Meals on Wheels™
Griffith

More than just a meal™

Summer MENU

FROZEN MEALS

Nutritious meals for brighter days



Celebrating Choice, Culture & Community

At Griffith Meals on Wheels, we recognise that food is an important part of culture, faith, family and identity.
We aim to provide meals that respect our clients' individual dietary, cultural and religious preferences.
If you have particular cultural, religious, dietary or texture-modified meal requirements, please speak with our team. We will work with you to identify suitable meal choices.

Menu Key:
V Vegetarian | VG Vegan | GF Gluten Free | DF Dairy Free | NP No Pork | TM Texture Modified | HP High Protein | HE High Energy
FF Finger Food

Please advise Griffith Meals on Wheels of any food allergies, intolerances or specialised dietary requirements.

More than just a meal™

Griffith Meals on Wheels acknowledges the Traditional Custodians of the lands on which we live, work and deliver our services. We pay our respects to Elders past and present and recognise the continuing connection of Aboriginal and Torres Strait Islander peoples to Country, culture, family and community.

Our Price List

Meal	CHSP Pricing	SAH Client Contribution (30%)
Frozen Main includes Starch (potato or Rice) and Vegetables	$9.50	$2.85
Mini Meals	$7.50	$2.25
Dessert	$5.00	$1.50
Soup	$5.00	$1.50



	MAIN MEALS: Approximate Serving size 400g	Price $9.50	Qty
	BEEF		
MC	Beef Bourguignon with Creamy Mashed Potato	GF, HE	
MC	Beef Lasagne		
MC	Beef Ragu Lasagne	HP, HE	
MC	Beef Rissoles with Onion Gravy with Mashed Potato	GF	
NC	Beef Rissoles & Onion Gravy With Mashed Potato, Carrot and Peas		
MC	Spaghetti Bolognaise	HP, HE	
MC	Spaghetti with Meatballs	HP, HE	
MC	Beef Stroganoff with Macaroni	HP, HE	
NC	Braised Steak & Kidney with Sweet Potato, Cauliflower & Peas	GF, DF	
NC	Corned Beef with White Sauce, Mashed Potato, Pumpkin and Peas	GF	
MC	Corned Silverside with Onion White Sauce and creamy Mashed Potato	HP	
MC	Curried Sausages with Creamy Mashed Potato		
NC	Curried Sausages and Rice	GF	
MC	Grilled Sausages & Onion Gravy with Mashed Potato	HE	
NC	Sausages and Gravy with Mashed Potato, Carrot and Beans	GF	
MC	Roast Beef & Gravy with Baked Potato	GF, DF, HP	
NC	Roast Beef & Gravy with Roast Potato, Roast Pumpkin and Peas	GF	
MC	Savoury Beef Mince with Creamy Mashed Potato	GF	
NC	Savoury Beef Mince with Mashed Potato, Pumpkin and Peas	GF	
NC	Classic Cottage Pie with Pumpkin and Peas	GF	
NC	Meat Pie & Gravy with Mashed Potato and Peas	FF	
NC	Meatloaf & Gravy with Sweet Potato, Corn & Beans	GF	
NC	Beef Casserole with Mashed Potato, Carrots and Peas	GF	
MC	Shephards Pie	GF	

*Date of Menu Change:*_____

*Client Name:*_____

Dietary requirements:

- ☐ *I am a Diabetic*
- ☐ *I require a Level 4 Pureed Diet*
- ☐ *I require a Level 5 Minced and Moist Diet*
- ☐ *I require a Level 6 Soft & Bite Sized Diet*

	 LAMB		
MC, NC	Lambs Fry, Bacon & Onion Gravy with Mashed Potato	HE,HP	
MC	Roast Lamb & homemade Gravy with Baked Potato	GF,DF,HP	
NC	Hearty Lamb Casserole with Sweet Potato, Beans & Corn	GF, DF	
MC	Slow Cooked Lamb Shanks with Mashed Potato	GF	
NC	Boneless Lamb Shank with Mashed Potato, Broccoli and Carrot	GF	
NC	Lamb Patties with Gravy, Mashed Potato, Broccoli and Corn & Carrot		
	 PORK		
MC	BBQ Pulled Pork with Potato Gratin	GF,DF, HE	
MC	Quiche with Bacon, Spinach and Cheese	FF	
MC	Roast Pork & Gravy with Roast Potato, Pumpkin & Peas	GF,DF,HP	
NC	Sweet & Sour Pork with Rice	GF, DF	
	 CHICKEN		
NC	Apricot Chicken with Rice, Beans and Carrots	GF	
MC	Apricot Chicken with Creamy Mashed Potato	GF	
MC	Chicken Honey Curry with Steamed Rice	GF	
NC	Chicken Mornay with Spiral Pasta	HE, HP	
MC	Chicken Parmigiana with Creamy Mashed Potato	HE, HP	
NC	Chicken Schnitzel & Gravy with Mashed Potato, Corn & Peas		
MC	Chicken & Mushroom Casserole with CousCous		
NC	Creamy Dijon Chicken with Steamed Potato		
MC	French Chicken with Creamy Mashed Potato	GF	
NC	Honey Soy Chicken, Fried Rice & Stirfry Vegetable	GF	
MC	Roast Chicken & Homemade Gravy with Roast Potato	GF,DF,HP	
MC	Roast Chicken & Gravy with Roast Potato, Pumpkin & Peas	GF, DF	
NC	Chicken & Asparagus Pasta Bake with Beans and Corn		
MC	Lebanese Chicken with Rice	GF, HE	
NC	Sweet and Sour Chicken with Rice	GF, DF	

