

*All meals are served with potato, rice or pasta and a selection of vegetables*

MEALS	WEEK 1	√/X	WEEK 2	√/X	WEEK 3	√/X	WEEK 4	√/X
Monday	Honey Peppered Beef		Braised Beef		Beef & Black Bean		Beef With Dianne Sauce	
Tuesday	Sweet & Sour Pork		Zucchini Slice		Rissoles & Gravy		Chicken & Mushroom Risotto	
Wednesday	Thai Chicken Meatloaf		Ham Steak & Mango Salsa		Moroccan Lamb Meatballs		Honey Soy Chicken	
Thursday	Vegetable & Lentil Lasagne		Mixed Grill		Pumpkin Frittata		Macaroni & Cheese	
Friday	Chicken & Tomato Pasta Bake		Aussie Meat Pie		Chicken Teriyaki		Chilli Con Carne	
Saturday	Crumbed Fish & Chips		Roast Chicken		Pasta Bolognese		Herb Crusted Fish	
Sunday	Lamb & Mint Patties		Tuna Rice Slice		Salmon Potato Bake		Pork Steaks with Apple Sauce	
DESSERTS	Week 1	√/X	Week 2	√/X	Week 3	√/X	Week 4	√/X
Monday	Banana Cake		Chocolate Bavarian Cheesecake		Banana Clafouti		Chocolate Cake & Custard	
Tuesday	Vanilla Panna Cotta		Mango Surprise		Honey, Mango & Yoghurt		Coconut Berry Chia Pudding	
Wednesday	Apple Fool		Bread & Butter Pudding		Nutella Panna Cotta		Berry Cheesecake	
Thursday	Lemon Sago		Tropical Flummery		Pineapple Sago		Creamy Rice	
Friday	Impossible Pie		Fruit Salad & Yoghurt		Apple Crumble		Apricots & Custard	
Saturday	Plums & Custard		Jelly, Fruit & Custard		Peaches & Yoghurt		Berry Trifle	
Sunday	Stewed Fruit & Custard		Tiramisu		Two Fruits & Custard		Prunes & Custard	

**Salads:** (examples) egg & cheese, ham, tuna, chicken, corned beef, roast beef, ham & pineapple, salmon

**Sandwiches:** (examples) salad and – ham, egg & cheese, chicken, corned beef, tuna, roast beef, salmon – wholemeal bread

**Soups:** (examples) Chicken noodle, tomato, beef & vegetable, cream of cauliflower, cream of broccoli, pumpkin and many more

**Please indicate meals that you like with a tick and meals you would prefer not to receive with a cross**

**All meals are available frozen at any time and chilled on a rotating 4-week cycle**

Monday delivery  Wednesday Delivery  Friday Delivery  for chilled meals, all meals and desserts available frozen anytime.

## Order form for regular deliveries.

Select day/days & number of each item required.

Item	Mon	Wed	Fri
Chilled Main Meal			
Frozen Main Meal			
Chilled Small Meal			
Frozen Small Meal			
Chilled Large Meal			
Frozen Large Meal			
Sandwich			
Salads			
Dessert			
Soup			
Biscuit Box			
Pies (box of 4)			

<u>MEAL COSTS</u>	<u>CHSP Eligible</u>	<u>Retail Price</u>
Soup & a Roll	\$ 2.80	\$ 4.50
Small Portion	\$ 6.10	\$ 9.70
Main Meal	\$ 6.90	\$10.45
Large Portion	\$ 7.70	\$11.20
Salads	\$ 6.05	\$ 9.30
Sandwiches	\$ 4.35	\$ 6.90
Dessert	\$ 3.25	\$ 5.05
Biscuit Box	\$ 4.35	\$ 6.90
Pies (box of 4)	\$17.20	\$17.20

### Prices valid from 5<sup>th</sup> Oct 2022

Our pricing has two tiers, the **CHSP eligible** pricing is for clients who are eligible for the **Commonwealth Home Support Program** summarised as frail aged and over 65 and not currently on a package. The **retail price** is for other clients. We are NDIS registered contact us about rates for NDIS participants.

All meals are prepared at our Moss Vale kitchens and meals can be tailored to specific dietary or preference requirements.

To make any adjustments to orders please just contact us via telephone or email.

Invoices are sent out fortnightly and payment can be made by cheque, cash, card in the office or over the phone or through bank transfer.

For direct deposits -  
**Bank Details:** BDCU  
**BSB:** 802 101  
**Account Number:** 100058381  
**Account Name:** Wingecarribee Food Services Co-op

Our volunteer drivers are the life blood of our service and offer much more than a meal. They will happily relay any communications and are there with a friendly smile. Nutritious meals, social interaction and well-being monitoring.



This service is supported by funding under the Commonwealth Home Support Program (CHSP)



## Summer 2022/23 Pricelist and Menu

Enabling people to remain independent in their own homes through the provision of nutritious, quality and affordable food and services across the Southern Highlands.

More than just a meal

No Contracts  
 Seasonal Menu  
 Production Kitchen  
 Tailored Meals  
 Flexible Menu Plans  
 Flexible Delivery Options  
 Pick Up Available  
 Online Ordering Available

Queen St Centre, Queen St  
 Moss Vale NSW 2577  
 02 4869 4032

Debbie@mealsouthernhighlands.org.au  
 mealsouthernhighlands.org.au