

Winter 2025

Client Name \_\_\_\_\_

Meal on Wheels Southern Highlands 4869 4032

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

	WEEK 1	✓/X	WEEK 2	✓/X	WEEK 3	✓/X	WEEK 4	✓/X
Monday	Beef & Red Wine Casserole		Braised Beef Pie		Chicken Cacciatore		Ratatouille & Chickpea Bake	
Tuesday	Chicken & Mushroom Risotto		Egg Fried Rice		Silverside & White Sauce		Steak & Kidney Pie	
Wednesday	Pumpkin Lasagne		Bangers & Mash		Baked Potato Cheesy Mince		Chicken Schnitzel & Gravy	
Thursday	Roast Turkey		Pork Meatballs Mushroom Sauce		Spinach & Feta Pie		Cottage Pie	
Friday	Lambs Fry & Bacon		Fish With Lemon Sauce		Tuna Mornay		Salmon & Asparagus Frittata	
Saturday	Pork & Apple Casserole		Meatloaf & BBQ Sauce		Mild Lamb Curry		Roast Beef & Yorkshire Puddings	
Sunday	Creamy Fish Pie		Roast Chicken		Roast Pork		Sausage Casserole	
DESSERTS	WEEK 1	✓/X	WEEK 2	✓/X	WEEK 3	✓/X	WEEK 4	✓/X
Monday	Apple Crumble		Nutella Bread & Butter		Apple & Rhubarb Crumble		Apple Cake with Butterscotch Sauce	
Tuesday	Chocolate Pudding		Rice Pudding & Rhubarb		Impossible Lemon Pie		Creamy Sago	
Wednesday	Blueberry & Orange Clafouti		Apple & Blueberry Crumble		Chocolate Rice Pudding		Carrot Cake	
Thursday	Fruit Loaf Bread & Butter Pudding		Peach Brown Betty		Sticky Date Pudding		Peach Crumble	
Friday	Lemon Pudding		Apples & Custard		Butterscotch Pudding		Apricots & Custard	
Saturday	Peaches & Custard		Fruit Salad & Custard		Pears & Custard		Bread & Butter Pudding	
Sunday	Pineapple & Custard		Ginger Cake		Prunes & Custard		Two Fruits & Custard	

**Salads:** (examples) egg & cheese, ham, tuna, chicken, ham & pineapple, salmon  
**Sandwiches:** (examples) ham cheese & pickles, egg & cheese, chicken, tuna, salmon – wholemeal bread  
**Soups:** (examples) Chicken noodle, tomato, beef & bean, cream of cauliflower, cream of broccoli, pumpkin, chicken & sweetcorn and many more  
**Please indicate meals that you like with a tick and meals you would prefer not to receive with a cross, complete your order on the other side of this menu.**

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</u> <u>Eligible</u>	<u>Retail</u> <u>Price</u>
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Soup & a Roll	\$ 3.00	\$ 4.80
Small Portion	\$ 6.50	\$10.35
Main Meal	\$ 7.35	\$11.10
Large Portion	\$ 8.20	\$11.90
Salads	\$ 6.50	\$ 9.90
Sandwiches	\$ 4.65	\$ 7.10
Dessert	\$ 3.50	\$ 5.40
Biscuit Box	\$ 4.65	\$ 7.30
Pies (box of 4)	\$18.40	\$21.20

#### Prices & options valid from 28<sup>th</sup> April 2025

Our pricing has two tiers, the **CHSP eligible** pricing is for clients who are eligible for the **Commonwealth Home Support Program** with a meal's referral code from My Aged Care. The **retail price** is for other clients including those on Home Care Package and 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:** BENDIGO BANK

**BSB:** 633 000

**Account Number:** 2000 988 38

**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)



**Meals on Wheels**  
Southern Highlands



## Winter 2025

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

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