



Meals on Wheels
Central Coast

More
than just
a meal

Menu 2021-2022

4357 8444

www.ccmow.com.au

Value Pasta Meals \$3.10



110-01

Beef Lasagne

Beef lasagne topped with bechamel sauce



110-04

Vegetable Lasagne

Vegetable lasagne topped with bechamel sauce



110-03

Cottage Pie

Minced beef & vegetables topped with mashed potato



110-05

Chicken Fettuccine

Chicken pieces with fettuccine & a creamy sauce



110-06

Spaghetti & Meatballs

Spaghetti in a napolitana sauce, with beef meatballs

Meals on Wheels Central Coast Outlets

Tuggerah: 4357 8402

Budgewoi: 4357 8417

Green Point: 4363 7111

Woy Woy: 4341 6699

Order Day

Next Available Delivery Day

Monday

Thursday

Tuesday

Friday

Wednesday

Monday

Thursday

Tuesday

Friday

Wednesday

*Please note that our order and delivery schedule may change in the case of public holidays.
We do not deliver on weekends or public holidays.*

Value Plated Meals \$5.20



110-08

Roast Chicken

Roast chicken served with
roast vegetables & gravy



110-12

BBQ Mixed Grill

Beef pattie, sausages with
BBQ Sauce & vegetables



110-10

Chicken Parmigiana

Chicken Parmigiana served with
potato wedges & vegetables



110-11

Chicken Kiev

Chicken Kiev served with
mashed potato & vegetables



110-13

Slow Cooked Lamb

Lamb shank served with
mashed potato & vegetables



110-17

Roast Pork

Roast pork with roast
vegetables, peas & gravy



110-18

**Beer Battered Fish
& Chips**

Fish & Chips served with
tartare sauce



110-22

Roast Lamb

Tender lamb with roast
potatoes, gravy,
carrots & peas



110-24

Beef Rissoles

Beef rissoles with onion
gravy, mash, peas
& carrots

MENU KEY:



Low Fat



Dairy Free



Low Salt



Lactose Free



No Gluten Detected



Vegetarian



Microwave only

All meals in our menu are
sourced from Australian
suppliers. Images may differ
from the actual products.
Vegetables that accompany
meals may change seasonally.

Snacks

Muffins \$2.30



114-12
Choc Chip



114-11
Blueberry

Fruit Cups \$1.65



Fruit Salad
Two Fruits
(Peaches & Pears)

115-21

115-22

Soups \$2.90



113-03
Pumpkin Soup

A traditional creamy
pumpkin soup



113-04
Pea & Ham

An old favourite made from
peas and diced ham



113-18
Chicken & Sweet Corn

A delicious chicken &
creamed corn soup



113-19
Chicken & Vegetable Soup

A warming chicken and
vegetable soup



113-30
Potato & Leek

Soup made from a blend
of leeks and potatoes

Small Meals \$5.60

Small Beef Meals



111-01

Cottage Pie

Minced beef topped with mashed potato, with mixed vegetables



111-02

Roast Beef

Roast beef with potato, mixed vegetables & gravy



111-56

Banger & Mash

Homestyle Aussie sausage with mash, peas & onion gravy



111-09

Meat Pie

Aussie meat pie served with mashed potato, gravy & mixed vegetables



111-10

Corned Silverside

Silverside, parsley sauce, & mixed vegetables



111-11

Steak & Kidney Pie

Steak & kidney pie with mashed potato and mixed vegetables



111-55

Beef Bourguignon

Beef slow cooked in a tomato, red wine & bacon sauce, served with mash & vegetables



111-15

Beef Stroganoff

Beef stroganoff, served with rice, carrots & peas

Small Meals \$5.60 (cont.)

Small Chicken Meals



111-05 Chicken & Asparagus Mornay

Chicken and asparagus mornay with mixed vegetables



111-06 Chicken Wing & BBQ Sauce

Marinated chicken wing served with fried rice



111-12 Chicken & Vegetable Pie

Chicken and vegetables in a puff pastry pie



111-82 Butter Chicken

Mildly spiced creamy butter chicken curry with rice



111-81

Honey Mustard Chicken

Chicken in a honey wholegrain mustard sauce, with roast potatoes & vegetables



111-80

Hearty Roast Chicken

Tender roast chicken served with gravy, roast potatoes & vegetables

Small Lamb and Pork Meals



111-03 Roast Lamb

Roast lamb with roast potato & mixed vegetables



111-04 Roast Pork

Roast pork, gravy, roast potato & vegetables



111-27 Sweet & Sour Pork

Chinese Sweet & Sour pork with rice

Small Meals \$5.60 (cont.)

