



CAMPBELLTOWN
MEALS ON WHEELS

91 Queen Street, Campbelltown NSW 2560

P.O. Box 685, Campbelltown NSW 2560

Phone: 4645 4523

Please Indicate, ALL Meal Preferences by marking tick box

Client Name _____

Run Number _____

Beef - Main Meals - 360g	Tick Box	Office Use Only
BBQ Marinated Beef Stir Fry with Rice		RK
Beef & Green Bean Casserole		F
Beef & Potato Hot Pot		F
Beef & Vegetable Stir Fry		B
Beef Lasagne		B
Beef Stroganoff with Macaroni		MY
Braised Steak & Onion Gravy		B
Cottage Pie & Vegetables		B
Curried Sausages & Vegetables		B
Meatballs & Penne Pasta in Napoli Sauce		GMC
Meatloaf with Vegetables		B
Rissole, Vegetables & Gravy		B
Roast Beef, Vegetables & Gravy		B
Sausage, Mash, Vegetables & Gravy		B
Savoury Mince & Vegetables		B
Silverside, Vegetables & Parsley sauce		B
Spaghetti Bolognese		F
Steak & Kidney Pie		B
Steak & Mushroom Pie		MCS
Steak Diane & Vegetables		B
Veal Schnitzel & Gravy		F
Chicken - Meals - 360g	Tick Box	Office Use Only
Apricot Chicken & Vegetables		B
Butter Chicken & Vegetables		GMC
Chicken & Mushroom Pie		F
Chicken Boscaiola		F
Chicken Cacciatore		F
Chicken Casserole		B
Chicken Chow Mein		F
Chicken Lasagne		F
Chicken Teriyaki with Fried Rice		GMC
Chinese Chicken & Vegetables		B
Curried Chicken Mild & Vegetables		B
Honey Soy Chicken & Rice		RK
Lemon Chicken & Vegetables		F
Lemon Chicken Schnitzel & Vegetables		B
Roast Chicken, Vegetables & Gravy		B
Roast Turkey, Vegetables & Gravy		B

Delivery Day /s _____

Quantities _____

Start Date: _____

Lamb - Meals - 360g	Tick Box	Office Use Only
Irish Lamb Stew		F
Lamb & Rosemary Pie		MCS
Lamb Casserole		B
Lambs Fry, Bacon & Gravy		B
Lancashire Hot Pot		B
Mild Lamb Curry & Vegetables		F
Roast Lamb, Vegetables & Gravy		B
Shepherds Pie & Vegetables		F
Pork - Meals - 360g	Tick Box	Office Use Only
Bacon & Potato Slice		F
Honey Pork & Pineapple Casserole		B
Macaroni Ham & Cheese		F
Pork Meatball with Creamy Mushroom Sauce		F
Roast Pork, Vegetables & Gravy		B
Smothered Pork in Apple Sauce		B
Sweet & Sour Pork		B
Seafood - Meals - 300g -	Tick Box	Office Use Only
Cheesy Tuna Bake		B
Crumbed Fish & Wedges		GMC
Crumbed Fish & Potato Bake		B
Curried Prawns, Rice & Vegetables		RK
Salmon Patties & Vegetables		B
Smoked Cod & Parsley Sauce		B
Steamed Fish & Lemon Sauce		B
Tempura Fish Bites, Chips & Vegetables		B
Vegetarian - Meals - 360g	Tick Box	Office Use Only
Mixed Vegetable Curry		F
Pumpkin & Spinach Frittata		B
Pumpkin & Spinach Risotto		F
Spinach & Ricotta Cannelloni		B
Vegetable Pasta Bake		B
Vegetable Patties		B
Vegetable Quiche		B
Premium Meal Range	Tick Box	Office Use Only
Braised Lamb with Fruit Chutney & Steamed Potato		MY
Grilled Lamb Chump Chop with Homemade Onion Gravy		MY
Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice		MY
Pan Grilled Chicken Breast, with Grain Mustard Cream Sauce		MY
Honey Curry Chicken with Steamed Rice		MY
Quiche with Bacon, Spinach & Cheese with Seasonal Vegetables		MY
Pulled Pork with Potato Gratin & Seasonal Vegetable		MY
Lamb Shanks with Mashed Potato & Seasonal Vegetables		MY
Vegetable Lasagne with Seasonal Vegetables		MY

