

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

2D - 2023

Effective from Monday 2nd October 2023

e: admin@mealsonwheelsdubbo.org.au

| OFFICE USE ONLY | FROZEN FOODS ORDER FORM | | | | |
|--|---------------------------|--------------------|-----|-------------------------------|-------------|
| STANDARD ORDER PHONE / EMAIL ORDER PICK UP STAFF DELIVERY | NAME | | | | |
| | ORDER DATE | | | DELIVERY / PICK UP DAY / DATE | |
| | SPECIAL INSTRUCTIONS | | | | |
| DELIVERY DATE: | | | QTY | PRICE / ITEM | TOTAL PRICE |
| DELIVERY DAY: | MAIN MEALS | Group R | | \$6.10 | |
| WEEK: | | Group A | | \$7.50 | |
| FROZEN RUN: | | Group C | | \$8.00 | |
| HOT RUN: | | Puree Roast | | \$6.10 | |
| PICK UP DATE: | | Puree Main | | \$6.10 | |
| PICK UP DAY: | | Frozen Soup | | \$2.00 | |
| DUBBO | MINI MEALS | Group 2 | | \$5.10 | |
| NARROMINE | LIGHT MEALS | Sausage Roll | | \$2.90 | |
| | | Plain Beef Pie | | \$4.00 | |
| | | Potato & Steak Pie | | \$4.80 | |
| TRANGIE | SWEETS | Group 1 | | \$3.50 | |
| | | Group 2 | | \$2.60 | |
| | | Group 3 | | \$3.90 | |
| | | Group 5 | | \$3.50 | |
| | | Muffins | | \$2.00 | |
| | | Yoghurt | | \$1.70 | |
| | | Ice Cream Cups | | \$1.00 | |
| BAGS | TOTAL | | | | |
| FROZEN # | | | | | |
| BAG # | | | | | |
| START DATE: | | | | | |
| OFFICE USE ONLY | | | | | |
| HOME CARE PACKAGES | Package 1 (Main & Sweets) | | | \$9.00 | |
| | Package 2 (Main & Soups) | | | \$9.00 | |

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 R | | \$ 6.10 each |
|-------------------------------------|--|---------------------|
| (Most meals are 380g) | | |
| | | QUANTITY |
| BEEF | | |
| Beef Casserole (G) | | |
| Beef Rissoles (G) | | |
| Beef Stroganoff (G) | | |
| BBQ Sausage | | |
| Corned Beef in White Sauce (G) | | |
| Cottage Pie (G) | | |
| Spaghetti Bologanise | | |
| Curried Sausages (G) NEW | | |
| CHICKEN | | |
| Chicken Casserole (G) | | |
| Chicken Curry (G) | | |
| Honey Soy Chicken (G) | | |
| Sweet & Sour Chicken (G) | | |
| LAMB | | |
| Lamb Casserole (G) | | |
| SEAFOOD | | |
| Barramundi Lemon Butter (G) | | |
| Curry Prawns (G) | | |
| Crumbed Fish & Wedges | | |
| 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 A (360g Each) | | \$ 7.50 each |
|---------------------------------------|--|---------------------|
| | | QUANTITY |
| BEEF | | |
| Hi-Fibre Rissole & Gravy (G) | | |
| Savoury Mince & Vegetables (G) | | |
| CHICKEN | | |
| Creamy Chicken & Bacon Pasta | | |
| Lemon Chicken Schnitzel | | |
| Mild Chicken Curry (G) | | |
| SEAFOOD | | |
| Salmon Patties | | |
| Cheesy Tuna Bake | | |
| LAMB | | |
| Lambs Fry, Bacon & Gravy | | |
| PORK | | |
| Honey Pork & Pineapple Casserole (G) | | |
| VEGETARIAN | | |
| Vegetable Quiche | | |
| Total Quantity Mains Group A | | |

| MAIN MEALS GROUP C (360g Each) | | \$ 8.00 each |
|---------------------------------------|--|---------------------|
| | | QUANTITY |
| ROAST | | |
| Roast Turkey & Gravy (G) | | |
| BEEF | | |
| Braised Steak & Onion Gravy (G) | | |
| Steak & Kidney Pie | | |
| CHICKEN | | |
| Apricot Chicken | | |
| SEAFOOD | | |
| Seafood Crepe | | |
| PASTA | | |
| Lasagna | | |
| PORK | | |
| Sweet & Sour Pork (G) | | |
| Total Quantity Mains Group C | | |

