



Meals on Wheels
Griffith

Date:.....Name:.....

Shop 1, 50-56 Banna Ave GRIFFITH NSW 2680
PHONE: 02 69629997 / MOBILE: 0458 515 304
EMAIL: info@mowgriffith.org.au
www.griffithmealsonwheels.org.au

CHSP

FROZEN MEALS MENU - 2026 - Delivery Available Fortnightly

	(GF) Suitable for Gluten Free (V) Suitable for Vegetarian (S) Soft Meals (So) Low Sodium Meals	(DF) Diabetic Friendly (LF) <10g/100 Suitable for Low Fat (La) Lactose Free Meals		
	MAIN MEALS: Served with Seasonal Vegetables		Price \$8.50 each	QTY REQUIRED
	VEGETARIAN			
MC	Homestyle Macaroni and Cheese		V	
MC	Vegetable Lasagna with Bechamel Sauce		V	
	BEEF			
MC	Beef Bourguignon with Mashed Potato		GF	
MC	Beef Lasagne			
MC NC	Beef Rissoles & Onion Gravy with Mashed Potato		GF	
MC	Spaghetti Bolognaise		S	
MC	Spaghetti and Meatballs		S	
MC	Beef Stroganoff with Macaroni		LF, RS, GF, S	
NC	Braised Steak & Kidney with Mashed Sweet Potato		GF	
MC NC	Corned Silverside & Onion White Sauce and Mashed Potato			
MC NC	Curried Sausages with Mashed Potato			
MC NC	Grilled Sausages & Onion Gravy with Mashed Potato			
MC NC	Roast Beef & Gravy with Baked Potato		GF, DF, La, So	
MC NC	Savoury Beef Mince with Mashed Potato		GF	
NC	Classic Cottage Pie			
NC	Meat Pie & Gravy with Roast Potato			
NC	Meatloaf & Gravy with Sweet Potato		GF	
NC	Beef Casserole with Mashed Potato		GF	
MC	Shephards Pie		GF	

	TURKEY		QTY REQUIRED
MC	Roast Turkey & Gravy with Baked Potato	GF DF	
	LAMB		
MC	Lambs Fry, Bacon & Onion Gravy with Mashed Potato	LF	
MC	Roast Lamb & Gravy with Baked Potato	GF, DF, So, La	
NC	Hearty Lamb Casserole with Sweet Potato	DF, GF	
MC	Slow Cooked Lamb Shanks with Mashed Potato	GF	
	PORK		
MC	BBQ Pulled Pork with Potato Gratin	GF	
MC	Fettucine with Bacon Cream Sauce		
MC	Quiche with Bacon, Spinach and Cheese		
MC NC	Roast Pork & Gravy with Baked Potato	GF, DF, So, La	
MC NC	Sweet & Sour Pork with Rice	LF, GF, DF, La, S	
	CHICKEN		
NC MC	Apricot Chicken with Rice or Mashed Potato	DF, GF	
MC	Chicken Honey Curry with Rice	DF	
MC	Chicken Mornay with Spiral Pasta		
MC	Chicken Parmigiana with Mashed Potato		
MC NC	Chicken Schnitzel & Gravy with Mashed Potato	La	
MC	Creamy Chicken & Mushroom Casserole with CousCous		
MC	French Chicken Casserole with Mashed Potato	GF	
MC	Grilled Chicken Breast & Grain Mustard Cream Sauce with Potato		
MC NC	Roast Chicken & Gravy with Baked Potato	GF, DF, LF, So, La	
NC	Chicken & Asparagus Bake		
NC	Sweet and Sour Chicken		
	FISH		
MC	Baked Fish & Parsley Lemon Butter with Steamed Potato	LF, GF	
MC	Barramundi & Ginger, Lime, Shallot Butter with Rice	GF	
MC NC	Crumbed Fish Fillets with Wedges	S, LF, La	
MC	Curried Prawns with Rice	GF, DF, LF, S	
MC	Grilled Fish & White Wine Cream Sauce with Steamed Potato		
NC	Salmon Monray with Rice	DF, GF	
MC	Tuna Mornay with Mashed Potato		

	MINI MEALS: Served with Seasonal Vegetables	Price \$6.50 each	QTY REQUIRED
	MINI BEEF		
MC	Beef Lasagne with Bechemal Sauce		
MC NC	Roast Beef & Homemade Gravy with Baked Potato		
MC NC	Curried Sausages with Rice or Mashed Potato		
MC	Grilled Sausages & Gravy with Mashed Potato	GF	
MC NC	Savoury Beef Mince with Mashed Potato	GF	
NC	Classic Cottage Pie	GF	
NC	Corned Beef & White Sauce with Mashed Potato	GF	
NC	Beef Casserole with Mashed Potato	GF	
NC	Beef Rissoles & Onion Gravy with Mashed Potato		
MC	Shepards Pie	GF	
	MINI PORK		
MC	Roast Pork & Gravy with Baked Potato	GF, DF, So, La	
MC	Sweet & Sour Pork with Rice	GF, La	
	MINI CHICKEN		
MC	Apricot Chicken with Mashed Potato	LF	
NC	Chicken Schnitzel & Gravy with Mashed Potato		
MC	Chicken Mornay with Spiral Pasta		
MC	Roast Chicken & Gravy with Baked Potato	GF, DF, LS	
	MINI FISH		
MC	Battered Fish Pieces with Potato Wedges		
NC	Salmon Monray with Rice	GF	
NC	Lemon and Herb Crusted Fish with Mashed Potato		
	MINI LAMB		
NC	Hearty Lamb Casserole with Sweet Potato	GF	
MC	Roast Lamb & Gravy with Baked Potato	GF, DF, LS, So	

SOUPS:		Price \$4.00 each	QTY REQUIRED
MC	Beef & Vegetable Soup	GF, DF	
MC	Chicken & Vegetable Soup	GF, DF	
MC	Creamy Pumpkin Soup	GF, V	
MC	Leek & Potato Soup	GF, DF	
MC	Minestrone Soup	GF, DF	
MC	Pea & Ham Soup	GF, DF	
SWEETS:		Price \$4.00 each	QTY REQUIRED
MC	Apple Crumble with Custard	GF	
MC	Baked Lemon Pudding with Custard		
MC	Baked Rice Pudding with Cream	GF, S, So	
MC	Banana Pudding with Caramal Sauce		
MC	Boston Apple & Cinnamon Cake with Custard		
MC	Bread & Butter Pudding with Custard	S	
MC	Chocolate Bavarian Cream Pie		
MC	Chocolate Mousse	GF, S, LF, So	
NC	Chocolate Pudding & Cream		
MC	Chocolate Mud Cake with Fresh Cream		
MC	Golden Syrup Pudding		
MC	Lemon Cheesecake with Fresh Cream	GF	
MC	Pavalova with Fresh Cream & Blueberries		
MC	Sherry Custard Trifle		
MC	Stewed Rhubarb & Apple with Custard		
MC NC	Sticky Date Pudding with Butterscotch sauce	S	