



BRUNSWICK VALLEY MEALS ON WHEEL SERVICE INC.

Phone - 02 6685 1498

Phone - 02 6685 0166

Fran Leske

Colleen Rake

MINI MEAL MENU \$5.50 EACH

NAME.....Ph:.....

PLEASE TICK AS MANY CHOICES YOU WISH

ALL MEALS ARE FROZEN

Chicken Mushroom, peas, carrots topped with mash & cheese	GF	
Chicken Casserole, potatoes, honey glazed carrots & peas	GF	
Curried Chicken with basmati rice, carrots, capsicum & beans	GF	
Sweet & Sour Chicken, rice & mixed vegetables	GF	
Chicken Florentine, in spinach cream sauce, potatoes & carrots	GF	
Roast Chicken Mango, roast potato, pumpkin & mixed vegetables	GF	
Honey Soy Chicken on tasty fried rice.	GF	
Beef Casserole with potato, cauliflower, beans & broccoli	GF	
Corned Silverside & Parsley Sauce, mashed potato, cauliflower & broccoli	GF	
Cottage Pie with mashed potatoes topped with cheese	GF	
Beef Pot Roast, mashed potatoes, carrots & peas	GF	
Steak & Kidney Pie with potato, carrots & peas	GF	
Spaghetti Bolognese with zucchini, eggplant & leek		
Beef Stroganoff with basmati rice & vegetables	GF	
Beef Rissoles, potato bake, corn, carrots, beans	GF	
Mince Potato Bake, kale, cauliflower, capsicum, carrot, zucchini, peas	GF	
Roast Pork with Gravy with mashed potato, pumpkin & mixed vegetables	GF	
Roast Lamb with Gravy with roast potato, pumpkin & mixed vegetables	GF	
Lamb Casserole, mashed potato and garden vegetables	GF	
Lamb Curry, basmati rice & vegetables	GF	
Curried Prawns in mild curry sauce, Asian greens & rice	GF	
Barramundi fillet, lemon butter sauce, potatoes & garden vegetables	GF	
FRESH SALADS		
Egg & Cheese Salad	GF	
Ham Salad	GF	
Silverside Salad	GF	
FRESH Raw portioned vegetables ready to cook (a variety pack - \$3.00)		
FRESH Sandwich – specify your filling. (\$3.70)		



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CLIENT FROZEN MAIN MENU

\$7.00 EACH

NAME.....Ph:.....

PLEASE TICK CHOICES FOR THE NUMBER OF MEALS YOU HAVE EACH WEEK
YOU MAY INCLUDE A SECOND CHOICE IF DESIRED

WEEK 1

Roast Pork, apple gravy, mashed pumpkin, cauliflower & broccoli	GF	
Lamb Bourguignon, potato and pumpkin bake, carrots and beans	GF	
Turkey Chicken Stir Fried Mince, rice noodles & Asian vegetables	GF	
Roast Chicken Breast, creamed potatoes, carrots and beans	GF	
Beef Goulash with steamed potatoes and brussels sprouts	GF	
Spaghetti Bolognese with eggplant, leek and zucchini		
Roast Beef, mashed potatoes, roast pumpkin and peas.	GF	
Curried Prawns, mild curry sauce, with a medley of Asian greens & rice	GF	
Barramundi Lemon Butter, basmati rice, carrots, and broccoli	GF	
VEGETARIAN SALADS SANDWICHES		
Spaghetti Veganese with vegan version of bolognese sauce		
Falafel Risotto, falafel balls, and creamy vegetable risotto	GF	
Pumpkin Curry, basmati rice, capsicum broccoli and beans	GF	
Macaroni, apple sauce, caramelized onion, carrots and broccoli		
Ham Salad	GF	
Egg & Cheese Salad	GF	
Silverside Salad	GF	
FRESH Raw portioned vegetables ready to cook (a variety pack - \$3.00)		
FRESH Sandwich – specify your filling. (\$3.70)		



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WEEK 2

Roast Lamb, mint gravy, roast potatoes, baked pumpkin and broccoli	GF	
Lamb Casserole, mashed potatoes, cauliflower and broccoli	GF	
Corned Beef in white sauce, mashed potatoes and cauliflower	GF	
Roast Beef, mashed potatoes, roast pumpkin and peas.	GF	
Chicken Curry, basmati rice, capsicum and green beans	GF	
Sweet & Sour Chicken, steamed rice & mixed vegetables	GF	
Chicken Breast Mango with roast potatoes and mixed vegetables		
Barramundi Lemon Butter, basmati rice, carrots, and broccoli	GF	
Crumbed Fish, oven fries, pumpkin, peas, beans		
VEGETARIAN SALADS SANDWICHES		
Mushroom Casserole. with mashed potato and spinach	GF	
Brown Rice Patties, roast potato, sweet potato, green beans	GF	
Falafel Risotto, falafel balls, and creamy vegetable risotto	GF	
Spaghetti Veganese with vegan version of bolognese sauce		
Ham Salad	GF	
Egg & Cheese Salad	GF	
Silverside Salad	GF	
FRESH Raw portioned vegetables ready to cook (a variety pack - \$3.00)		
FRESH Sandwich – specify your filling. (\$3.70)		



