

Name: \_\_\_\_\_

Suburb: \_\_\_\_\_

Delivery Date: \_\_\_\_\_

<b>MAIN MEALS \$7.40 MyChef</b>	
Baked Fish Fillet with Lemon Butter	
Beef Lasagne	
Beef Mince with Mash (GF)	
Beef & Red Wine Casserole	
Beef Spaghetti Bolognaise	
Chicken & Mushroom Casserole	
Curried Sausages	
Grilled Fish Fillet with White Wine Sauce	
Lebanese Chicken (GF)	
Pan Grilled Chicken Breast with Mustard Sauce	
Quiche with Bacon, Cheese & Spinach	
Sweet & Sour Pork (GF) (DF)	
Vegetable Curry with Eggplant & Potato (GF) (V) (DF)	
Vegetable Lasagne (V)	
<b>MAIN MEALS \$8.50 MyChef</b>	
Barramundi with Ginger, Lime & Shallot butter (GF)	
Lamb Shanks (GF)	
Pulled Pork with Potato Gratin (GF)	
Roast Beef (GF) (DF)	
Roast Lamb (GF) (DF)	
Roast Pork (GF) (DF)	
Roast Turkey (GF) (DF)	
<b>MAIN MEALS \$8.90 MyChef</b>	
King Prawns with Garlic Sauce	

<b>MAIN MEALS \$6.10 Flagstaff</b>	
Crumbed Fish & Chips (DF)	
Rissoles with Onion Gravy	
Sausages with Gravy (GF)	
<b>MAIN MEALS \$6.25 Flagstaff</b>	
Beef Pie with Mash & Gravy	
Beef Stroganoff (GF)	
Butter Chicken (GF)	
Chicken & Vegetable Pie	
Chicken Parmigiana	
Chicken Schnitzel with Gravy (DF)	
Chicken Strips with Lemon Sauce	
Cottage Pie (GF)	
Curried Chicken (GF)	
Fish Cakes with Parsley Sauce	
Honey Soy Chicken (GF)	
Macaroni Cheese (V)	
Roast Chicken (GF) (DF)	
Steak & Kidney Pie	
Vegan Mixed Bean Casserole (V)(GF) (DF)	
Vegetable Pasta Bake (V)	
Vegetarian Cottage Pie (V) (GF)	
<b>MAIN MEALS \$7.30 Flagstaff</b>	
Corned Silverside (GF)	
Crumbed Lamb Patties	
Lamb Chops (GF) (DF)	
Mongolian Lamb (DF)	
Vienna Schnitzel with Gravy (DF)	

<b>PUREED MEALS \$7.40 Flagstaff</b>	
Pureed Beef & Vegetables (GF)	
Pureed Chicken & Asparagus	
Pureed Chicken & Vegetables (GF)	
Pureed Lamb & Vegetables (GF)	
Pureed Pork, Apple & Cranberry (GF)	
<b>PUREED MEALS \$7.40 MyChef</b>	
Pureed Tuna Mornay with Potato & Veg	
<b>SNACK MEALS \$3.50 MyChef</b>	
Chicken Fried Rice (GF) (DF)	
Spirali Bolognaise	
<b>PETITE MEALS \$5.20 MyChef</b>	
Apricot Chicken with Mash Potato	
Beef & Red Wine Casserole	
Beef Lasagne	
Beef Mince with Mash (GF)	
Chicken Honey Curry with Rice & Veg (DF)	
Curried Prawns with Rice & Veg (DF)	
Sausages with Mash & Gravy	
Shepherd's Pie (GF)	
Sweet & Sour Pork with Rice (GF) (DF)	
Tuna Mornay with Mash Potato & Veg	
<b>PETITE MEALS \$5.60 MyChef</b>	
Battered Fish with Potato Wedges	
<b>PETITE MEALS \$6.50 MyChef</b>	
Roast Lamb (GF) (DF)	
Roast Pork (GF) (DF)	

<b>SOUPS \$3.50 MyChef</b>	
Beef & Vegetable (GF) (DF)	
Chicken & Vegetable (GF) (DF)	
Creamy Pumpkin & Cinnamon (GF)(V)	
Leek & Potato (GF)	
Minestrone (GF) (DF)	
Pea & Ham (GF) (DF)	
<b>BREAKFAST CEREAL \$1.00</b>	
Corn Flakes (25 grams serve)	
Weet-Bix (30 grams serve)	
<b>BREAKFAST see prices below</b>	
Bubble & Squeak with Sausages \$4.70	
Ham & Cheese Croissant \$6.00	
Pancakes with Berry Compote \$4.70	
Spinach & Fetta Omelette(GF)(V) \$4.70	
<b>LOGLIFE MILK \$2.10</b>	
Full Cream UHT 1 litre	
Skim UHT 1 litre	
<b>FRUIT JUICE \$1.75</b>	
Orange	
<b>FRUIT JUICE \$2.45</b>	
Apple	

If we are out of stock of any meals ordered, we will double up with another meal selected on the menu.

<b>NO SUBSTITUTE</b>	
<b>DOUBLE UP</b>	

Gluten Free (GF) Vegetarian (V) Dairy Free (DF)

<b>DESSERTS \$3.00 Flagstaff</b>	
Apple Pie & Cream	
Apricot Pie & Cream	
Strawberry Swirl Cheesecake	
Tiramisu	
Vanilla Slice	
<b>DESSERTS \$2.50 Flagstaff</b>	
Apple & Rhubarb Crumble	
Apple Sponge Cake	
Baked Rice Pudding (GF)	
Banana Cake	
Blueberry Sponge Crumble & Custard	
Bread & Butter Pudding	
Carrot Cake	
Chocolate Mousse (GF)	
Creamed Rice & Apricots (GF)	
Fruit Salad (GF) (DF)	
Mango Flavoured Mousse (GF)	
Peaches & Custard (GF)	
Stewed Apple & Custard (GF)	
<b>DESSERTS \$3.30 MyChef</b>	
Chocolate Mud Cake	
Lemon Cheesecake	
Lemon Pudding with Custard	
Plum Pudding with Brandy Cream Custard	
Sticky Date Pudding & Butterscotch Sauce	
Strawberry Pavlova with Fresh Cream	

**Address:** 27 Mulley Street Holder ACT 2611

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**Email:** [actmow@redcross.org.au](mailto:actmow@redcross.org.au)

**Opening Hours:** Monday-Thursday 8.00am-4.00pm

Friday 8.00-3.00pm



## Meals on Wheels ACT



## Frozen Food Menu

### June 2023