

NDIS Menu 2017-2018



CoastCuisine
in support of Meals on Wheels Central Coast

www.ccmow.com.au | 02 4357 8444



As a registered NDIS Provider, we are proud to offer you our 2017 – 2018 NDIS Menu.

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.

We have sought comprehensive advice from nutritionists to cater for majority of dietary requirements and our cost effective and nutritious meals mean that living healthily on a budget 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 NDIS 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,

Dennis Taylor
Chief Executive Officer

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Value Pasta Meals \$1.45



110-01
Beef Lasagne

Beef lasagne topped with bechamel sauce



110-02
Beef Cannelloni

Cannelloni filled with beef bolognese & vegetables



110-03
Cottage Pie

Minced beef & vegetables topped with mashed potato



110-04
Vegetable Lasagne
Vegetable lasagne topped with bechamel sauce



110-05
Chicken Fettuccine
Chicken pieces tossed through fettucine, served in a creamy sauce



110-06
Spaghetti & Meatballs
Spaghetti in a napolitana sauce, served with beef meatballs



110-07
Three Cheese Macaroni
Macaroni served in a cheesy sauce with smoked beef pieces



110-16
Beef Ragu Pappardelle
Pappardelle pasta topped with beef ragu sauce

All our Value Meals are Australian made!



Value Plated Meals \$2.45



110-08

Roast Chicken

Roast chicken served with roast vegetables & gravy



110-09

Roast Beef 

Roast beef served with roast vegetables and gravy



110-10

Chicken Parmigiana

Chicken Parmigiana served with potato wedges & vegetables



110-11

Chicken Kiev

Chicken Kieve served with mashed potato & vegetables



110-12

BBQ Mixed Grill

Beef pattie, sausages with BBQ Sauce & vegetables



110-13

Slow Cooked Lamb

Lamb shank served with mashed potato & vegetables



110-14

Beef Schnitzel

Beef schnitzel with gravy, potatoes & vegetables



110-17

Roast Pork

Roast pork with roast vegetables, peas & gravy



110-18

Beer Battered Fish & Chips

Fish & Chips served with a creamy tartare sauce

MENU KEY:



Low Fat



Low Salt



Gluten Free

All our Value Meals are Australian made!



4 Value Meals

Brekkie Bakes \$1.50



121-01

Bacon & Cheese
Brekkie Bake



121-02

Fetta & Spinach
Brekkie Bake

Hot Cakes \$1.50



Caramel & Banana Sauce **110-19**

Maple Syrup **110-20**

Snacks \$1.10



Muffin Flavours:

Apple & Spice Muffin **114-09**

Banana Nut Muffin **114-10**

Blueberry Muffin **114-11**

Choc Chip Muffin **114-12**

Fruit Cups \$1.10



Fruit Salad **115-21**

Peaches & Pears
(In Syrup) **115-22**

Fancy a juice with your meal? Just 35c



Apple Juice Cup 110ml **120-03**



Orange Juice Cup 110ml **120-04**



Soups \$1.25



113-03
Pumpkin (LF) (GF)

A traditional soup made from slowly cooked pumpkin



113-04
Pea & Ham (LF)

An old favourite made from peas and diced ham



113-05
Beef & Vegetable (LF) (GF)

A hearty soup made with minced beef and assorted vegetables



113-06
Chicken & Corn (LF) (LS)

Chicken soup cooked with addition of sweet corn



113-29
Minestrone (LF)

A chunky Italian tomato based soup with assorted vegetables



113-30
Potato & Leek (LF) (GF)

A creamy blend of potato and leek

MENU KEY: (LF) Low fat (LS) Low salt (GF) Gluten free

Small Meals \$2.50

Small Beef Meals



111-01

Cottage Pie (LF) (GF)

Minced beef topped with mashed potato, with mixed vegetables



111-02

Roast Beef (LF) (GF) (LS)

Roast beef with potato, mixed vegetables & gravy



111-07

Sausages & Gravy

Grilled beef sausages served with mashed potato, peas & gravy



111-09

Meat Pie

Aussie meat pie served with mashed potato, peas & gravy



111-10

Corned Silverside & Parsley Sauce (LF) (GF)

Silverside with parsley sauce, with mixed vegetables



111-11

Steak & Kidney Pie

Traditional steak & kidney pie served with mashed potato and peas



111-13

Beef & Bacon Casserole (LF) (GF)

Beef & bacon casserole served with potato, pumpkin & broccoli



111-15

Beef Stroganoff (LF) (GF)

Beef stroganoff, served with rice, carrots & peas



111-19

Spaghetti Bolognese

Spaghetti bolognese topped with cheese



111-20

Savoury Mince (LS)

