

Menu

2017 - 2018

More
than just
a meal



Meals on Wheels
Central Coast

www.ccmow.com.au | 02 4357 8444



Our 2017 – 2018 Menu is the most extensive to date, with comprehensive advice sought from nutritionists to cater for the majority of dietary requirements.

With over 220 menu items to choose from, we have all tastes and appetites covered. From roast dinners to exotic curries, to pasta and fish 'n chips, there is something for everyone. With a selection of dessert items to finish off your meal, we have your entire meal experience covered.

Living healthily has never been so easy! With ease of ordering via phone, fax or online, we take the stress out of meal times, knowing that a nutritional and simple option is close at hand.

We trust you will enjoy our 2017 – 2018 Menu, and we look forward to taking your order soon.

Meals on Wheels Central Coast has proudly catered to the local community for the past 50 years, and we are delighted that we can be of service to you.

Warm regards,

A handwritten signature in blue ink that reads "Dennis Taylor".

Dennis Taylor
Chief Executive Officer

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Value Pasta Meals

Only \$2.90!

Beef Lasagne Beef lasagne topped in a béchamel sauce	110-01
Beef Cannelloni Pasta cannelloni filled with 100% Australian beef bolognese and sauteed vegetables	110-02
Cottage Pie 100% Australian minced beef and vegetables topped with a layer of mashed potato	110-03
Vegetable Lasagne Vegetable lasagne topped in a béchamel sauce	110-04
Chicken Fettuccine Chicken pieces tossed through fettuccine, served in a creamy sauce	110-05
Spaghetti & Meatballs Al dente spaghetti in a traditional napolitana sauce, served with beef meatballs	110-06
Three Cheese Macaroni Macaroni served in a cheesy sauce with smoked beef pieces	110-07
Beef Ragu Pappardelle Al dente pappardell pasta topped with beef ragu sauce and sprinkled with parmesan cheese	110-16



Value Plated Meals

Only \$4.90!

Roast Chicken Slices of roast chicken served with roasted vegetables, peas and gravy	110-08
Roast Beef Slices of roast beef served with roasted vegetables, peas and red wine gravy	110-09
Chicken Parmigiana Crumbed chicken breast topped with napolitana sauce, smoked ham and melted cheese, served with potato wedges and vegetables	110-10
Chicken Kiev Crumbed chicken breast filled with garlic butter, served with mashed potato and vegetables	110-11
BBQ Mixed Grill 100% Australian beef pattie and two sausages with BBQ sauce, served with seasoned potatoes and mixed vegetables	110-12
Slow Cooked Lamb Pieces of lamb shank in a red wine and rosemary sauce, served with mashed potato and vegetables	110-13
Beef Schnitzel Crumbed beef topped with a traditional style gravy and served with seasoned potatoes and vegetables	110-14
All Day Breakfast Aussie style breakfast of crispy bacon, scrambled egg, hash brown and baked beans	110-15
Roast Pork Slices of roast pork served with roasted vegetables, peas and traditional gravy	110-17

All our Value Meals are Australian made!



MENU KEY:  Low fat  Low salt  Gluten free

4 Value Meals



Breakfast \$3.00

Bacon & Cheese Brekkie Bake **121-01**
Fresh eggs baked with bacon and cheese

Fetta & Spinach Brekkie Bake **121-02**
Fresh eggs baked with fetta and spinach

Snacks \$2.20

Apple & Spice Muffin **114-09**
Moist muffin mixed with apple and spice

Banana Nut Muffin **114-10**
Moist muffin mixed with banana and nuts

Blueberry Muffin **114-11**
Moist muffin mixed with soft blueberries

Choc Chip Muffin **114-12**
Moist muffin mixed with chocolate chips

Fruit Cups \$2.20

Fruit Salad **115-21**
A selection of fruit and syrup








Two Fruits **115-22**
Peaches and Pears in syrup

Fancy a juice with your meal?

