Lemon Honey Chicken & Rice (700-33)	$6.30
Steamed Fish with Soy Sauce & Ginger with Rice (700-36)	$6.30
Fish Cocktails, Sweet & Sour Sauce with Rice (700-37)	$6.30
Honey Soy Chicken and Rice (700-38)	$6.30
Stir Fried Hokkien Noodles with BBQ Pork (700-39)	$6.30
Singapore Noodles (700-40)	$6.30
Authentic Chinese Fried Rice & BBQ Pork (700-41)	$6.30
Beef Black Bean & Rice (700-42)	$6.30
Curry Prawns & Rice (700-30)	$6.30
Sweet & Sour Chicken & Rice (700-31)	$6.30

Pies, Pasties & Sausage Rolls

Thai Green Chicken Curry Pie (700-44)	$3.40
Satay Chicken Pie (700-45)	$3.40
Gourmet Chicken Pie (700-46)	$3.40
Chunky Beef Pie (700-47)	$3.40
Beef, Cheese & Bacon Pie (700-48)	$3.40
Brekky Pie (700-49)	$3.40
Beef Mince Pie (700-50)	$3.40
Hot Chilli Beef Pie (700-51)	$3.40
Cornish Pasty - Beef (700-52)	$3.40
Cornish Pasty - Vegetarian (700-53)	$3.40
Beef and Vegetable Pie (Gluten Free) (700-54)	$4.40
Sausage Roll (700-58)	$2.15

COAST CUISINE

In support of Meals on Wheels Central Coast

Summer Menu

Free delivery across the Coast*

Convenient & delicious pre-prepared meals.
No contracts, referrals, or minimum orders.

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All profits go back to Meals on Wheels Central Coast

"Delivery available Monday to Friday (public holidays excepted). In most instances, we can deliver next business day, All our meals are frozen and are delivered in an insulated box with ice.

Soups and Snacks

Chicken & Vegetable Soup (600-06)	$3.50
Beef & Vegetable Soup (600-07)	$3.50
Special Fried Rice (700-19)	$2.00
Singapore Noodles (700-20)	$2.00
Hokkien Noodles (700-21)	$2.00
Vegetarian Fried Rice (700-22)	$2.00
Potato Bake (700-23)	$2.00

Small Meals

Mediterranean Polenta (700-16)	$5.00
Split Pea and Lentil Dhal (700-17)	$5.00

Main Meals

Chicken Breast Schnitzel with Gravy & Mashed Potato* (700-71)	$7.80
Chicken Breast Parmigiana with Creamy Mashed Potato* (700-72)	$7.80
Sittee's Lebanese Chicken with Rice*(700-62)	$7.80
Pan Grilled Chicken Breast, Grain Mustard Cream sauce and Steamed Potato* (700-63)	$7.80
Apricot Chicken with Creamy Mashed Potato*(700-73)	$7.80
Sweet & Sour Pork with Steamed Rice*(700-74)	$7.80
Lambs Fry & Bacon with Onion Gravy & Mashed Potato* (700-75)	$7.80

Main Meals (Cont)

Roast Lamb with Gravy & Baked Potato*(700-59)	$7.80
BBQ Pulled Pork with Potato Gratin* (700-60)	$7.80
Roast Pork with Gravy & Baked Potato* (700-61)	$7.80
Roast Turkey Breast with Gravy & Baked Potato* (700-64)	$7.80
Curry Sausages with Mashed Potato* (700-76)	$7.80
Grilled Sausages with Onion Gravy & Steamed Potato* (700-77)	$7.80
Beef Stroganoff with Macaroni* (700-65)	$7.80
Beef & Red Wine Casserole & Mashed Potato* (700-66)	$7.80
Beef Spaghetti Bolognaise* (700-68)	$7.80
Beef Lasagne* (700-69)	$7.80
Vegetable Lasagne with Bechamel Sauce*(700-70)	$7.80
Crumbed Fish with Baked Potato Wedges* (700-67)	$7.80
Grilled Fish Fillet & White Wine Cream Sauce* (700-78)	$7.80
Tuna Mornay with Creamy Mashed Potato* (700-79)	$7.80
Butter Chicken* (700-24)	$7.80
Lamb Roganjosh (700-27)	$7.80

* Main meals marked with an asterisk (*) include seasonal vegetables

Gluten Free Low Fat Vegetarian Dairy Free Microwave only. Do not heat in oven.