Lean mince cooked with an assortment of vegetables



111-21

Meatloaf & Gravy

Lean mince meatloaf with gravy, served with vegetables



111-22

Beef Casserole (LF)

Lean diced beef cooked with vegetables, served with seasonal produce

Small Chicken Meals



111-05

Chicken & Asparagus Mornay (LS)

Chicken and asparagus mornay with mixed vegetables



111-06

Chicken Wings & BBQ Sauce

Marinated chicken wings served with fried rice



111-12

Chicken & Vegetable Pie (LF)

Chicken and vegetables in a puff pastry pie



111-26

Chicken Scallopini (LS)

Chicken breast in a creamy bacon sauce, with sautéed potato & vegetables



111-23

Apricot Chicken (LS) (LF)

Lean diced chicken in an apricot sauce, served with rice

Small Meals \$2.50 (cont.)



111-24

Sweet & Sour Chicken

Chicken and vegetables in Sweet and Sour Sauce served with rice



111-25

Roast Chicken

Roast chicken served with a sage gravy, potato, pumpkin and peas

Small Lamb Meals



111-03

Roast Lamb

Oven roasted lamb served with roast potato and mixed vegetables



111-30

Hearty Lamb Casserole

Lean diced lamb and vegetable casserole, served with vegetables

Small Seafood Meals



111-26

Salmon Mornay

Pink salmon in a creamy mornay sauce served with chat potatoes, pumpkin and peas



111-18

Curried Prawns

Mild curried prawns with rice and mixed vegetables

Small Pork Meals



111-04

Roast Pork

Oven roasted pork served with gravy, roast potato & mixed vegetables



111-27

Sweet & Sour Pork

Chinese sweet and sour pork served with jasmine rice



111-28

Pork Sausage Casserole

Pork sausage casserole with fennel, served with sweet potato & broccoli



111-31

Pork in BBQ Sauce

Pork in BBQ Sauce with fried rice, carrots, cauliflower & broccoli

Small Vegetarian Meals



111-08

Spinach & Feta Omelette

Vegetarian spinach and feta cheese omelette



111-29

Asparagus Quiche

Asparagus quiche served with chat potato, pumpkin & peas



111-32

Macaroni Cheese

Macaroni pasta in a cheesy sauce, served with seasonal vegetables



111-33

Gnocchi

Traditional gnocchi in a cheesy tomato sauce

MENU KEY: Low fat Low salt Gluten free

Main Meals \$3.35

Main Beef Meals



100-03

Flame Grilled Casserole (LF)

Grilled beef rissole served with mixed vegetables & gravy



100-04

Honey Mustard Beef (LF) (NS)

Beef marinated in honey mustard and served with mixed vegetables



100-52

Beef Pie

Beef pie and gravy with creamed mash potatoes & peas



100-53

Cottage Pie (LF) (NS)

Minced beef topped with mashed potato and served with seasonal vegetables



100-54

Savoury Mince (LS)

Beef marinated in honey mustard and served with mixed vegetables



100-55

Roast Beef (LF) (LS)

Roast beef, served with gravy & seasonal vegetables



100-56

Meatloaf & Gravy

Lean mince meatloaf with gravy and served with vegetables



100-57

Meat Pie

Aussie meat pie served with mashed potato, peas and gravy



100-43

Beef Stroganoff (LF) (NS)

Beef strips in a creamy mushroom sauce, served with rice, carrots & peas

Main Meals \$3.35



100-44
Beef Lasagne

Beef layered with sheets of pasta in a creamy white sauce



100-45
Beef Rendang 

Slices of beef in a mildly spicy Indonesian Rendang sauce, served with rice & mixed vegetables



100-47
Spaghetti with Meatballs

Spaghetti & meatballs with Napoli sauce, zucchini and eggplant



100-48
Beef Bourguignon 

Beef braised in red wine and mushrooms, served with mashed potato, pumpkin & peas



100-49
Bangers & Mash

Beef sausages served with red wine & onion gravy, mashed potato & vegetables



100-50
Beef Goulash 

Beef slow cooked in a tomato & onion sauce, served with mashed potato, pumpkin & broccoli



100-51
Beef & Potato Bake 

Slow cooked beef and beans, topped with potato & served with carrots & peas



110-45
Steak & Kidney Pie

Diced beef steak and kidney with pastry top, served with mixed vegetables

MENU KEY:

 Low Fat

 Low Salt

 Gluten Free

Main Meals \$3.35 (cont.)