Apple Juice Cup 110ml **120-03**
Just 35c

Orange Juice Cup 110ml **120-04**
Just 35c

Soups \$2.50

- Pumpkin Soup   **113-03**
A traditional soup made from slowly cooked pumpkin
- Pea & Ham Soup  **113-04**
An old favourite made from peas and diced ham
- Beef & Vegetable Soup   **113-05**
A hearty soup made with minced beef and assorted vegetables
- Chicken & Corn Soup **113-06**
Chicken cooked with the addition of sweet corn
- Minestrone Soup  **113-29**
A chunky Italian tomato-based soup with assorted vegetables
- Potato Leek Soup  **113-30**
A creamy blend of potato and leek














MENU KEY:  Low fat  Low salt  Gluten free




Small Meals \$5.00

Small Beef Meals

- Small Cottage Pie   **111-01**
Minced beef topped with mashed potato and served with mixed vegetables
- Small Roast Beef    **111-02**
Oven roasted beef with roast potato, mixed vegetables and gravy
- Small Sausages & Gravy **111-07**
Grilled beef sausage served with mashed potato, peas and gravy
- Small Meat Pie **111-09**
Aussie meat pie served with mashed potato, peas and gravy
- Small Corned Silverside & Parsley Sauce   **111-10**
Silverside with soft parsley sauce, served with mixed vegetables
- Small Steak & Kidney Pie **111-11**
Traditional steak and kidney pie served with mashed potato and peas
- Small Beef & Bacon Casserole   **111-13**
Classic beef casserole with bacon served with potato, pumpkin and broccoli
- Small Beef Stroganoff   **111-15**
Beef with stroganoff sauce, served with rice, carrots and peas

Small Spaghetti Bolognese Italian spaghetti bolognese topped with cheese	111-19
Small Savoury Mince LS Lean mince cooked with an assortment of vegetables	111-20
Small Meatloaf & Gravy Lean mince meatloaf with gravy and served with vegetables	111-21
Small Beef Casserole Lean diced beef cooked with vegetables and served with seasonal produce	111-22

Small Chicken Meals

Small Chicken & Asparagus Mornay LS Chicken and asparagus cooked in a creamy mornay sauce with mixed vegetables	111-05
Small Chicken Wings & BBQ Sauce Marinated chicken wings served with fried rice	111-06
Small Chicken & Vegetable Pie LF Chicken and vegetables in a puff pastry pie	111-12
Small Chicken Scallopini LF  Chicken breast in a creamy sauce with bacon, served with sauteéd potato and vegetables	111-16
Small Apricot Chicken LS Lean diced chicken in a apricot sauce, served with rice	111-23



MENU KEY: **LF** Low fat **LS** Low salt  Gluten free

Small Meals \$5.00 (cont.)

Small Sweet & Sour Chicken **111-24**
Chicken and vegetables in Sweet and Sour Sauce
served with rice

Small Roast Chicken **111-25**
Roast chicken served with a sage gravy, potato, pumpkin
and peas

Small Lamb Meals

Small Roast Lamb **LS** **111-03**
Oven roasted lamb served with roast potato and mixed
vegetables

Small Hearty Lamb Casserole **LS** **111-30**
Lean diced lamb and vegetable casserole, served with
seasonal vegetables

Small Seafood Meals




Small Curried Prawns **LF** **111-18**
Mild curried prawns served with rice and mixed
vegetables

Small Salmon Mornay **111-26**
Pink salmon in a creamy mornay sauce served with
chat potatoes, pumpkin and peas






Small Pork Meals

- Small Roast Pork   **111-04**
Oven roasted pork served with gravy, roast potato and mixed vegetables
- Small Sweet & Sour Pork **111-27**
Chinese sweet and sour pork served with jasmine rice
- Small Pork Sausage Casserole **111-28**
Pork sausage casserole with fennel, served with sweet potato and broccoli
- Small Pork in BBQ Sauce  **111-31**
Pork in BBQ Sauce with fried rice, carrots, cauliflower and broccoli

Small Vegetarian Meals



- Small Spinach & Feta Omelette  **111-08**
Vegetarian spinach and feta cheese omelette
- Small Asparagus Quiche **111-29**
Asparagus quiche served with chat potato, pumpkin and peas
- Small Macaroni Cheese **111-32**
Macaroni pasta tossed in a cheesy white sauce and topped with cheese, oven baked and served with seasonal vegetables
- Small Gnocchi **111-33**
Traditional gnocchi in a cheesy tomato sauce