Small Seafood Meals



111-58

Crumbed Fish Fillets

Crumbed fish fillets,
potato wedges & vegetables

Small Vegetarian Meals



111-08

Spinach & Fetta Omelette

Spinach and fetta
cheese omelette



111-73

Vegetable Risotto

Risotto with a mix of
spring vegetables



111-68

Pasta & Vegetable Bake

Penne & vegetables baked in a
creamy parmesan sauce

Pies & Sausage Rolls

Pies \$4.00

Beef Mince Pie (700-50)

Beef, Cheese & Bacon Pie (700-48)

Gourmet Chicken Pie (700-46)

Sausage Rolls \$2.90

Sausage Roll (700-58)



Main Meals \$6.95

Main Beef Meals



100-02

Beef Bourguignon

Beef in tomato, red wine & bacon sauce, with mash & veg



100-03

Rissolle & Onion Gravy

Beef rissolle with mixed vegetables & gravy



100-04

Honey Mustard Beef

Beef marinated in honey mustard with vegetables



100-05

Roast Beef

Beef, potatoes, vegetables with red wine pepper gravy



100-11

Bangers & Mash

Sausages with mash, peas & onion gravy



100-52

Beef Pie

Beef pie and gravy with mashed potatoes & peas



110-45

Steak & Kidney Pie

Steak and kidney pie with vegetables



100-50

Beef Goulash

Beef cooked in a tomato & onion sauce, with veg



100-43

Beef Stroganoff

Beef with a creamy mushroom sauce, with veg



100-53

Cottage Pie

Minced beef topped with mashed potato, with veg



100-56

Meatloaf & Gravy

Meatloaf with gravy, served with vegetables



100-54

Savoury Mince

Mince cooked with an assortment of vegetables

Main Meals \$6.95 (cont.)

Main Chicken Meals



101-01

Chicken & Asparagus Mornay

Chicken and asparagus mornay with mixed vegetables



101-02

Chicken & Vegetable Pie

Chicken pie, served with mixed vegetables



101-04

Butter Chicken

Chicken in a mild creamy curry sauce with rice



101-05

Chicken Schnitzel

Chicken Schnitzel served with seasonal vegetables



101-09

Chicken Parmigiana

Classic chicken parmigiana with wedges & broccoli



101-10

Hearty Roast Chicken

Roast chicken with gravy, roast potatoes & vegetables



101-40

Honey Soy Chicken

Honey soy chicken with rice & vegetables



101-42

Rosemary Chicken

Rosemary chicken with lemon & mustard, and vegetables



101-43

Lemon Chicken

Lemon chicken with mashed potato & vegetables



101-44

Chicken Chowmein

Crunchy noodles with chicken & Chinese vegetables



101-52

Chicken & Mushroom Potato Pie

Chicken & mushroom potato pie with vegetables



101-53

Roast Turkey

Roast Turkey served with seasonal vegetables

Main Meals \$6.95 (cont.)

Main Lamb Meals



102-01

Lamb Schnitzel

Lamb schnitzel, roast potatoes, vegetables & gravy



102-02

Lamb Rissolè

Lamb rissolè with mash, vegetables & gravy



102-17

Lamb Casserole

Lamb casserole with sweet potato mash & vegetables



102-18

Lamb & Cauliflower Casserole

Slow cooked lamb & cauliflower casserole



102-19

Irish Lamb Stew

Lamb stew served with potato & vegetables



102-20

Lamb Curry

A spicy lamb curry with rice and vegetables



102-24

Roast Lamb

Roast lamb with gravy, roast potato & vegetables

Fancy a sweet treat after your meal? Take a look at our dessert selection on pages 15 and 16

MENU KEY:



Low Fat



Low Salt



Gluten Not Detected



Vegetarian



Dairy Free



Lactose Free



Microwave only

Main Meals \$6.95 (cont.)

Main Pork Meals



103-25

Pork Meatballs with Mushroom Sauce

Pork meatballs with mushroom sauce & vegetables



103-27

Roast Pork & Gravy

Roast Pork, gravy & vegetables



103-29

Sweet & Sour Pork

Chinese sweet and sour pork served with jasmine rice



107-01

Ham & Cheese Omelette

Ham and cheese omelette served with rice



102-25

Quiche Lorraine

Quiche with cheese and ham



102-27

Bacon & Potato Slice

Layers of potato, vegetables & bacon

Main Seafood Meals



Mild curried prawns with rice and mixed vegetables

104-03

Curried Prawns



Crumbed fish with wedges & vegetables

104-24

Fish & Wedges



Sweet and sour fish served with rice

104-25

Sweet & Sour Fish



Tuna patties with sweet chilli sauce & vegetables

104-27

Tuna Patties

Main Meals \$6.95 (cont.)