Main Chicken Meals



101-01

Chicken & Asparagus Mornay LS

Chicken and asparagus mornay with mixed vegetables



101-02

Chicken & Vegetable Pie LF LS

Chicken pie, served with mixed vegetables



101-03

Chicken Strips & Lemon Sauce

Crumbed chicken strips with lemon sauce & vegetables



101-38

Butter Chicken GF

Indian chicken in a mildly spiced and creamy curry sauce, served with rice



101-47

Roast Chicken

Roast chicken with sage gravy & vegetables



101-48

Chicken Schnitzel

Crumbed chicken thigh fillets, with gravy & vegetables



101-49

Chicken Rissole & Gravy LS

Chicken rissole with gravy & vegetables



101-50

Sweet & Sour Chicken LS LF

Chicken and vegetables in Sweet & Sour Sauce



101-52

Chicken & Mushroom Potato Pie GF

Chicken & mushroom potato pie with pumpkin & vegetables

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



101-39

Chicken Scaloppini

Chicken breast in a creamy bacon sauce, potato, carrots & broccoli



101-40

Honey Soy Chicken

Honey soy chicken with rice & vegetables



101-42

Rosemary Chicken

Rosemary chicken with lemon & mustard, roast potato, baby carrots & beans



101-43

Lemon Chicken

Lemon chicken with mashed potato & vegetables



101-44

Chicken Chowmein

Crunchy egg noodles with chicken pieces & Chinese vegetables



101-45

Chicken Lasagne

Chicken lasagne served with vegetables



101-46

Chicken Cacciatore

Italian slow cooked chicken, with rice, pumpkin & broccoli

MENU KEY:



Low Fat



Low Salt



Gluten Free

Main Lamb Meals



102-21

Hearty Lamb Casserole

Lean diced lamb & vegetable casserole



102-18

Lamb & Cauliflower Casserole

Slow cooked lamb & cauliflower casserole



102-19

Irish Lamb Stew

Lamb stew served with potato & vegetables

Main Meals \$3.35 (cont.)



102-20
Lamb Curry 🍴

A spicy lamb curry with rice and vegetables



102-22
Shepherd's Pie 🍴

Minced lamb pie topped with mashed potato



102-24
Roast Lamb 🍴

Roast lamb with gravy, roast potato & vegetables

Main Seafood Meals



104-05
Steamed Fish 🍴 🍴 🍴

Steamed fish served with mixed vegetables



104-28
Salmon Mornay 🍴

Pink salmon in a creamy mornay sauce with vegetables



104-24
Fish and Wedges

Crumbed fish with wedges, & mixed vegetables



104-25
Sweet & Sour Fish 🍴 🍴

Sweet and sour fish served with rice



104-26
Tempura Fish

Lightly battered fish, served with wedges, carrots & peas



104-27
Tuna Patties 🍴

Tuna patties with sweet chilli sauce, served with vegetables

Main Pork Meals



103-01

Pork, Apple & Cranberry Casserole



Braised pork cooked with apple and cranberries, served with mixed vegetables



103-26

Honey Pork Meatballs



Honey soy pork meatballs in a tomato sauce, served with vegetables



103-27

Roast Pork, Apple Sauce & Gravy



Pork leg roast with apple sauce and gravy served with seasonal vegetables



103-28

Pork Sausage Casserole

Pork sausage casserole with fennel, served vegetables



103-22

Pork in BBQ Sauce



Pork marinated in BBQ sauce, served with fried rice & vegetables



103-23

Ham Steak & Glazed Pineapple



Ham steak topped with glazed pineapple, served with mixed vegetables



103-24

Pork Ragu



Slow cooked pork pieces in a tomato & red wine sauce, served with vegetables



103-25

Pork Meatballs with Mushroom Sauce



Minced pork meatball with mushroom sauce, potato, carrots & beans



107-01

Ham & Cheese Omelette



Ham and cheese omelette served with rice

MENU KEY: Low fat Low salt Gluten free

Main Meals \$3.35 (cont.)