Main Meals \$6.70

Main Beef Meals




Flame Grilled Rissolle **100-03**
Grilled beef rissolle served with mixed vegetables and gravy

Honey Mustard Beef **100-04**  
Beef marinated in honey mustard and served with mixed vegetables

Beef Pie **100-52**
Beef pie and gravy with creamed mash potatoes & peas

Cottage Pie **100-53**  
Minced beef topped with mashed potato and served with seasonal vegetables

Savoury Mince **100-54** 
Lean mince cooked with an assortment of vegetables

Roast Beef **100-55**   
Slow roasted beef, sliced and served with a burgundy gravy and seasonal vegetables

Meatloaf & Gravy **100-56**
Lean mince meatloaf with gravy and served with vegetables



Meat Pie **100-57**
Aussie meat pie served with mashed potato, peas and gravy

Beef Stroganoff  	100-43
Beef strips in a stroganoff sauce, served with rice, carrots and peas	
Beef Lasagne	100-44
Beef layered with sheets of pasta in a creamy white sauce	
Beef Rendang	100-45
Slices of beef in a mildly spicy Indonesian Rendang sauce, served with rice and mixed vegetables	
Spaghetti with Meatballs	100-47
Traditional Italian style meatballs and Napoli sauce, served on spaghetti with zucchini and eggplant	
Beef Bourguignon	100-48
Slow cooked slices of Australian beef, braised in red wine and mushrooms, and served with mashed potato, pumpkin and peas	
Bangers & Mash	100-49
Classic Australian beef sausages with red wine and onion gravy, served with mashed potato and mixed vegetables	
Beef Goulash	100-50
Beef slow cooked in a tomato and onion sauce, served with mashed potato, pumpkin and broccoli	
Beef & Bean Potato Bake	100-51
Beef and baked beans topped with baked potato and served with carrots and peas	
Steak & Kidney Pie	110-45
Diced beef steak and kidney with pastry top, served with mixed vegetables	

Main Meals \$6.70 (cont.)

Main Chicken Meals

Chicken & Asparagus Mornay Chicken and asparagus cooked in a creamy mornay sauce and served with mixed vegetables	101-01
Chicken & Vegetable Pie Chicken and vegetables in a puff pastry pie, served with mixed vegetables	101-02
Chicken Strips & Lemon Sauce Crumbed chicken strips with lemon sauce and mixed vegetables	101-03
Butter Chicken Indian chicken in a mildly spiced and creamy curry sauce, served with rice	101-38
Roast Chicken Traditional roast chicken, seasoned and oven roasted, served with sage gravy and seasonal vegetables	101-47
Chicken Schnitzel Lightly crumbed chicken thigh fillets, flash fried and oven baked, served with gravy and seasonal vegetables	101-48
Chicken Rissole & Gravy Minced chicken rissoles with gravy, served with seasonal vegetables	101-49
Sweet & Sour Chicken Chicken and vegetables in Sweet and Sour Sauce served with rice	101-50
Chicken & Mushroom Potato Pie Chicken and mushroom potato pie with pumpkin and mixed vegetables	101-52

Chicken Scaloppini   **101-39**
Chicken breast in a creamy sauce with bacon, served with sauteéd potato, carrots and broccoli

Honey Soy Chicken **101-40**
Sliced chicken in a honey soy sauce on a bed of rice and vegetables

Moroccan Chicken **101-41**
Chicken in a mild Moroccan curry sauce, served with couscous, sweet potato and green beans

Rosemary Chicken with Roast Potato **101-42**
Chicken marinated in rosemary, lemon and mustard, served with roast potato, baby carrots and beans

Lemon Chicken **101-43**
Lemon chicken served with mashed potato and jardin vegetable mix


Chicken Chowmein **101-44**
Crunchy egg noodles with chicken pieces and Chinese vegetables

Chicken Lasagne **101-45**
Chicken layered with sheets of pasta, topped with cheese and served with jardin vegetables







Chicken Cacciatore **101-46**
Classic Italian slow cooked chicken, served with rice, pumpkin and broccoli

Roast Turkey **101-53**
Roast Turkey served with seasonal vegetables




Main Lamb Meals





Hearty Lamb Casserole  **102-21**
Lean diced lamb and vegetable casserole, served with seasonal vegetables

Main Meals \$6.70 (cont.)