(G) Gluten Free

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FROZEN MAIN PUREE, PIES, SOUPS, OMELETTES & MINI MEALS

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

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

| FROZEN SOUP (200g Each) | | \$ 2.00 each |
|-------------------------------------|--|---------------------|
| | | QUANTITY |
| Creamy Chicken & Vegetable Soup (G) | | |
| Pumpkin Soup (G) | | |
| Ham & Pea Soup (G) | | |
| Creamy Tomato Soup (G) | | |
| Beef & Vegetable Soup (G) | | |
| Potato & Leek Soup (G) | | |
| Total Quantity Frozen Soups | | |

| PIES & SAUSAGE ROLLS | | |
|---------------------------------|---------------------|--|
| Sausage Roll | \$ 2.90 each | |
| Plain Beef Pie | \$ 4.00 each | |
| Potato & Steak Pie | \$ 4.80 each | |

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

| FROZEN OMELETTE | | \$ 2.50 each |
|---------------------------------------|--|---------------------|
| Ham & Cheese (G) | | |
| Tomato, Mozzarella & Basil Omelette | | |
| Total Quantity Frozen Omelette | | |

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FROZEN SWEETS, MUFFINS, YOGHURT & ICE CREAM

| SWEETS GROUP 1 | | \$ 3.50 each |
|--|--|---------------------|
| | | QUANTITY |
| Butterscotch Sultana Pudding & Custard | | |
| Lemon Meringue Pie & Cream | | |
| Total Quantity Sweets Group 1 | | |

| SWEETS GROUP 2 | | \$ 2.60 each |
|---|--|---------------------|
| | | QUANTITY |
| Apple Crumble (G) | | |
| Berry Crumble With Custard | | |
| Bread & Butter Pudding <i>(contains nuts)</i> | | |
| Chocolate Mousse (G) | | |
| Double Chocolate Pudding | | |
| Fruit Pavlova (G) | | |
| Lemon Cheesecake (G) | | |
| Rice Pudding (G) | | |
| Sticky Date Pudding | | |
| Tiramisu (G) | | |
| Total Quantity Sweets Group 2 | | |

| SWEETS GROUP 3 | | \$ 3.90 each |
|--------------------------------------|--|---------------------|
| | | QUANTITY |
| Caramel Custard Tart & Cream | | |
| Chocolate Bavarian & Cream | | |
| Raspberry Cheesecake | | |
| Vanilla Panacotta With Mixed Berries | | |
| Total Quantity Sweets Group 3 | | |

| SWEETS GROUP 5 | | \$ 3.50 each |
|---------------------------------------|--|---------------------|
| | | QUANTITY |
| Apple & Rhubarb Brown Betty & Custard | | |
| Apple Pie & Cream | | |
| Fruit Salad & Cream (G) | | |
| Fruit Trifle & Cream | | |
| Total Quantity Sweets Group 5 | | |

| SARA LEE MUFFINS (120g Each) | | \$ 2.00 each |
|--|--|---------------------|
| | | QUANTITY |
| Blueberry | | |
| Choc Chip | | |
| Total Quantity Sara Lee Muffins | | |

| FROZEN YOGHURT (200ml Each) | | \$ 1.70 each |
|--------------------------------------|--|---------------------|
| | | QUANTITY |
| Strawberry | | |
| Mango | | |
| Total Quantity Frozen Yoghurt | | |

| FROZEN ICE CREAM CUPS (100ml Each) | | \$ 1.00 each |
|---|--|---------------------|
| | | QUANTITY |
| 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

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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