Main Vegetarian Meals



105-09

Pasta & Vegetable Bake

Penne & vegetables baked in a creamy parmesan sauce



105-11

Vegetable Risotto

Creamy risotto with a delicious mix of spring vegetables



102-26

Spinach Pie

Spinach and cheese encased in flaky filo pastry



105-42

Macaroni Cheese

Macaroni cheese, oven baked, with vegetables



105-33

Vegetarian Cottage Pie

Mixed vegetables topped with mashed potato



105-34

Vegetable Pasta Bake

Vegetable pasta baked in a rich tomato sauce

Modified Meals \$7.30

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

Premium Meals \$7.65



100-01

Beef & Bacon Casserole

Braised beef & bacon casserole with mixed vegetables



100-40

Vienna Schnitzel

Crumbed veal with gravy & mixed vegetables



100-41

Veal Parmigiana

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



100-42

Corned Silverside with Parsley Sauce

Silverside with soft parsley sauce, served with vegetables



102-15

Mongolian Lamb

Marinated lamb served with rice & mixed vegetables



102-16

Lamb Chop

Lamb chop served with gravy & mixed vegetables

Gourmet Meals \$8.90

Chicken Breast Schnitzel with Gravy & Mashed Potato*		700-71
Chicken Breast Parmigiana with Mashed Potato*		700-72
Apricot Chicken with Mashed Potato*		700-73
Butter Chicken with Rice		700-24
Roast Turkey Breast, Gravy & Baked Potato*	   	700-64
Roast Pork with Gravy & Baked Potato*	  	700-61
Sweet & Sour Pork with Steamed Rice*	   	700-74
Lambs Fry & Bacon with Onion Gravy & Mashed Potato*		700-75
BBQ Pulled Pork with Potato Gratin*		700-60
Roast Lamb with Gravy & Baked Potato*	  	700-59
Slow Cooked Lamb Shanks with Creamy Mash*		700-80
Curry Sausages with Mashed Potato*		700-76
Grilled Sausages with Onion Gravy & Steamed Potato*	 	700-77
Beef Stroganoff with Macaroni*		700-65
Beef & Red Wine Casserole & Mashed Potato*		700-66
Beef Spaghetti Bolognese*		700-68
Beef Lasagne*		700-69
Steak & Bacon Casserole with a Pastry Top*		700-82
Crumbed Fish with Baked Potato Wedges*		700-67
Grilled Fish Fillet & White Wine Cream Sauce*		700-78
Vegetable Lasagne with Bechamel Sauce*		700-70
Meals marked with an asterisk () include seasonal vegetables		

Desserts \$3.10



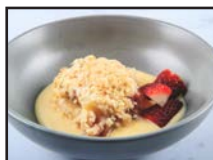
114-03
Sticky Date Pudding



114-06
Blueberry Sponge Crumble



114-28
Carrot Cake



114-29
Apple & Rhubarb Crumble



114-30
Banana Cake



114-31
Stewed Apple & Custard



114-05
Wine Trifle with Cream



114-41
Chocolate Mousse



114-40
Bread & Butter Pudding with Custard



114-32
Peaches & Custard



115-12
Baked Rice Pudding



114-34
Creamed Rice & Apricots

Desserts (cont.)

Icecream .99c



115-14 Vanilla

115-16 Strawberry

Premium Desserts \$3.60



114-35
Apple Pie



115-18
Apricot Pie



114-01
Vanilla Slice



114-02
Tropical Pavlova



114-16
Baked Cheesecake



114-07
Tiramisu

Becoming a Client

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 and request a referral to our service: **www.myagedcare.gov.au**. Alternatively we can assist you with this process.

We can also provide the best cost effective meal solution through your Home Care Package (HCP). Talk to your Home Care Package Provider about commencing your meal deliveries with us.

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**. Please call us on 4357 8444 to request a NDIS Menu.

If you do not wish to go through My Aged care, NDIS or through your Home Care Package provider, and would like to become a private client, please contact Coast Cuisine (a subsidiary of Meals on Wheels Central Coast) via www.coastcuisine.com.au, sales@coastcuisine.com.au or 1800 956 477.

* 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. An example of the item code is 100-05 for Roast Beef.

Placing an order

You will be provided with an order form 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**. To register for online ordering, email marketing@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. For more information, please contact your Client Service Officer. 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. There are no binding contracts. One Direct Connect trading as 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:

One Direct Connect Limited
Attn: Accounts
PO Box 5260
Chittaway Bay NSW 2261

Alternatively, you can pay by Electronic Funds Transfer (EFT)/Direct Deposit:

Acct Name: One Direct Connect Limited
BSB: 012-621
Acct No: 284-243-986

Please ensure you put your client number as a reference if paying via EFT or Direct Deposit.

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 from Monday to Friday. 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.

Meals on Wheels Central Coast is funded by the Australian Government Department of Health. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



Meals on Wheels
Central Coast

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