

2018 - 2019 Menu



More
than just
a meal



Meals on Wheels
Central Coast

www.ccmow.com.au | 02 4357 8444



Meals on Wheels Central Coast

Welcome to our 2018 - 2019 Menu.

Whether it's breakfast or a snack, a small or main meal, or even a delicious dessert, we have your meal times covered.

With over 160 menu items to choose from, we're sure you'll find something to tantalise your tastebuds. With a range of meal sizes and textures on offer, there's something for everyone.

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 Menu, and we look forward to taking your order soon.

Warm regards,

Dennis Taylor
Chief Executive Officer

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Value Pasta Meals \$2.90



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 fettuccine, 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 \$4.90



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



110-17

Roast Pork

Roast pork with roast
vegetables, peas & gravy



110-13

Slow Cooked Lamb

Lamb shank served with
mashed potato & vegetables



110-14

Beef Schnitzel

Beef schnitzel with gravy,
potatoes & vegetables



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!



Breakfast

Hot Cakes \$3.00



Hot Cakes with
Maple Flavoured Syrup **110-20**

Muffins \$2.30



Muffin Flavours:
Apple & Spice Muffin **114-09**
Banana Nut Muffin **114-10**
Blueberry Muffin **114-11**
Choc Chip Muffin **114-12**

Fruit Cups \$1.65



Fruit Salad **115-21**
Two Fruits **115-22**
(Peaches & Pears)

MENU KEY:  Low fat  Low salt  Gluten free

Fancy a juice with your meal? Just 35c



Apple Juice Cup 110ml **120-03**
Orange Juice Cup 110ml **120-04**

Soups \$2.70



113-03
Pumpkin

A traditional soup made from slow cooked pumpkin



113-04
Pea & Ham

An old favourite made from peas and diced ham



113-05
Beef & Vegetable

A hearty soup made with minced beef and assorted vegetables



113-06
Chicken & Corn

Chicken soup cooked with addition of sweet corn



113-29
Minestrone

A chunky Italian tomato based soup with assorted vegetables



113-30
Potato & Leek

A creamy blend of potato and leek

MENU KEY: Low fat Low salt Gluten free

Small Meals \$5.20

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



111-07

Sausages & Gravy

Grilled beef sausages served with mashed potato, peas & gravy



111-09

Meat Pie

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



111-10

Corned Silverside & Parsley Sauce

Silverside with parsley sauce, with mixed vegetables



111-11

Steak & Kidney Pie

Steak & kidney pie with mashed potato and mixed vegetables



111-13

Beef & Bacon Casserole

Beef & bacon casserole served with potato, pumpkin & broccoli



111-15

Beef Stroganoff

Beef stroganoff, served with rice, carrots & peas



111-19

Spaghetti Bolognese

Spaghetti bolognese with pumpkin, peas & a sprinkle of cheese



111-20

Savoury Mince

Lean mince cooked with an assortment of vegetables



111-21

Meatloaf & Gravy

Lean mince meatloaf with gravy, served with vegetables



111-22

Beef Casserole

Lean diced beef cooked with vegetables, served with seasonal produce

Small Chicken Meals



111-05

Chicken & Asparagus Mornay

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

Chicken and vegetables in a puff pastry pie



111-16

Chicken Scallopini

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



111-23

Apricot Chicken

Lean diced chicken in an apricot sauce, served with rice

Small Meals \$5.20 (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
Also available as a Main Meal (code 104-03)

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 & Fetta Omelette

Vegetarian spinach and fetta 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 \$6.90

Main Beef Meals



100-03

Flame Grilled Rissole

Grilled beef rissole served with mixed vegetables & gravy



100-04

Honey Mustard Beef

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

Minced beef topped with mashed potato and served with seasonal vegetables



100-54

Savoury Mince

Lean mince cooked with an assortment of vegetables



100-55

Roast Beef

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, gravy and seasonal vegetables



100-43

Beef Stroganoff

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

Main Meals \$6.90



100-44

Beef Lasagne

Beef layered with sheets of pasta in a creamy white sauce



100-47

Spaghetti Bolognese

Spaghetti bolognese with pumpkin, peas & a sprinkle of cheese



100-49

Sausages & Gravy

Grilled beef sausages with mashed potatoes, peas & gravy



100-50

Beef Goulash

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



102-28

Roma Pasta with Beef

Creamy tomato based sauce with vegetables and curly pasta



110-45

Steak & Kidney Pie

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

Fancy a dessert to go with your meal?

