
Total Quantity Main Meals J			Spinach & Feta Omelette & Vegetables (G)		
			Total Quantity Mini Meals Group 3		

(G) Gluten Free

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PIES, LONG LIFE SOUP, FROZEN SWEETS

PIES & SAUSAGE ROLLS – EARLYRISE		QTY EA	SWEETS GROUP 3 – BATHURST		\$2.95 ea
Sausage Roll	\$2.30 ea		Caramel Custard Tart & Cream		
Lite Lunch Pie	\$2.30 ea		Chocolate Bavarian & Cream		
Plain Pie	\$3.15 ea		Lemon Delicious		
Steak & Potato Pie	\$3.90 ea		Strawberry Cheesecake		
Chicken & Vegetable Pie	\$4.20 ea		Total Quantity Sweets Group 3		
BREGGIE EGG BAKES – SUNNY QUEEN FARMS			SWEETS GROUP 4 – FLAGSTAFF		\$3.10 ea
Bacon & Cheese 140 gm (G)		\$2.25 ea	Tropical Pavlova		
Total Quantity Breggie Bakes			Total Quantity Sweets Group 4		
LONG LIFE SOUP			SWEETS GROUP 5 – BATHURST		\$2.40 ea
Beef Stockpot (G)		\$1.75 ea	Apple & Rhubarb Brown Betty & Custard		
Pumpkin (G)			Apple Pie & Cream		
Minestrone			Apricot Crumble & Custard		
Pea & Ham			Chocolate Steamed Pudding & Custard		
Potato & Leek			Creamy Rice (G)		
Tomato			Fruit Salad & Cream (G)		
Winter Vegetable			Fruit Trifle & Cream		
Total Quantity Long Life Soup			Peaches & Jelly (G)		
SWEETS GROUP 1 – BATHURST			Total Quantity Sweets Group 5		
Bread & Butter Pudding & Peaches		\$2.60 ea	SARA LEE MUFFINS		
Butterscotch Sultana Pudding & Custard			\$1.60 ea		
Lemon Meringue Pie & Cream			Apple & Spice		
Sticky Date Pudding & Caramel Sauce			Banana Nut		
Vanilla Panacotta with Mixed Berries (G)			Blueberry		
Total Quantity Sweets Group 1			Choc Chip		
SWEETS GROUP 2 – FLAGSTAFF			Total Quantity Muffins		
Chocolate Mousse (G)		\$2.55 ea	FROZEN YOGHURT		
Mango Mousse (G)			\$1.30 ea		
Total Quantity Sweets Group 2			Mango		
			Strawberry		
			Total Quantity Frozen Yoghurt		
			ICE CREAM CUPS		\$0.85 ea
			Vanilla		
			Total Quantity Ice Cream Cups		

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