- Lamb Casserole **102-17**
Slow cooked lamb served with mashed potato and mixed vegetables
- Lamb & Cauliflower Casserole  **102-18**
Slow cooked lamb with cauliflower, served with rice, diced carrot and beans
- Irish Lamb Stew  **102-19**
A hearty lamb stew served with mashed potato and mixed vegetables
- Lamb Curry  **102-20**
A mild lamb curry served with rice and vegetables
- Shepherd's Pie  **102-22**
Traditional minced lamb pie, topped with mashed potato and served with mixed vegetables
- Roast Lamb with Gravy   **102-24**
Oven roast lamb served with roast potato, mixed vegetables and mint flavoured gravy

Main Seafood Meals



- Steamed Fish    **104-05**
Steamed fish of the day, served with mixed vegetables
- Salmon Mornay **104-28**
Pink salmon in a creamy mornay sauce served with chat potatoes, pumpkin and peas

- Curried Prawns   **104-03**
Medium sized prawns cooked in a curry sauce and served with rice and seasonal vegetables
- Crumbed Fish 'n' Chips **104-24**
Traditional golden crumbed fish and chips, served with mixed vegetables
- Sweet & Sour Fish   **104-25**
Chinese fish in a sweet and sour sauce, served with rice
- Tempura Fish with Herbs **104-26**
Japanese style lightly battered fish with mixed herbs, served with potato wedges, carrots and peas
- Sweet Chilli Tuna Patties **104-27**
Tuna fish patties with sweet chilli sauce, served with steamed potato, diced carrot and broccoli

Main Pork Meals

- Pork, Apple & Cranberry Casserole    **103-01**
Braised pork cooked with apple and cranberries, served with mixed vegetables
- Honey Pork Meatballs  **103-26**
Lean honey soy pork meatballs in a tomato sauce. Served with sweet potato, carrot and broccoli
- Roast Pork, Apple Sauce & Gravy **103-27**
Pork leg roast with apple sauce and gravy and served with seasonal vegetables
- Pork Sausage Casserole **103-28**
Pork sausage casserole with fennel, served with sweet potato and broccoli

Main Meals \$6.70 (cont.)

- Pork in BBQ Sauce  **103-22**
Pork marinated in BBQ sauce and served with fried rice and mixed vegetables
- Ham Steak & Glazed Pineapple   **103-23**
Thick ham steak topped with glazed pineapple and served with mixed vegetables
- Pork Ragù **103-24**
Slow cooked pork pieces braised in a tomato and red wine sauce, served with mashed potato, carrots and zucchini
- Pork Meatballs with Mushroom Sauce  **103-25**
Minced pork meatball served with a creamy mushroom sauce, served with roast potato, carrots and beans
- Ham & Cheese Omelette  **107-01**
Ham and cheese omelette served with rice



Main Vegetarian Meals

- Baked Pumpkin & Spinach Risotto**  **102-23**
Creamy baked pumpkin and spinach risotto served with baked baby carrots and peas
- Spinach & Cheese Risotto**    **105-31**
Creamy white wine risotto tossed with spinach and shredded cheese, served with seasonal vegetables
- Vegetarian Cottage Pie**  **105-33**
Puff pastry pie filled with mixed vegetables and topped with mashed potato
- Vegetable Pasta Bake**  **105-34**
Mixed vegetables with pasta, oven baked in a rich tomato sauce
- Vegetable Patties** **105-35**
Vegetarian patties served with mashed potato and mixed vegetables
- Vegetarian Ratatouille** **105-36**
Classic French stewed vegetable dish with penne pasta and vegetable melange
- Zucchini Slice**  **105-38**
Zucchini slice served with sweet potato, carrot & beans
- Gnocchi** **105-39**
Traditional Gnocchi in a cheesy tomato sauce
- Asparagus Quiche** **105-40**
Asparagus quiche served with chat potato, pumpkin and peas
- Macaroni Cheese** **105-42**
Macaroni pasta tossed in a cheesy white sauce and topped with cheese, oven baked and served with seasonal vegetables