	 FISH		
MC NC	Baked Fish & Parsley Lemon Butter with Potato	GF	
MC	Crumbed Fish Fillets with baked potato Wedges	DF, FF	
NC	Crumbed Fish Fillets with Wedges, Tartare Sauce, Broccoli & Carrot	FF	
MC NC	Curried Prawns with Steamed Rice	GF,DF	
MC	Grilled Fish & White Wine Cream Sauce with Steamed Potato	GF,HE	
NC	Salmon Mornay with Rice	DF,GF	
MC	Tuna Mornay with Creamy Mashed Potato	HE	
	 VEGETARIAN		
MC	Vegetable Lasagna	V, HE	
NC	Pumpkin Ravioli, Creamy Tomato & Vegetable Sauce	V	

	MINI MEALS: Approximate Serving Size 280g	Price $7.50	Qty
	MINI BEEF		
MC	Beef Lasagne		
NC	Roast Beef & Homemade Gravy with Baked Potato		
MC NC	Curried Sausages with Rice or Mashed Potato		
MC NC	Grilled Sausages & Gravy with Mashed Potato		
MC NC	Savoury Beef Mince with Mashed Potato	GF	
NC	Classic Cottage Pie with Pumpkin & Peas	GF	
NC	Corned Beef & White Sauce with Mashed Potato	GF	
NC	Beef Casserole with Mashed Potato, carrots and Peas	GF	
NC	Beef Rissoles & Onion Gravy with Mashed Potato, carrots and Beans		
MC	Shepards Pie	GF	
	MINI PORK		
MC	Roast Pork & Gravy with Baked Potato	GF, DF	
MC	Sweet & Sour Pork with Rice	GF, DF	
	MINI CHICKEN		
MC	Apricot Chicken with Creamy Mashed Potato	GF	
NC	Apricot Chicken with Rice, Carrots and Beans	GF	
NC	Chicken Schnitzel & Gravy with Mashed Potato, Peas and Corn		
MC	Chicken Mornay with Spiral Pasta		
MC	Roast Chicken & Gravy with Baked Potato	GF, DF	
	MINI FISH		
MC	Battered Fish Pieces with Potato Wedges	FF	
NC	Salmon Mornay with Rice, Pumpkin & Beans	GF	
NC	Lemon and Herb Crusted Fish with Mashed Potato, carrots and peas		
	MINI LAMB		
NC	Hearty Lamb Casserole with Sweet Potato, corn & beans	GF	
MC	Roast Lamb & Gravy with Baked Potato	GF, DF	

	SOUPS:	Price $5.00	Qty
MC	Beef & Vegetable Soup	GF,DF HE, HP	
MC	Chicken & Vegetable Soup	GF, DF	
MC	Creamy Pumpkin Soup	GF	
MC	Leek & Potato Soup	GF	
MC	Minestrone Soup	GF, DF	
MC	Pea & Ham Soup	GF, DF	
	SWEETS:	Price $5.00	Qty
MC	Apple Crumble with Custard		
NC	Apple Pie with Custard		
MC	Baked Lemon Pudding with Custard	HE, HP	
MC	Baked Rice Pudding with Cream	GF	
MC	Banana Pudding with Caramel Sauce		
MC	Boston Apple & Cinnamon Cake with Custard		
MC	Bread & Butter Pudding with Custard		
MC	Chocolate Bavarian Cream Pie		
MC	Chocolate Mousse with cream	GF	
NC	Chocolate Pudding		
MC	Chocolate Mud Cake with Cream		
MC	Golden Syrup Dumpling		
MC	Lemon Cheesecake with Fresh Cream		
MC	Pavlova with Fresh Cream & Strawberries	GF	
NC	Sherry Custard Trifle		
MC	Stewed Rhubarb & Apple with Custard	GF	
MC	Sticky Date Pudding with Butterscotch sauce		
MC	Sticky Date Pudding with Caramel Sauce		
	FRUIT OPTIONS	Price $5.50	Qty
MC	Fruit Salad	GF, DF	
MC NC	Fruit Salad with Custard	GF	

Meals proudly supplied by

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Our Suppliers

FARM DOOR RIVERINA

Nuovo Chef