

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 e: admin@mealsonwheelsdubbo.org.au

2022 - 1

Effective from Monday 31st January 2022

OFFICE USE ONLY	FROZEN & LONG-LIFE FOODS ORDER FORM				
Standard Order Phone, Email Order Pick Up Delivery	Name:				
	Address:				
	Town:		Phone:		
	Order Date:		Purchase Order Number:		
	Special Instructions:				
	Delivery/Pick Up Day/Date:				
			Qty	Price/Item	Total Price
	MAIN MEALS	Group R		\$6.00	
		Roast Turkey		\$7.05	
		Group A		\$6.35	
	Group Q		\$8.90		
	Puree Roast Main		\$6.00		
	Puree Assorted Main		\$6.00		
	Frozen Soup		\$2.80		
	MINI MEALS	Group 2		\$5.55	
	LIGHT MEALS	Sausage Roll		\$2.70	
		Chicken & Veg Pie		\$4.75	
		Plain Beef Pie		\$3.70	
		Steak & Potato Pie		\$4.55	
	LONG LIFE	Long Life Soup		\$2.05	
	SWEETS	Group 1		\$3.15	
		Group 2		\$2.60	
		Group 3		\$3.45	
		Group 5		\$2.90	
		Muffins		\$1.95	
		Yoghurt		\$1.60	
		Ice Cream Cups		\$1.00	
		TOTAL			
Delivery Date:					
Delivery Day:					
Week:					
Frozen Run #:					
Hot Run #:					
DUBBO NARROMINE TRANGIE	Office Use Only				
	HOME CARE PACKAGES	Package 1 (Main & Sweets)		\$7.60	
		Package 2 (Main & Soups)		\$7.60	
	Invoice Date:	Invoice No:	Start Date:	Order Modified Date:	
	Weight:				
	Transport:				
	Tsp. Email:				
	Day:				
	Date:				
	Cartons/Bags				
Frozen #:					
Dry #:					
Bag #:					
Freezer #:					
Email:					
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.

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FROZEN MAIN MEALS

MAIN MEALS GROUP R – GOURMET		\$6.00 ea
BEEF	Quantity	
Beef Casserole (G)		
Beef Rissoles (G)		
Beef Stroganoff (G)		
BBQ Sausage		
Corned Beef in White Sauce (G)		
Cottage Pie (G)		
Spaghetti Bolognese		
CHICKEN		
Chicken Casserole (G)		
Chicken Curry (G)		
Honey Soy Chicken (G)		
Sweet & Sour Chicken (G)		
LAMB		
Lamb Bourguignon (G)		
Lamb Casserole (G)		
SEAFOOD		
Barramundi Lemon Butter (G)		
Curry Prawns (G)		
Crumbed Fish & Wedges		
PASTA (VEGETARIAN)		
Spaghetti Veganaise		
PORK		
Pork Sausage (G)		
ROASTS		
Beef Roast (G)		
Chicken Roast Breast (G)		
Lamb Roast (G)		
Pork Roast in Apple Gravy (G)		
Total Quantity Mains Group R		

ROAST TURKEY – BATHURST		\$7.05 ea
Roast Turkey & Gravy (G)		
Total Quantity Roast Turkey		

(G) Gluten Free

MAIN MEALS GROUP A BATHURST		\$6.35 ea
BEEF	Quantity	
Braised Steak & Onion Gravy (G)		
Curried Sausages		
Hi-Fibre Rissole & Gravy (G)		
Savoury Mince & Vegetables (G)		
Steak & Kidney Pie		
Steak Diane (G)		
CHICKEN		
Apricot Chicken		
Creamy Chicken & Bacon Pasta		
Lemon Chicken Schnitzel		
Mild Chicken Curry (G)		
SEAFOOD		
Cheesy Tuna Bake		
Salmon Patties		
Seafood Crepe		
LAMB		
Lambs Fry, Bacon & Gravy		
Lancashire Hot Pot		
PASTA		
Lasagne		
PORK		
Honey Pork & Pineapple Casserole (G)		
Smothered Pork Steaks with Apple (G)		
Sweet & Sour Pork (G)		
VEGETARIAN		
Vegetable Quiche		
Total Quantity Main Meals Group A		