Take a look at our delicious treats on pages 19 and 20!



MENU KEY:



Low Fat



Low Salt



Gluten Free

Main Meals \$6.90 (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



101-03

Chicken Strips & Lemon Sauce

Crumbed chicken strips with lemon sauce & vegetables



101-38

Butter Chicken

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

Chicken rissole with gravy & vegetables



101-50

Sweet & Sour Chicken

Chicken and vegetables in Sweet & Sour Sauce



101-52

Chicken & Mushroom Potato Pie

Chicken & mushroom potato pie with pumpkin & vegetables

MENU KEY: Low fat Low salt Gluten free



101-39

Chicken Scallopini

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



101-46

Chicken Cacciatore

Italian slow cooked chicken, with rice, pumpkin & broccoli



101-53

Roast Turkey

Roast Turkey served with seasonal vegetables

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

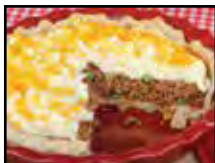
Main Meals \$6.90 (cont.)



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 with 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



103-25

Pork Meatballs with Mushroom Sauce

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



102-29

Asian Style Pork

Pork served with vegetables and singapore noodles

MENU KEY: Low fat Low salt Gluten free

Main Meals \$6.90 (cont.)



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 and bacon in a creamy slice

Main Vegetarian Meals



102-23
Baked Pumpkin &
Spinach Risotto

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



105-31
Spinach & Cheese
Risotto

Risotto with spinach & shredded cheese, served with seasonal vegetables



105-33
Vegetarian
Cottage Pie

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



105-34

Vegetable Pasta Bake

Vegetable pasta baked in a rich tomato sauce



105-39

Gnocchi

Traditional Gnocchi in a cheesy tomato sauce



105-40

Asparagus Quiche

Asparagus quiche served with chat potato, pumpkin & peas



105-38

Zucchini Slice

Zucchini slice with sweet potato, carrot & beans



102-26

Spinach Pie

Spinach and cheese encased in flaky filo pastry



105-42

Macaroni Cheese

Macaroni cheese, oven baked, with vegetables

Premium Meals \$7.50



100-01

Beef & Bacon Casserole

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

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 mixed vegetables



102-15

Mongolian Lamb

Marinated lamb served with rice & mixed vegetables



102-16

Lamb Chop

Lamb chop served with gravy & mixed vegetables

MENU KEY: Low fat Low salt Gluten free

Desserts \$2.80



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

Apple & rhubarb crumble served with custard



114-30
Banana Cake

Moist banana cake with a cream cheese icing



114-31
Stewed Apple & Custard

Stewed apples served with custard



114-37
Pear & Cinnamon Crumble

Pear & cinnamon crumble served with custard



114-41
Chocolate Mousse

A creamy and rich chocolate mousse



114-40
Bread & Butter Pudding

Bread & butter pudding baked with egg custard

MENU KEY: Low fat Low salt Gluten free

Desserts \$2.80 (cont.)



114-32
Peaches & Custard

Peaches set in jelly and topped with custard



114-33
Fruit Jelly & Custard

Fruits set in jelly and served with custard



114-34
Creamed Rice & Apricots

Creamed rice served with apricots



114-35
Apple Pie

Apple pie served with cream



114-38
Fruit Salad

An assortment of fruit in syrup



115-18
Apricot Pie

Apricot pie served with cream



115-38
Impossible Coconut Pie

Impossible Coconut Pie served with fruit

Icecream 99c



115-14 Vanilla
115-16 Strawberry

Premium Desserts \$3.35



114-39
Chocolate Rocher Slice



114-02
Tropical Pavlova



115-05
Strawberry Swirl Cheesecake



Modified Meals \$7.10

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 a Client

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.

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.

* 50 years or over for Aboriginal and Torres Strait Islanders

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



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 Mornay	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.

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: Meal on Wheels Central Coast
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.



Meals on Wheels

Central Coast



P: 4357 8444 | F: 4357 8448

E: sales@ccmow.com.au

PO Box 5260, Chittaway Bay NSW 2261

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