



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, Bean and Potato Bake		F
Beef & Potato Hot Pot		F
Beef & Vegetable Stir Fry		B
Beef Goulash		L/P
Beef Lasagne		B
Beef Stroganoff with Macaroni		L/P
Braised Steak & Onion Gravy		B
Cottage Pie & Vegetables		B
Curried Sausages & Vegetables		B
Meatballs & Pasta		F
Meatloaf with Vegetables		B
Rissole, Vegetables & Gravy		B
Roast Beef, Vegetables & Gravy		B
Grilled Sausage, Mash, Vegetables & Gravy		B
Savoury Mince & Vegetables		B
Silverside, Vegetables & Parsley sauce		B
Spaghetti Bolognese		F
Steak & Kidney Pie		B
Steak & Mushroom Pie		L/P
Steak Diane & Vegetables		B
Veal Schnitzel & Gravy		F
Chicken - Meals - 360g	Tick Box	Office Use Only
Apricot Chicken & Vegetables		B
BBQ Chicken Cutlets		L/P
Butter Chicken & Vegetables		L/P
Chick a La King		L/P
Chicken & Mushroom Pie		F
Chicken Casserole		B
Chicken Chow Mein		F
Chicken Sausages & Vegetables		L/P
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
Satay Chicken with Vegetable Rice		B

Delivery Day /s _____

Quantities _____

Start Date: _____

Lamb - Meals - 360g	Tick Box	Office Use Only
Irish Lamb Stew		F
Lamb & Rosemary Pie		MCS
Lamb & Cauliflower Casserole		F
Lambs Fry, Bacon & Gravy		B
Lamb, Potato & Mushroom Pie		L/P
Mild Lamb Curry & Vegetables		F
Roast Lamb, Vegetables & Gravy		F
Shepherds Pie & Vegetables		F
Pork - Meals - 360g	Tick Box	Office Use Only
Bacon & Potato Slice		F
Honey Pork & Pineapple Casserole		B
Macaroni Ham & Cheese		L/P
Pork Schnitzel with Mushroom Sauce		L/P
Pork Meatball with Creamy Mushroom Sauce		F
Roast Pork, Vegetables & Gravy		B
Smothered Pork in Apple Sauce		B
Sweet & Sour Pork		B
Seafood - Meals - 360g -	Tick Box	Office Use Only
Cheesy Tuna Bake		B
Crumbed Fish & Chips		F
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
Tuna Patties with Sweet Chilli Sauce		F
Vegetarian - Meals - 360g	Tick Box	Office Use Only
Pumpkin & Spinach Frittata		B
Spinach & Ricotta Cannelloni		L/P
Vegetable Pasta Bake		B
Vegetable Patties		B
Vegetable Quiche		B
Vegetable Stir Fry		L/P
Zucchini & Corn Fritter		L/P
Premium Meal Range	Tick Box	Office Use Only
Braised Lamb with Fruit Chutney & Steamed Potato		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

Beef - Mini Meals - 220g	Tick Box	Office Use
Beef Lasagne		B
Beef & Vegetable 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
Grilled Sausage, Mash, Vegetables & Gravy		B
Savoury Mince & Vegetables		B
Silverside, Vegetables & Parsley Sauce		B
Spaghetti Bolognese		B
Steak & Kidney Pie		B
Steak & Mushroom Pie & Vegetables		MCS
Chicken - Mini Meals - 220g	Tick Box	Office Use Only
Apricot Chicken & Vegetables		B
Butter Chicken with Steamed Rice		MY
Chicken & Cheese Pie		MCS
Chicken Casserole & Vegetables		B
Creamy Chicken & Bacon with Penne Pasta		B
Chicken Parmigiana		MCS
Chinese Chicken & Vegetables		B
Honey Curry Chicken		MY
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 & Rosemary Pie		MCS
French Lamb Casserole		MCS
Lambs Fry, Bacon & Gravy		B
Lamb & Mint Rissoles with Gravy		MCS
Roast Lamb, Vegetables & Gravy		MY
Shepherd's Pie & Vegetables		MY
Seafood - Mini Meals - 220g	Tick Box	Office Use
Cheesy Tuna Bake		B
Crumbed Fish & Potato Bake		B
Crumbed Whiting with Diced potatoes		MCS
Curried Prawns with Steamed Rice		MY
Salmon Patties & Vegetables		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 & Rice		B
Vegetarian - Mini Meals - 220g	Tick Box	Office Use Only
Macaroni Cheese		MCS
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		MCS
Chocolate Mousse & 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
Peach Pie & Custard		MCS
Sticky Date with Caramel Sauce		MCS
Tiramisu		MCS
Vanilla Pancotta & Mixed Berries		B
Omelette - 140g	Tick Box	Office Use
Three Cheeses & Black Pepper Omelette		N
Breggie Bites Pack of 4 25gr each 2 x Smoked ham & cheese, 2 x creamy fetta, spinach & capsicum		PFD
Snack Packs - 200g	Tick Box	Office Use
Chicken Lasagne		JLB
Fried Rice		R/K
Macaroni Cheese		JLB
Potato Bake		R/K
Spaghetti Bolognese		JLB
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