Main Vegetarian Meals



102-23

Baked Pumpkin & Spinach Risotto LF GF

Baked pumpkin & spinach risotto served with baked baby carrots & peas



105-31

Spinach & Cheese Risotto LF LS GF

Risotto with spinach & shredded cheese, served with seasonal vegetables



105-33

Vegetarian Cottage Pie GF

Puff pastry pie filled with mixed vegetables and topped with mashed potatoes



105-34

Vegetable Pasta Bake LF

Vegetable pasta baked in a rich tomato sauce



105-35

Vegetarian Patties

Vegetarian patties with mashed potato and mixed vegetables



105-36

Vegetarian Ratatouille LF LS

Classic French stewed vegetable dish with penne pasta



105-38

Zucchini Slice LS

Zucchini slice with sweet potato, carrot & beans



105-39

Gnocchi

Traditional Gnocchi in a cheesy tomato sauce



105-40

Asparagus Quiche

Asparagus quiche served with chat potato, pumpkin & peas



105-42

Macaroni Cheese LS

Macaroni cheese, oven baked, with vegetables

MENU KEY:

LF Low Fat

LS Low Salt

GF Gluten Free

Premium Meals \$3.75



100-01

Beef & Bacon Casserole LS

Braised beef & bacon casserole served with mixed vegetables



100-40

Vienna Schnitzel

Veal coated in bread crumbs & served with gravy & mixed vegetables



100-41

Veal Parmigiana LF

Veal steak topped with a napolitana sauce and cheese, served with mashed potato and mixed vegetables



100-42

Corned Silverside with Parsley Sauce LS

Silverside with soft parsley sauce, served with mixed vegetables



102-15

Mongolian Lamb LF

Marinated lamb served with rice & mixed vegetables



102-16

Lamb Chop LS

Risotto with spinach & shredded cheese, served with seasonal vegetables

MENU KEY: LF Low fat LS Low salt Gluten free

Desserts \$1.30



114-03

Sticky Date Pudding

Sweet and sticky date pudding with caramel sauce



114-06

Blueberry Sponge Crumble

Blueberries, sponge cake & custard topped with crumble



114-28

Carrot Cake

Dense carrot cake with cream cheese icing



114-29

Apple & Rhubarb Crumble LS

Apple & rhubarb crumble served with custard



114-30

Banana Cake

Moist banana cake with a cream cheese icing



114-31

Stewed Apple & Custard LF LS

Stewed apples served with custard



114-37

Pear & Cinnamon Crumble LS

Pear & cinnamon crumble served with custard



114-39

Chocolate Mud Cake

Chocolate cake with chocolate icing, served with cream



114-40

Bread & Butter Pudding

Bread & butter pudding baked with egg custard

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

Desserts \$1.30 (cont.)



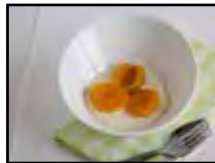
114-32
Peaches & Custard (LF) (LS)

Peaches set in jelly and topped with custard



114-33
Fruit Jelly & Custard (LF)

Fruits set in jelly and served with custard



114-34
Creamed Rice & Apricots (LS) (V)

Creamed rice served with apricots



114-35
Apple Pie (LS)

Apple pie served with cream



114-38
Fruit Salad (LF) (LS) (V)

An assortment of fruit in syrup



115-05
Strawberry Mousse (LS)

Strawberry mousse topped with a strawberry coulis



115-18
Apricot Crumble (LF) (LS)

Oven baked crumble with stewed apricot



115-38
Impossible Coconut Pie (LS)

Impossible Coconut Pie served with fruit



Icecream 99c (LS) (V)
 115-14 Vanilla
 115-16 Strawberry

Premium Desserts \$1.60



114-01
Vanilla Slice (LS)



114-02
Tropical Pavlova (LS)



Modified Meals \$3.45

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 |

Becoming an NDIS Client

If you are under the age of 65*, you will need to have meals included on your NDIS Plan. Please contact the NDIS on **1800 800 110**.

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

A charge is made against a client's NDIS plan for the preparation and delivery of their meal.

The client is still responsible for the cost of the actual meal.

All prospective NDIS clients** must sign our Service Agreement, and our Client Service Officer will undertake an inhome assessment.

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

** Coast Cuisine is supported by Meals on Wheels Central Coast, who is the registered NDIS provider



How to Order

Understanding our menu

Our meals are conveniently coded for easy use. An example of the item code is 112-02 for Roast Beef.

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.





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.

How to Pay

Paying for your meals

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

Coast Cuisine 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**.

Coast Cuisine also accepts payment by cheque (payable to Meals on Wheels Central Coast) 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 Coast Cuisine, 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 Coast Cuisine. Generally, we require a minimum of three business days notice for a delivery request. Coast Cuisine cannot give or adhere to a request for a specific delivery time.

Coast Cuisine 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.

Coast Cuisine will not replace or provide a refund for any meals ordered by the client by mistake. Clients must notify Coast Cuisine 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 Coast Cuisine.

Privacy Policy

Coast Cuisine 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. Coast Cuisine 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 Coast Cuisine 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 Coast Cuisine directly. Coast Cuisine is proudly supported by Meals on Wheels Central Coast.



CoastCuisine
in support of Meals on Wheels Central Coast



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