Beef - Mini Meals - 220g	Tick Box	Office Use
Beef Lasagne		B
Beef Stir Fry		B
Braised Steak & Onion Gravy		B
Cottage Pie & Vegetables		B
Curried Sausages & Vegetables		B
Meatloaf, Vegetables & Gravy		B
Rissole, Vegetables & Gravy		B
Roast Beef, Vegetables & Gravy		B
Sausage, Mash, Vegetables & Gravy		B
Savoury Mince & Vegetables		B
Silverside, Vegetables & Parsley Sauce		B
Spaghetti Bolognese		MCS
Steak & Kidney Pie		B
Steak & Mushroom Pie & Vegetables		MCS
Chicken - Mini Meals - 220g	Tick Box	Office Use Only
Apricot Chicken & Vegetables		B
Chicken Casserole & Vegetables		B
Chicken Fettuccini & Vegetables		B
Chinese Chicken & Vegetables		B
Lemon Chicken Schnitzel		B
Mild Chicken Curry & Vegetables		B
Roast Chicken, Vegetables & Gravy		B
Roast Turkey, Vegetables & Gravy		B
Lamb - Mini Meals - 220g	Tick Box	Office Use
Lamb Casserole		B
Lamb & Rosemary Pie		MCS
Lambs Fry, Bacon & Gravy		B
Lancashire Hot Pot		B
Roast Lamb, Vegetables & Gravy		B
Seafood - Mini Meals - 220g	Tick Box	Office Use
Cheesy Tuna Bake		B
Crumbed Fish & Potato Bake		B
Salmon Patties		B
Smoked Cod With Parsley Sauce		B
Steamed Fish & Lemon Sauce		B
Pork - Mini Meals - 220g	Tick Box	Office Use
Honey Pork & Pineapple Casserole		B
Roast Pork , Gravy & Vegetables		B
Smothered Pork in Apple Sauce		B
Sweet & Sour Pork		B
Vegetarian - Mini Meals - 220g	Tick Box	Office Use Only
Macaroni Cheese		MCS
Pumpkin & Spinach Frittata		B
Spinach & Ricotta Cannelloni		B
Vegetable Patties		B
Vegetable Quiche		B

Desserts - 120g	Tick Box	Office Use
Apple Pie & Cream		B
Apple Rhubarb Brown Betty & Custard		B
Apple, Sultana Crumble with Custard		MCS
Apricot Crumble & Custard		B
Banana Pudding & Caramel Sauce		MY
Black Forest Cheesecake		MCS
Bread & Butter Pudding		MCS
Butterscotch, Sultana Pudding & Custard		B
Chocolate Mousse & Cream		MY
Chocolate Mud Cake & Cream		MY
Chocolate Mud Cake & Custard		MCS
Chocolate Steamed Pudding & Custard		B
Creamy Rice		MY
Creamy Rice with a Fruit Puree		MCS
Frozen Fruit / Compote		MCS
Fruit Salad & Cream		B
Fruit Trifle & Cream		B
Golden Syrup Dumpling		MY
Jelly & Peaches with Custard		MCS
Lemon Pudding & Custard		MCS
Pavlova		MY
Sticky Date with Caramel Sauce		MCS
Tiramisu		MCS
Vanilla Pancotta & Mixed Berries		B
Breggie Bake - 140g	Tick Box	Office Use
Egg ,Bacon &Cheese		N
Egg Fetta & Spinach		N
Three Cheeses & Black Pepper Omelette		N
Snack Packs - 200g	Tick Box	Office Use
Chicken Lasagne		PFD
Fried Rice		PFD
Macaroni Cheese		PFD
Potato Bake		PFD
Spaghetti Bolognese		PFD
Soups - 220g	Tick Box	Office Use Only
Pumpkin		MY
Chicken & Vegetable		MY
Beef & Vegetable		MY
Pea & Ham		MY
Sandwiches	Tick Box	Office Use
Chicken & Cheese		PFD
Egg & Chives on Rye		PFD
Ham & Cheese		PFD
Roast Beef, Cheese & Onion		PFD
Silverside Cheese & Pickles		PFD
Juice - 250ml	Tick Box	Office Use
Apple		A
Apple & Blackcurrant		A
Orange		A