Premium Meals \$7.50

- Beef & Bacon Casserole   **100-01**
Braised beef and bacon casserole served with mixed vegetables
- Vienna Schnitzel  **100-40**
Flash fried veal coated in bread crumbs and served with gravy and mixed vegetables
- Veal Parmigiana   **100-41**
Veal steak topped with a napolitana sauce and cheese, served with mashed potato and mixed vegetables
- Corned Silverside with Parsley Sauce **100-42**
Silverside with soft parsley sauce, served with mixed vegetables
- Mongolian Lamb  **102-15**
Marinated lamb served with rice and mixed vegetables
- Lamb Chop  **102-16**
Traditional lamb chop served with gravy and mixed vegetables



















Desserts \$2.60

Sticky Date Pudding Sweet and sticky date pudding with caramel sauce	114-03
Blueberry Sponge Crumble Layers of stewed blueberries, sponge cake and custard topped with oat crumble	114-06
Carrot Cake Dense carrot cake with cream cheese icing and a sprinkle of walnuts	114-28
Apple & Rhubarb Crumble Stewed apple and rhubarb on a shortbread base, topped with crumble and served with custard	114-29
Banana Cake Moist banana cake with a cream cheese icing	114-30
Stewed Apple and Custard Stewed apples served with a creamy custard	114-31
Pear and Cinnamon Crumble Pear and Cinnamon crumble served with custard	114-37
Chocolate Mud Cake A rich chocolate cake with chocolate icing	114-39
Bread & Butter Pudding Sliced bread, buttered and baked in egg custard with sultanas	114-40

Desserts \$2.60 (cont.)

- Peaches & Custard   **114-32**
Peaches set in jelly and topped with custard
- Fruit Jelly & Custard   **114-33**
Various fruits served with custard
- Creamed Rice & Apricots  **114-34**
Creamed rice served with apricots
- Apple Pie & Cream **114-35**
Traditional apple pie in a buttery pastry, served with cream
- Fruit Salad    **114-38**
A delicious assortment of fruit served on its own
- Strawberry Mousse  **115-05**
Light strawberry mousse topped with a strawberry coulis
- Apricot Crumble   **115-18**
Oven baked crumble with stewed apricot
- Chocolate Brownie Pudding **115-19**
Soft pudding topped with a crisp chocolate brownie
- Impossible Coconut Pie  **115-38**
Impossible Coconut Pie served with an assortment of Fruit

Premium Desserts \$3.20

- Vanilla Slice **114-01**
Soft, sweet custard slice topped with vanilla icing
- Tropical Pavlova   **114-02**
Traditional pavlova with a tropical twist



Modified Meals \$6.90

Pureed Meals

Smooth, moist meals with a lump-free texture and added gravy

Chicken	108-33
Beef	108-34
Pork	108-35
Seafood	108-36
Lamb	108-37


Minced Meals

Soft, moist meals which are easily mashed with a fork

Chicken	109-29
Beef	109-30
Pork	109-31
Seafood	109-32
Lamb	109-33

We all scream for ice cream!

Vanilla Ice-Cream Cup   **115-14**
Just 99c

Strawberry Sundae   **115-16**
Just \$1.99



How to Order

Becoming a client of Meals on Wheels Central Coast

To order from our menu, you must first be registered as a client of Meals on Wheels Central Coast.

If you are 65 years or over* please contact My Aged Care on **1800 200 422** or visit the My Aged Care website to be referred to our service: www.myagedcare.gov.au.

How to Order (cont.)

Becoming a client of Meals on Wheels Central Coast (cont.)

If you are under the age of 65**, you will need to have meals included on your NDIS Plan to become a client of Meals on Wheels Central Coast. Please contact the NDIS on **1800 800 110**.

Alternatively, you can visit the NDIS website at **www.ndis.gov.au**.

* 50 years or over for Aboriginal and Torres Strait Islanders

** Under the age of 50 for Aboriginal and Torres Strait Islanders

Understanding our menu

Our meals are conveniently coded for easy use. You will find the item code on the right side of each page.

Sweet & Sour Fish

104-25

Chinese fish in a sweet and sour sauce, served with rice

Placing an order

You will be provided with an order form for you to fill out with your details, delivery dates and meal selections using the item code. Order forms can be forwarded to us by the following means or handed to a Meals on Wheels Central Coast volunteer:

Fax: (02) 4357 8448

Email: sales@ccmow.com.au

Alternatively, you can place an order over the phone by calling **(02) 4357 8444** or through our website at **www.ccmow.com.au**.