MAIN MEAL GROUP Q - BATHURST		\$8.90 ea
Braised Lamb Chops with Creamy Gravy		
Total Quantity Mains Group Q		

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FROZEN MAIN PUREE, PIES, SOUPS & MINI MEALS

PUREE ROASTS MAIN – GOURMET		\$6.00 ea
LIMITED Stock kept on hand		
ASSORTED Roasts		
Total Quantity Pureed ASSORTED Roasts		

PUREE ASSORT MAIN – GOURMET		\$6.00 ea
LIMITED Stock kept on hand		
ASSORTED Mains		
Total Quantity Pureed ASSORTED Mains		

FROZEN SOUP – BATHURST		\$2.80 ea
Beef, Barley & Vegetable Soup		
Chicken Stockpot Soup		
Pumpkin Soup (G)		
Total Quantity Frozen Soup		

HEINZ LONG LIFE SOUP		\$2.05 ea
Beef Stockpot (G)		
Pumpkin (G)		
Minestrone		
Pea & Ham		
Potato & Leek		
Tomato		
Winter Vegetable		
Total Quantity Long Life Soup		

PIES & SAUSAGE ROLLS – EARLYRISE		QTY EA
Sausage Roll	\$2.70 ea	
Chicken & Vegetable Pie	\$4.75 ea	
Plain Beef Pie	\$3.70 ea	
Potato & Steak Pie	\$4.55 ea	

MINI MEALS

MINI MEALS GROUP 2 – BATHURST		\$5.55 ea
Mini Roasts		Quantity
Roast Beef & Gravy (G)		
Roast Chicken & Gravy (G)		
Roast Pork & Gravy (G)		
Roast Turkey & Gravy (G)		
BEEF		
Corned Silverside with Parsley Sauce (G)		
Cottage Pie (G)		
Curried Sausages		
Grilled Sausage with Onion Gravy		
Lasagne		
Spaghetti Bolognese		
Steak & Kidney Pie		
CHICKEN		
Apricot Chicken		
Creamy Chicken & Bacon Pasta		
Mild Chicken Curry (G)		
SEAFOOD		
Cheesy Tuna Bake		
Crumbed Fish with Potato Bake		
Salmon Patties		
PORK		
Honey Pork & Pineapple Casserole (G)		
Sweet & Sour Pork (G)		
Total Quantity Mini Meals Group 2		

(G) Gluten Free

FROZEN SWEETS, MUFFINS, YOGHURT & ICE CREAM

SWEETS GROUP 1 – BATHURST		\$3.15 ea
Butterscotch Sultana Pudding & Custard		
Lemon Meringue Pie & Cream		
Vanilla Panacotta w' Mixed Berries (G)		
Total Quantity Sweets Group 1		

SWEETS GROUP 2 – GOURMET		\$2.60 ea
Apple Crumble (G)		
Berry Crumble with Custard		
Bread & Butter Pudding		
Chocolate Mousse (G)		
Fruit Pavlova (G)		
Lemon Cheesecake (G)		
Rice Pudding (G)		
Sticky Date Pudding		
Tiramisu (G)		
Total Quantity Sweets Group 2		

SWEETS GROUP 3 – BATHURST		\$3.45 ea
Caramel Custard Tart & Cream		
Chocolate Bavarian & Cream		
Raspberry Cheesecake		
Total Quantity Sweets Group 3		

(G) Gluten Free

Bathurst Meals Heating Instructions

Microwave - Frozen Main or Mini 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).

SWEETS GROUP 5 – BATHURST		\$2.90 ea
Apple & Rhubarb Brown Betty & Custard		
Apple Pie & Cream		
Chocolate Steamed Pudding & Custard		
Creamy Rice w' Rhubarb (G)		
Fruit Salad & Cream (G)		
Fruit Trifle & Cream		
Peaches & Jelly (G)		
Total Quantity Sweets Group 5		

SARA LEE MUFFINS		\$1.95 ea
Blueberry		
Choc Chip		
Total Quantity Muffins		

FROZEN YOGHURT		\$1.60 ea
Strawberry 200gm		
Mango		
Total Quantity Frozen Yoghurt		

ICE CREAM CUPS		\$1.00 ea
Vanilla (G)		
Total Quantity Ice Cream Cups		

Gourmet Meals Heating Instructions

Microwave - Frozen Main

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