

## MEAL PRICES - from January 2024

	FULL COST	SUBSIDISED COST	
		CHSP	HCP
Soups	\$6.00	\$3.00	\$1.20
Mini Meals	\$12.00	\$6.00	\$2.40
Main Meals	\$16.50	\$7.50	\$3.00
Desserts	\$6.00	\$3.00	\$1.20

To receive the subsidised rate for your meals you will need one of the following referrals:

My Aged Care for meals support. You pay the CHSP subsidised rate and Meals on Wheels receives funding from the Commonwealth Home Support Program to provide the service.

Your Home Care Package provider can refer you to us for meals support. You pay the HCP subsidised rate and your Home Care Package pays the difference up to the full price. This is approximately a 30/70 split.

NDIS participants may be eligible to claim up to 70% of the full cost of meals from their NDIS plan.

## DELIVERY AREAS

### MORUYA REGION

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



### ULLADULLA REGION

Monday deliveries - Ulladulla

Tuesday deliveries - south Ulladulla, Kings Point Burrill Lake, Lake Tabourie, Bawley Point, Kioloa

Wednesday deliveries - Mollymook, Milton, Narrawallee

Thursday deliveries - Milton, Lake Conjola Fishermans Paradise, Bendalong, Cunjarong Point

### SUSSEX INLET REGION

Friday deliveries - all areas from Wandandian in the north to Berrara in the south



Meals on Wheels™  
Eurobodalla

## 2024 MEAL MENU

Please place your order by 3pm Friday before your next delivery

**Moruya (Head office) - 4474 4464**

**Ulladulla office - 4455 2861**

**Sussex Inlet (Friday only) - 4441 3745**

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



Name: \_\_\_\_\_

Delivery day: \_\_\_\_\_ Total Cost: \$ \_\_\_\_\_

*This menu is valid from June 2024*

<b>MINI MEALS</b>	Roast Lamb & gravy <b>(GF)</b>
	Sausages with gravy <b>(GF)</b>
	Beef Lasagne
	Beef Bourguignon wth mash
	Cottage Pie with veg <b>(GF)</b>
	Curry Sausages with mash
	Beef Stroganoff
	Savoury Beef Mince
	Corned Silverside <b>(GF)</b>
	Steak & Kidney Pie
	Spaghetti Bolognese
	Meat Pie, mash & veg
	Beef & Bacon Casserole <b>(GF)</b>
	Roast Pork & gravy <b>(GF)</b>
	Sweet & Sour Pork with Fried Rice
	Pork & Apple Casserole <b>(GF)</b>
	Apricot Chicken
	Butter Chicken
	Curried Chicken with veg <b>(GF)</b>
	Chicken & Asparagus Mornay <b>(GF)</b>
Hawaiian Chicken <b>(GF)</b>	
Chicken Honey Curry	
Creamy Chicken & Mushroom	
Crumbed Fish, chips & veg	
Curried Prawns	
Tuna Mornay with creamy mash	
Singapore Noodle Stir Fry	
Macaroni Cheese	
Spinach & Fetta Omelette <b>(GF)</b>	
<b>PUREE MEALS</b>	A range of Pureed Meals are available. Please contact your local office for details.

<b>SOUPS</b>	Beef & Vegetable <b>(GF)</b>
	Cauliflower & Bacon <b>(GF)</b>
	Chicken & Vegetable <b>(GF)</b>
	Potato & Leek <b>(GF)</b>
	Minestrone
	Pea & Ham
Pumpkin <b>(GF)</b>	
<b>VEGETABLE MAINS</b>	Yellow Potato Curry <b>(GF)</b>
	Vegetarian Pasta Bake
	Spinach & Ricotta Canneloni
	Vegetarian Cottage Pie <b>(GF)</b>
Macaroni Cheese	
<b>BEEF MAINS</b>	Roast Beef & gravy <b>(GF)</b>
	Beef & Bacon Casserole <b>(GF)</b>
	Corned Silverside <b>(GF)</b>
	Steak & Kidney Pie
	Beef Lasagne
	Beef Stroganoff
	Meatballs in Tomato Sauce
	Bangers & Mash
	Curry Sausages with mashed potato
	Cottage Pie <b>(GF)</b>
	Rissole & gravy
	Spaghetti Bolognese
	Beef Meat Pie with gravy & mash
	<b>CHICKEN MAINS</b>
Mustard Lemon Chicken <b>(GF)</b>	
Chicken Strips with lemon sauce	
Chicken Scallopini with bacon <b>(GF)</b>	
Chicken Schnitzel with gravy	
Mild Curry Chicken	
Apricot Chicken	
Honey Soy Chicken with rice	
Chicken & vege pie	
Chicken Chow Mein	
<b>VEAL</b>	Veal Parmigiana <b>(GF)</b>

<b>LAMB MAINS</b>	Mongolian Lamb
	Roast Lamb with gravy <b>(GF)</b>
	Lamb & Cauliflower Casserole <b>(GF)</b>
	Slow Cooked Lamb Shank with mash <b>(GF)</b>
	Lamb Chops with gravy <b>(GF)</b>
	Lambs Fry & Bacon with gravy & mash
Irish Lamb Stew	
<b>PORK MAINS</b>	Roast Pork & gravy <b>(GF)</b>
	Sweet & Sour Pork
	Zucchini & Bacon Slice
	Pork Meatballs with Mushroom Sauce <b>(GF)</b>
BBQ Pork with Potato gratin <b>(GF)</b>	
<b>SEAFOOD MAINS</b>	Grilled Fish Fillet & white wine cream sauce
	Baked Fish with lemon butter <b>(GF)</b>
	Crumbed Fish with chips & veg
	Tuna Patties with Sweet Chilli Sauce
	Curry prawns with rice <b>(GF)</b>
Tuna Mornay with creamy mash	
<b>DESSERTS</b>	Chocolate Mousse
	Bread & Butter Pudding
	Cream Rice & Apricots <b>(GF)</b>
	Mango Mousse <b>(GF)</b>
	Blueberry Apple Tart with custard
	Sticky Date Pudding
	Cheesecake with Berry Coulis
	Peach & Raspberry Slice with custard
	Carrot Cake
	Tiramisu
	Lime Pie with cream
	Apple Pie & cream
	Apple & Rhubarb Crumble
	Tropical Pavlova <b>(GF)</b>
Apricot Pie	
Lemon Cheesecake	
Stewed Apple & Custard	