Recurring orders

You can create a recurring order by advising us of the number of meals you would like to receive each week over your preferred number of weeks (i.e. four meals a week over three weeks). This order is then regenerated after your preferred number of weeks (i.e. every three weeks) to run in the same pattern.

Please see an example of a recurring order on the following page.

How to Order (cont.)

Recurring orders (cont.)

Example: Four meals a week over three weeks.

Week 1	Week 2	Week 3	Week 1
Roast Pork	Pork Ragù	Roast Beef	Roast Pork
Fish 'n' Chips	Butter Chicken	Lamb Chop	Fish 'n' Chips
Beef Lasagne	Cottage Pie	Chicken Kiev	Beef Lasagne
Chicken Schnitzel	BBQ Mixed Grill	Salmon Fish Cakes	Chicken Schnitzel
Initial order			Recurring →

You are welcome to change your meals, the number of meals and the frequency of recurrence at any time.

Paying for your meals

Meal orders are to be paid fortnightly in arrears. There are no binding contracts.

Meals on Wheels Central Coast encourages our clients to use Direct Debit, with payments for your meals deducted automatically from your bank account each fortnight. Direct Debit is the simplest and most convenient way to make sure your account is paid in full and on time. To update your bank details, please contact our Accounts team on **(02) 4357 8444** or email accounts@ccmow.com.au.

Meals on Wheels Central Coast also accepts payment by cheque posted to:

Meals on Wheels Central Coast
Attn: Accounts
PO Box 5260
Chittaway Bay NSW 2261

Alternatively, you can pay by Electronic Funds Transfer to:

Acct Name: Meals on Wheels Central Coast Limited
BSB: 012-621
Acct No: 284-243-986

Service Terms

When you become a client of Meals on Wheels Central Coast, you will be required to provide contact information (such as name, contact number and delivery address), emergency contact information and you may be required to provide financial information for billing purposes. If we have trouble processing or delivering an order, we will use this information to contact you.

If you are not home or contactable at the agreed time of delivery and/or we suspect that there may be a health or medical issue in need of attention, we may contact your emergency contact person, local hospitals and/or emergency services. This is to ensure your health and wellbeing.

Delivery Policy

Meals are only delivered to registered clients on the Central Coast and on selected weekdays only. You are required to be home to accept a delivery on a day previously agreed to by you and Meals on Wheels Central Coast. Generally, we require a minimum of three business days notice for a delivery request. Meals on Wheels Central Coast cannot give or adhere to a request for a specific delivery time.

Meals on Wheels Central Coast accepts no liability for the loss or deterioration of any goods once they have been delivered. We will not be held liable for any financial or physical damages of any kind.

Meals on Wheels Central Coast will not replace or provide a refund for any meals ordered by the client by mistake. Clients must notify Meals on Wheels Central Coast if they have received an incorrect meal or are missing a meal within 24 hours of delivery by phone on (02) 4357 8444. Missing meal items will be delivered to the client on an alternative day agreed to by the client and Meals on Wheels Central Coast.

Privacy Policy

Meals on Wheels Central Coast only collects personal information that is necessary for our work. We do not disclose the personal information of our clients or volunteers to third parties, unless we are provided with consent by our clients to do so, or if we are required to do so by law. Unless consent has been provided, we do not publish personal information in publications or on our website and social media. Meals on Wheels Central Coast actively seeks to ensure that all personal information we collect is protected from misuse, unauthorised access, modification or disclosure.

We will only use your information for the purpose of evaluating and improving our service on the Central Coast and to provide statistics about our clients to the Federal and State governments to help plan and improve services across the region. This information, however, is anonymous and will not affect your entitlement to services. Any statistical information about clients which is made public will not identify individuals.

Individuals may request copies of personal information held by Meals on Wheels Central Coast and request the correction of any inaccuracies.

These terms are subject to change without notice. For the most up-to-date terms of service, please contact Meals on Wheels Central Coast directly.



phone (02) 4357 8444
fax (02) 4357 8448
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