

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

3 – 2020

Effective from 5th October 2020

OFFICE USE ONLY	FROZEN & LONG LIFE FOODS ORDER FORM				
Standard Order Phone, Email Order Pick Up Staff Delivery	Name:				
	Address:				
	Town:		Phone:		
	Order Date:		Purchase Order Number:		
	Special Instructions:				
Delivery/Pick Up Day/Date:					
Delivery Date:		Qty	Price/Item	Total Price	
Delivery Day:	MAIN MEALS	Group R	\$5.75		
Week:		Group Q	\$8.90		
Frozen Run #:		Group A	\$6.20		
Hot Run #:		Roast Turkey	\$6.95		
DUBBO NARROMINE TRANGIE		Puree Roast Main	\$7.40		
		Puree Assorted Main	\$7.60		
		Frozen Soup	\$2.70		
		MINI MEALS	Group 2	\$5.45	
		LIGHT MEALS	Sausage Roll	\$2.55	
			Chicken & Veg Pie	\$4.70	
			Plain Pie	\$3.50	
			Steak & Potato Pie	\$4.35	
		LONG LIFE	Long Life Soup	\$1.90	
	Weight:	SWEETS	Group 1	\$3.05	
Transport:	Group 2		\$2.45		
Tsp. Email:	Group 3		\$3.35		
Day:	Group 5		\$2.80		
Date:	Muffins		\$1.85		
	Yoghurt		\$1.50		
Cartons/Bags	Ice Cream Cups		\$0.95		
Frozen #:					
Dry #:					
Bag #:	TOTAL				
Freezer #:	Office Use Only				
Email:	Invoice Date:	Invoice No:	Start Date:	Order Modified Date:	
Notes:					

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.

FROZEN MAIN MEALS

MAIN MEALS GROUP R – GOURMET		\$5.75 ea	MAIN MEALS GROUP A BATHURST		\$6.20 ea
BEEF		Qty	BEEF		Qty
Beef Casserole (G)			Braised Steak & Onion Gravy (G)		
Beef Rissoles (G)			Curried Sausages		
Beef Stroganoff (G)			Meatloaf with Gravy		
BBQ Sausage			Hi-Fibre Rissole & Gravy (G)		
Corned Beef in White Sauce (G)			Savoury Mince & Vegetables (G)		
Cottage Pie (G)			Steak Diane (G)		
Spaghetti Bolognese			Steak & Kidney Pie		
CHICKEN			CHICKEN		
Chicken Casserole (G)			Apricot Chicken		
Honey Soy Chicken (G)			Lemon Chicken Schnitzel		
LAMB			Mild Chicken Curry (G)		
Lamb Bourguignon (G)			Creamy Chicken & Bacon Pasta		
Lamb Casserole (G)			SEAFOOD		
SEAFOOD			Salmon Patties		
Barramundi Lemon Butter (G)			Seafood Crepe		
Curry Prawns (G)			Smoked Cod & Parsley Sauce (G)		
Crumbed Fish & Wedges			LAMB		
PASTA (VEGETARIAN)			Lambs Fry, Bacon & Gravy		
Macaroni with Apple Sauce			PASTA		
PORK			Lasagne		
Pork Sausage (G)			PORK		
ROASTS			Honey Pork & Pineapple Casserole (G)		
Beef Roast (G)			Smothered Pork Steaks with Apple (G)		
Chicken Roast Breast (G)			Sweet & Sour Pork (G)		
Lamb Roast (G)			VEGETARIAN		
Pork Roast in Apple Gravy (G)			Vegetable Quiche		
Total Quantity Mains Group R			Total Quantity Main Meals Group A		
MAIN MEAL GROUP Q		\$8.90 ea	ROAST TURKEY - BATHURST		\$6.95 ea
Braised Lamb Chops with Creamy Gravy			Roast Turkey & Gravy (G)		
Total Quantity Group Q			Total Quantity Roast Turkey		

(G) Gluten Free

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FROZEN MAIN PUREE, SOUPS & MINI MEALS

PUREE ROASTS MAIN – BATHURST	
Limited Stock kept on hand	\$7.40 ea
Assorted Roasts	
Total Quantity Pureed Assorted Roasts	
PUREE ASSORT MAIN – BATHURST	
Limited Stock kept on hand	\$7.60 ea
Assorted Mains	
Total Quantity Pureed Assorted Mains	

FROZEN SOUP – BATHURST	
	\$2.70 ea
Beef, Barley & Vegetable Soup	
Chicken Stockpot Soup	
Pumpkin Soup (G)	
Total Quantity Frozen Soup	



MINI MEALS	
MINI MEALS GROUP 2 – BATHURST	\$5.45 ea
Mini Roasts	
Roast Beef & Gravy (G)	
Roast Chicken & Gravy (G)	
Roast Pork & Gravy (G)	
Roast Turkey & Gravy (G)	
Mini Meals	
Apricot Chicken	
Cheesy Tuna Bake	
Creamy Chicken & Bacon Pasta	
Corned Silverside with Parsley Sauce (G)	
Cottage Pie (G)	
Crumbed Fish with Potato Bake	
Curried Sausages	
Grilled Sausage with Onion Gravy	
Honey Pork & Pineapple Casserole (G)	
Lasagne	
Mild Chicken Curry (G)	
Salmon Patties	
Spaghetti Bolognese	
Steak & Kidney Pie	
Sweet & Sour Pork (G)	
Total Quantity Mini Meals Group 2	

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PIES, LONG LIFE SOUP, FROZEN SWEETS

PIES & SAUSAGE ROLLS – EARLYRISE		QTY EA	SWEETS GROUP 3 – BATHURST		\$3.35 ea
Sausage Roll	\$2.55 ea		Caramel Custard Tart & Cream		
Chicken & Vegetable Pie	\$4.70 ea		Chocolate Bavarian & Cream		
Beef Pie	\$3.50 ea		Raspberry Cheesecake		
Potato & Steak Pie	\$4.35 ea		Total Quantity Sweets Group 3		
HEINZ LONG LIFE SOUP		\$1.90 ea	SWEETS GROUP 5 – BATHURST		\$2.80 ea
Beef Stockpot (G)			Apple & Rhubarb Brown Betty & Custard		
Pumpkin (G)			Apple Pie & Cream		
Minestrone			Chocolate Steamed Pudding & Custard		
Pea & Ham			Creamy Rice w' Rhubarb (G)		
Potato & Leek			Fruit Salad & Cream (G)		
Tomato			Fruit Trifle & Cream		
Winter Vegetable			Peaches & Jelly (G)		
Total Quantity Long Life Soup			Total Quantity Sweets Group 5		
SWEETS GROUP 1 – BATHURST		\$3.05 ea	SARA LEE MUFFINS		\$1.85 ea
Butterscotch Sultana Pudding & Custard			Blueberry		
Lemon Meringue Pie & Cream			Choc Chip		
Vanilla Panacotta W' Mixed Berries (G)			Total Quantity Muffins		
Total Quantity Sweets Group 1			FROZEN YOGHURT		\$1.50 ea
SWEETS GROUP 2 – GOURMET		\$2.45 ea	Strawberry		
Apple Crumble (G)			Mango		
Berry Crumble with Custard			Total Quantity Frozen Yoghurt		
Bread & Butter Pudding			ICE CREAM CUPS		\$0.95 ea
Fruit Pavlova (G)			Vanilla (G)		
Sticky Date Pudding			Total Quantity Ice Cream Cups		
Tiramisu (G)					
Total Quantity Sweets Group 2					

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