

Winter 2019 Client Name _____ Meal on Wheels Southern Highlands 4869 4032

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	Guinness Casserole		Beef Bourguignon		Lancashire Hot Pot		Steak & Mushroom Pie	
Tuesday	Roast Chicken		Apricot Chicken		Roast Beef & Yorkshire Puddings		Chicken Merango	
Wednesday	Tuna Mornay		Salmon Pasta Bake		Chicken In Plum Sauce		Bangers & Mash	
Thursday	Sausage Casserole		Toad In The Hole		Cottage Pie		Creamy Fish Pie	
Friday	Sweet Lamb Curry		Pork & Apple Curry		Braised Beef Pie		Chicken Pasta Bake	
Saturday	Pumpkin & Ricotta Lasagne		Herb Crusted Fish		Poached Fish in Orange Sauce		Lamb & Haricot Casserole	
Sunday	Meatloaf		Veggie Barley Risotto		Lambs Fry & Bacon		Roast Pork	
DESSERTS	WEEK 1	√/X	WEEK 2	√/X	WEEK 3	√/X	WEEK 4	√/X
Monday	Lemon Self-Saucing Pudding		Strawberry & Apple Crumble		Peach Cobbler		Forest Fruit Pie	
Tuesday	Rhubarb & Apple Crumble		Nutella Bread & Butter Pudding		Apple Brown Betty		Lemon Sago	
Wednesday	Pineapple upside down cake		Banana Cake		Impossible Pie		Irish Apple Cake	
Thursday	Golden Syrup Dumplings		Apple Strudel		Honey Creamed Rice		Bread & Butter Pudding	
Friday	Fruit Salad & Custard		Plums & Custard		Choc Self-Saucing Pudding		Blueberry & Apple Crumble	
Saturday	Sticky Date Pudding		Rice Pudding		Prunes & Custard		Apricot Pie	
Sunday	Apricots & Custard		Two Fruits & Custard		Banana Bread & Butter Pudding		Peaches & 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, French onion, beef & vegetable, cream of cauliflower, cream of broccoli, carrot and orange, potato & leek, pea & ham, pumpkin and many more

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

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	\$ 2.50	\$ 2.85
Small Portion	\$ 5.60	\$ 6.10
Main Meal	\$ 6.35	\$ 6.85
Large Portion	\$ 7.10	\$ 7.60
Salads	\$ 5.55	\$ 6.05
Sandwiches	\$ 3.95	\$ 4.45
Dessert	\$ 2.90	\$ 3.25
Biscuit Box	\$ 3.95	\$ 4.45
Pies (box of 4)	\$16.00	\$16.00

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.



Australian Government
 Department of Health

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



MENU & PRICELIST WINTER 2019

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mealsouthernhighlands.org.au



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

