

# Meals on Wheels Petite Meals

1 July 2024 - 30 June 2025



northern  
beaches  
council



Meals on Wheels  
Manly

## Provider: Meal Masters

### Beef

- Homemade Beef Lasagne
- Beef Rissole with Gravy
- Beef and Black Bean with Rice
- Spaghetti Bolognaise
- Beef Sausages with Onion Gravy
- Steak and Mushroom Pie

### Chicken

- Lemon Chicken with Rice
- Chicken Parmigiana
- Chicken & Leek Casserole
- Chicken Schnitzel with Gravy
- Chicken and Cheese Pie

### Lamb

- French Lamb Casserole
- Roast Lamb with Mint Gravy
- Lamb and Mint Rissole with Gravy
- Lamb and Rosemary Pie

### Pork

- Singapore Noodles with Pork Mince
- Italian Pork Meatballs/Pasta,Chunky Tomato
- Sweet and Sour Pork with Rice
- Pork Steak with Honey Soy Sauce

### Seafood

- Tuna Pasta Bake
- Homemade Fish Cake with Chunky Tomato
- Crumbed Whiting Fillets

### Vegetarian

- Pumpkin & Mushroom Arancini Balls
- Macaroni Cheese
- Potato and Spinach Pie

## Provider: My Chef

- Roast Pork with Homemade Gravy and Baked Potato (GF)(DF)
- Pork and Apple Casserole with Mashed Potato (GF)
- Sweet and Sour Pork with Steamed Rice (GF)
- Chicken Honey Curry with Steamed Rice (DF)
- Chicken Mornay and Spiral Pasta
- Apricot Chicken with Mashed Potato
- Creamy Chicken and Mushroom Casserole with Cous Cous
- Indian Butter Chicken with Steamed Rice
- Roast Lamb with Homemade Gravy and Baked Potato (GF)(DF)
- Shepherd's Pie (GF)
- Beef Stroganoff with Macaroni
- Beef and Red Wine Casserole with Mashed Potato
- Savoury Beef Mince with Mashed Potato (GF)
- Curry Sausages and Mashed Potato
- Battered Fish Pieces with Baked Potato Wedges
- Curry Prawns with Steamed Rice (DF)
- Tuna Mornay with Mashed Potato
- Roast Chicken with Homemade Gravy & Roast Potato (GF)(DF)
- Beef Lasagne
- Grilled Sausage with Onion Gravy & Creamy Mash

**Key** (GF) Gluten Free / (DF) Dairy Free

## Frozen Soups

- Cream of Tomato
- Country Chicken and Vegetable
- Beef and Barley
- Chicken and Sweet Corn
- Bacon, Lentil and White Bean Soup
- Pea and Ham
- Pumpkin
- Potato and Leek
- Cream of Mushroom

## Frozen Desserts

### Cake

- Creamy Rice with Strawberry Compote
- Black Forest Cheesecake
- Sticky Date Pudding with Caramel Sauce
- Butterscotch Pudding with Custard
- Apple and Sultana Crumble with Custard
- Bread and Butter Pudding
- Chocolate Mud Cake with Custard
- Tiramisu
- Lemon Pudding with Custard
- Golden Syrup Pudding with Custard

### Fruit

- Fruit with Custard (Assorted)
- Jelly with Peaches and Custard
- Puree Mixed Desserts (Assorted)

*Fruit desserts also come with custard and yoghurt.*

### **For more information contact:**

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