

NAME _____

FLAGSTAFF MINI MEALS 200g	
Curried Chicken with Rice	
Sausages with Mashed Potato	
Roast Lamb with Potato and Gravy	
Corned Silverside with Parsley Sauce	
Roast Pork with Potato and Gravy	
Spinach & Fetta Omelette	
Macaroni & Cheese with Vegetables	
Noodle Stir Fry with Mixed Vegetables	

MY CHEF MINI MEALS 270 - 280g	
Pork & Apple Casserole with Mash	
Beef & Red Wine Casserole with Mash	
Sweet & Sour Pork with Steamed Rice	
Creamy Chicken & Mushroom <small>with Couscous</small>	
Beef Lasagne with Seasonal Vegetables	
Tuna Mornay with Mashed Potato	
Shepherd's Pie with Seasonal Vegetables	
Apricot Chicken with Mashed Potato	
Curried Prawns with Steamed Rice	
Indian Butter Chicken with Steamed Rice	
Curry Sausages & Creamy Mash	
Beef Stroganoff with Macaroni	
Chicken Honey Curry with Steamed Rice	
Savoury Beef Mince with Creamy Mash	

All our mini and main meals come with vegetables. Please refer to our dietary information sheet for Gluten Free and Dairy Free. If you need more information please call the office on 4474 4464.

FLAGSTAFF MAINS 360 g	
Roast Pork with Potato and Gravy	
Beef Rissole with Onion Gravy	
Crumbed Fish & Chips	
Sausages with Mashed Potato	
Honey Soy Chicken with Fried Rice	
Curried Sausages with Mashed Potato	
Crumbed Lamb Patties with Mashed Potato	
Roast Lamb with Potato and Gravy	
Vegetarian Pasta Bake	
Macaroni Cheese with Vegetables	
Vegetable Potato Yellow Curry	
Vegetarian Cottage Pie	

MY CHEF MAINS 400g	
Baked Fish Fillet with Parsley Lemon Butter	
Sweet & Sour Pork with Steamed Rice	
Apricot Chicken with Mashed Potato	
Shepherd's Pie with Seasonal Vegetables	
Spaghetti Bolognese with Seasonal Veg	
Beef Lasagne with Seasonal Vegetables	
Curried Prawns with Steamed Rice	

NEW SUPPLIER COMING SOON	

DELIVERY DAY _____

SOUPS 200-250 g	
Warming Chicken & Vegetable	
Hearty Cauliflower & Bacon	
Classic Potato & Leek	
Traditional Pea & Ham	
Creamy Pumpkin	

PUREED MEALS 360g - please phone to check availability	
Chicken & Asparagus	
Chicken & Veg	
Pork Apple & Cranberry	
Beef & Veg	
Pork & Veg	

DESSERTS 100-160g	
Lemon Cheesecake	
Peaches with Custard	
Tiramisu <small>coffee-flavoured Italian dessert</small>	
Apple Pie with Cream	
Tropical Pavlova with Cream	
Apple Rhubarb Crumble with Custard	
Sticky Date Pudding <small>with Butter Scotch Sauce</small>	
Vanilla Slice	

Soups	
Mini Meals	
Meals	
Desserts	

Meals Costs: **Prices from February 2023**

	FULL COST	SUBSIDISED COST
Soups	\$9.00	\$3.50
Mini Meals	\$12.00	\$6.50
Main Meals	\$14.50	\$9.00
Desserts	\$10.00	\$4.50

There are three ways to receive the subsidised rate for your meals:

1. Have a referral through **My Aged Care** for Meals support. You pay the subsidised rate and Meals on Wheels receives funding to provide the service.
2. Have a referral from your **Home Care Package** provider for meals support. You pay the subsidised rate and your Home Care Package pays the difference up to the full price.
3. Be an **NDIS** participant with meals support built into your package and a referral sent to Eurobodalla Meals on Wheels. You pay 30% of the full cost and your NDIS plan pays 70% the "Preparation and delivery fee"
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TUESDAY DELIVERIES

Broulee
Mogo
Tomakin
Moruya NORTH of TAFE

WEDNESDAY DELIVERIES

Batemans Bay and surrounding areas

THURSDAY DELIVERIES

Moruya SOUTH of TAFE
Moruya Head
Tuross Head
Bodalla
Potato Point

FRIDAY DELIVERIES

Narooma and surrounding areas



MENU SUMMER 2023

Please place your order
by 3pm Friday before
your next delivery.
Phone 4474 4464

If this is your first order please discuss
payment options with our friendly staff