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WEEK 3

Beef Rissoles, potato bake, carrots, corn & beans	GF	
Beef Casserole with mashed potatoes, baked pumpkin & Beans	GF	
Beef Stroganoff with mashed potato, cauliflower, carrots and broccoli	GF	
Pork Sausage, onion gravy, mashed potato, carrots, peas		
Roast Pork, apple gravy, mashed pumpkin, cauliflower & broccoli	GF	
Roast Chicken Breast, creamed potatoes, carrots and beans	GF	
Chicken Casserole with roast potatoes & broccoli	GF	
Curried Prawns, mild curry sauce, with a medley of Asian greens & rice	GF	
Crumbed Fish, oven fries, pumpkin, peas, beans		
VEGETARIAN SALADS SANDWICHES		
Mushroom Casserole. with mashed potato and spinach	GF	
Spaghetti Veganese with vegan version of bolognese sauce		
Falafel Risotto, falafel balls, and creamy vegetable risotto	GF	
Macaroni, apple sauce, caramelized onion, carrots and broccoli		
Ham Salad	GF	
Egg & Cheese Salad	GF	
Silverside Salad	GF	
FRESH Raw portioned vegetables ready to cook (a variety pack - \$3.00)		
FRESH Sandwich – specify your filling. (\$3.70)		



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WEEK 4

BBQ Sausage, pan fried potatoes, baked beans & broccoli	
Cottage Pie with mashed potatoes topped with cheese GF	
Beef Pot Roast with roast potatoes, pumpkin & broccoli GF	
Corned Beef in white sauce, mashed potato and cauliflower GF	
Pork Steak Dianne with creamed potato, cauliflower and cabbage GF	
Roast Lamb, mint gravy, roast potatoes, baked pumpkin and broccoli GF	
Chicken Mushroom with roast potato & green beans GF	
Honey Soy Chicken with sir fried rice and vegetables GF	
Crumbed Fish, oven fries, pumpkin, peas, beans	
VEGETARIAN SALADS SANDWICHES	
Mushroom Casserole. with mashed potato and spinach GF	
Brown Rice Patties, roast potato, sweet potato, green beans GF	
Falafel Risotto, falafel balls, and creamy vegetable risotto GF	
Pumpkin Curry, basmati rice, capsicum broccoli and beans	
Ham Salad GF	
Egg & Cheese Salad GF	
Silverside Salad GF	
FRESH Raw portioned vegetables ready to cook (a variety pack - \$3.00)	
FRESH Sandwich – specify your filling. (\$3.70)	



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CLIENT FROZEN SWEET MENU

\$2.20 EACH

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PLEASE TICK CHOICES FOR THE NUMBER OF SWEETS YOU HAVE EACH WEEK

PLEASE INCLUDE A SECOND CHOICE IF UNAVAILABLE

BREAD & BUTTER PUDDING baked with custard & topped with almonds	
STICKY DATE PUDDING with finely chopped dates with sticky caramel sauce	
FRUIT PAVLOVA with mango, kiwi, strawberries & passionfruit coulis GF	
DOUBLE CHOCOLATE PUDDING	
LEMON CHEESECAKE GF	
TIRAMISU chocolate sponge soaked in espresso syrup layered with orange cheesecake GF	
BERRY CRUMBLE WITH CUSTARD mixed berries with baked crumble GF	
VANILLA TEA CAKE & CUSTARD	
RICE PUDDING with vanilla & cinnamon GF	
CHOCOLATE MOUSSE light & fluffy GF	
APPLE CRUMBLE stewed apple with golden baked crumble GF	
LEMON CHEESECAKE MOUSSE tangy cheesecake mousse GF	



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CLIENT FROZEN SOUP MENU

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PLEASE TICK CHOICES FOR THE NUMBER OF SOUPS YOU HAVE EACH WEEK

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CREAMY CHICKEN & VEGETABLE SOUP	GF	
PUMPKIN SOUP	GF	
PEA & HAM SOUP	GF	
MIESTRONE SOUP		
CHICKEN & CORN SOUP	GF	
CHICKEN NOODLE SOUP		
CREAMY TOMATO SOUP	GF	
BEEF & VEGETABLE BROTH	GF	
CORN & BACON CHOWDER	GF	
POTATO & LEEK SOUP	GF	