



Meals on Wheels
Griffith

Client Name:.....

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CHSP

FROZEN MEALS MENU - November 2025 - Delivery Available Fortnightly

	(GF) Suitable for Gluten Free (V) Suitable for Vegetarian (S) Soft Meals (DF) Diabetic Friendly (LF) <10g/100 Suitable for Low Fat (La) Lactose Free Meals (So) Low Sodium Meals			
	MAIN MEALS		PRICE	QTY REQUIRED
	BEEF			
MC	Beef Bourguignon with Mash Potato	GF	\$8.50	
MC	Beef Lasagne with Bechemal Sauce	LS, S	\$8.50	
MC	Beef Ragu Lasagne		\$8.50	
MC NC	Beef Rissoles with Onion Gravy & Mashed Potato	GF	\$8.50	
MC	Beef Spaghetti Bolognaise	S	\$8.50	
MC	Beef Spaghetti and Meatballs	S	\$8.50	
MC	Beef Stroganoff with Macaroni	LF, RS, GF, S	\$8.50	
NC	Braised Steak & Kidney, Sweet Potato Mash, Pumpkin & Peas	GF	\$8.50	
MC NC	Corned Silverside with onion white sauce and mashed potato		\$8.50	
MC NC	Curried Sausages with Mash		\$8.50	
MC NC	Grilled Sausages with Onion Gravy with creamy mash		\$8.50	
MC NC	Roast Beef with Homemade Gravy & Baked Potato	GF, DF, La, So	\$8.50	
MC NC	Savoury Beef Mince with Mash Potato	GF	\$8.50	
NC	Sweet & Sour Meatballs & Rice	DF,GF	\$8.50	
NC	Classic Cottage Pie, Pumpkin & Peas		\$8.50	
NC	Meat Pie & Gravy, Roast Potato & Peas		\$8.50	
NC	Meatloaf & Gravy, Sweet Potato, Corn & Beans	GF	\$8.50	
NC	Beef Casserole, Mashed Potato, Carrot & Peas	GF	\$8.50	
MC	Shephards Pie	GF	\$8.50	
	LAMB			
MC	Lambs Fry and Bacon with Onion Gravy and Mashed Potato	LF	\$8.50	
MC	Roast Lamb with Homemade Gravy and baked potato	GF, DF, So, La	\$8.50	
NC	Hearty Lamb Casserole, Sweet Potato, Corn & Beans	DF, GF	\$8.50	

MC	Slow Cooked Lamb Shanks with Creamy Mash Potato	GF	\$8.50	
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	PORK			
MC	BBQ Pulled Pork with potato Gratin	GF	\$8.50	
MC	Fettucine with Bacon Cream Sauce		\$8.50	
MC	Quiche with Bacon, Spinach and Cheese		\$8.50	
MC NC	Roast Pork with Homemade Gravy and Baked potato	GF, DF, So, La	\$8.50	
MC NC	Sweet and Sour Pork	LF, GF, DF, La, S	\$8.50	
	VEGETARIAN			
MC	Indian Vegetable Curry, Spiced Potato and Eggplant & Rice	V, GF, DF	\$8.50	
MC	Vegetable Lasagna with Bechamel Sauce	V	\$8.50	
	CHICKEN			
MC	Apricot Chicken with Creamy Mashed Potato		\$8.50	
NC	Apricot Chicken, Rice, Carrot & Beans	DF, GF	\$8.50	
MC	Chicken Honey Curry with steamed rice	DF	\$8.50	
MC	Chicken Mornay with Spiral Pasta		\$8.50	
MC	Chicken Parmigiana		\$8.50	
MC NC	Chicken Schnitzel and Gravy and mashed potato	La	\$8.50	
MC	Creamy Chicken and Mushroom Casserole with CousCous		\$8.50	
MC	French Chicken Casserole with Creamy Mash Potato	GF	\$8.50	
MC	Indian Butter Chicken with steamed rice	S, GF	\$8.50	
MC	Pan Grilled Chicken Breast, Grain Mustard Cream Sauce & Steamed Potato		\$8.50	
MC NC	Roast Chicken Homemade Gravy	GF, DF, LF, So, La	\$8.50	
NC	Chicken & Asparagus Bake, Corn & Beans		\$8.50	
MC	Sittee's Lebanese Chicken with rice	GF, DF	\$8.50	
	TURKEY			
MC	Roast Turkey	GF DF	\$8.50	
	FISH			
MC	Baked Fish with Parsley lemon butter and steamed potato	LF, GF	\$8.50	
MC	Barramundi with Ginger Lime & Shallot butter on rice	GF	\$8.50	
MC NC	Crumbed Fish Fillets with Wedges, Veg and Tartare Sauce	S, LF, La	\$8.50	
MC	Curried Prawns with Rice	GF, DF, LF, S	\$8.50	
MC	Grilled Fish with White Wine cream Sauce and steamed potato		\$8.50	
NC	Tuna Pasta Bake, Mashed Pumpkin & Peas		\$8.50	
NC	Salmon Monray, Rice, Pumpkin & Beans	DF, GF	\$8.50	
MC	Tuna Mornay with creamy mashed potato		\$8.50	

	SOUPS			
MC	Beef & Vegetable Soup	GF, DF		\$4.00
MC	Chicken & Vegetabe Soup	GF, DF		\$4.00
MC	Creamy Pumpkin Soup	GF, V		\$4.00
MC	Leek & Potato Soup	GF, DF		\$4.00
MC	Minestrone Soup	GF, DF		\$4.00
MC	Pea & Ham Soup	GF, DF		\$4.00
	MINI MEALS			
	BEEF			
MC	Beef Lasagne with Bechemal Sauce			\$6.50
MC NC	Roast Beef with Homemade Gravy & Baked Potato			\$6.50
MC	Beef Stroganoff	GF		\$6.50
MC	Beef Bourguignon with Mash Potato	LF, GF		\$6.50
MC NC	Curried Sausages			\$6.50
MC	Grilled Sausages and Gravy	GF		\$6.50
MC NC	Savoury Beef Mince with Mash Potato	GF		\$6.50
NC	Sweet & Sour Meatballs & Rice			\$6.50
NC	Classic Cottage Pie, Pumpkin & Peas	GF		\$6.50
NC	Meatloaf & Gravy, Sweet Potato, Corn & Beans	GF		\$6.50
NC	Corned Beef & White Sauce, Mashed Potato, Pumpkin & Peas	GF		\$6.50
NC	Beef Casserole, Mashed Potato, Carrot & Peas	GF		\$6.50
NC	Beef Rissoles & Onion Gravy, Mashed Potato, Baby Carrots & Beans			\$6.50
MC	Shepards Pie	GF		\$6.50
	LAMB			
NC	Hearty Lamb Casserole, Sweet Potato, Corn & Beans	GF		\$6.50
MC	Roast Lamb with Gravy	GF, DF, LS, So		\$6.50
	PORK			
MC	Pork & Apple Casserole with mashed potato	GF		\$6.50
MC	Roast Pork with Gravy	GF, DF, So, La		\$6.50
MC	Sweet and Sour Pork	GF, La		\$6.50
	CHICKEN			
MC	Apricot Chicken with Mashed Potato	LF		\$6.50
MC	Chicken Honey Curry with steamed rice	DF		\$6.50
NC	Chicken Schnitzel & Gravy, Mashed potato, Peas & Corn			\$6.50
MC	Chicken Mornay with Spiral Pasta			\$6.50
MC	Creamy Chicken and Mushroom Casserole with CousCous			\$6.50
MC	Indian Butter Chicken with steamed rice			\$6.50
MC	Roast Chicken with Gravy	GF, DF, LS		\$6.50

	FISH			
MC	Battered Fish Pieces with baked potato wedges			\$6.50
MC NC	Curried Prawns with Steamed Rice	DF		\$6.50
NC	Salmon Monray, Rice, Pumpkin & Beans	GF		\$6.50
NC	Baked Fish & Lemon pepper sauce, Mashed potato, corn & beans			\$6.50
NC	Tuna Pasta Bake & Seasonal Vegetables			\$6.50
MC	Tuna Mornay with creamy mashed potato			\$6.50
	SWEETS			
MC	Apple Crumble with Custard	GF		\$4.00
MC	Baked Lemon Pudding with Custard			\$4.00
MC	Baked Rice Pudding with Cream	GF, S, So		\$4.00
MC	Banana Pudding with Caramal Sauce			\$4.00
MC	Boston Apple & Cinnamon Cake with Custard			\$4.00
MC	Bread & Butter Pudding with Custard	S		\$4.00
MC	Chocolate Bavarian Cream Pie			\$4.00
MC	Chocolate Mousse	GF, S, LF, So		\$4.00
NC	Chocolate Pudding & Cream			\$4.00
MC	Chocolate Mud Cake with Fresh Cream			\$4.00
MC	Golden Syrup Pudding			\$4.00
MC	Lemon Cheesecake with Fresh Cream	GF		\$4.00
MC	Pavalova with Fresh Cream & Blueberries			\$4.00
MC	Sherry Custard Trifle			\$4.00
MC	Stewed Rhubarb & Apple with Custard			\$4.00
MC NC	Sticky Date Pudding with Butterscotch sauce	S		\$4.00

