

NARRANDERA MEALS ON WHEELS

WINTER 2026- FROZEN MEAL MENU

Name _____ Delivery Date _____

Address _____ Ph _____

Packed By: _____ Invoiced Date _____

Gf - gluten free

df – dairy free

LF – low fat

LS – Low Salt

MAIN MEAL – CHICKEN		PROVIDER		CHSP PRICING
Apricot Chicken	No Added Gluten	NUOVO		\$7.00
Apricot Chicken		LITE N EASY		\$8.00
Butter Chicken		LITE N EASY		\$8.00
Chicken & Asparagus Bake		NUOVO		\$7.00
Chicken and Cashews	No Added Gluten	Lite N Easy		\$8.00
Chicken and Leek Pie		Bathurst		\$7.00
Chicken Casserole with Roast Potato	gf	Gourmet		\$7.00
Chicken Kiev		NUOVO		\$8.00
Chicken Parmigiana		LITE N EASY		\$8.00
Chicken Parmigiana		Gourmet		\$7.00
Chicken Schnitzel & Gravy	LF	NUOVO		\$7.00
Chinese Chicken & Vegetables	gf	Bathurst		\$7.00
Creamy Chicken & Bacon Pasta		Bathurst		\$7.00
Curried Chicken		Gourmet		\$7.00
Honey Chicken Cashews		Bathurst		\$7.00
Honey Soy Chicken	gf	Gourmet		\$7.00
Lemon Chicken Schnitzel		Bathurst		\$7.00
Roast Chicken & Gravy	No Added Gluten	NUOVO		\$7.00
Roast Chicken & Veggies	gf, LS	Bathurst		\$7.00
Roast Chicken with Mushroom Sauce		Lite N Easy		\$8.00
Roast Chicken Breast	gf	Gourmet		\$7.00
Satay Chicken, rice & stirfried vegetables	No Added Gluten	NUOVO		\$8.00
Rosemary Garlic Chicken with Mash Potato		Lite n Easy		\$8.00
Sweet & Sour Chicken with Steamed Rice	gf	Gourmet		\$7.00

MINI MEALS – CHICKEN		PROVIDER		CHSP PRICING
Apricot Chicken	gf, low salt	NUOVO		\$5.50
Butter Chicken	gf	Gourmet		\$5.50
Chicken & Asparagus Bake	Low Potassium, LS	NUOVO		\$5.50
Chicken Schnitzel and Gravy		NUOVO		\$5.50
Honey Soy Chicken (260g)	gf	Gourmet		\$5.50
Mild Curried Chicken	gf			
Roast Chicken Breast	gf	Gourmet		\$5.50
Sweet & Sour Chicken	gf	Gourmet		\$5.50
Fried rice with BBQ Chicken		Lite N Easy		\$6.50

MAIN MEAL – BEEF		PROVIDER		CHSP PRICING
New Beef Pot Roast	gf	Gourmet		\$7.00
BBQ Sausages	gf	Gourmet		\$7.00
Beef Bourguignon		Lite N Easy		\$8.00
Beef Casserole with Mash Potatoes	gf	Gourmet		\$7.00
Beef Lasagne		Lite N Easy		\$8.00
Beef Medallion with garlic prawn sauce		NUOVO		\$8.00
Beef Rissoles with Potato/Sweet Potato Bake		Gourmet		\$7.00
Beef Rissoles in Creamy Mustard Sauce	gf	Gourmet		\$7.00
Beef Stroganoff	gf	Gourmet		\$7.00
Beef Stroganoff		Lite N Easy		\$8.00
Braised Steak & Onion	gf, LS	Bathurst Premium		\$9.00
Corned Beef	gf	Gourmet		\$7.00
Corned Beef and White Sauce		NUOVO		\$7.00
Cottage Pie with Mashed Potato	gf	Gourmet		\$7.00
Curried Sausages		Bathurst		\$7.00
Grilled Sausages Onion Gravy	gf	Bathurst		\$7.00
Lasagne		Bathurst		\$7.00
Meat Pie with mashed potato and Peas		NUOVO		\$7.00
Meatloaf & Gravy		NUOVO		\$7.00
Rissoles with Mash and Gravy		Lite N easy		\$8.00
Roast Beef		Lite N Easy		\$8.00
Roast Beef	gf	Gourmet		\$7.00
Sausages with onion gravy		Lite N Easy		\$8.00
Savoury Mince & Vegetables	gf, LS	Bathurst		\$7.00
Slow Cooked Beef with Pepper Gravy		Lite N Easy		\$8.00
Shepherds Pie		Lite n Easy		\$8.00
Spaghetti Bolognaise		Bathurst		\$7.00
Spaghetti Bolognaise		Lite N Easy		\$8.00
Steak Dianne		Bathurst		\$7.00
New Steak and Bacon Casserole	gf	Gourmet		\$7.00
New Spaghetti Meatballs		Gourmet		\$7.00

MINI MEAL – BEEF		PROVIDER		CHSP PRICING
Beef Casserole	gf	Gourmet		\$5.50
Beef Rissoles	gf	Gourmet		\$5.50
Corned Beef	gf	Gourmet		\$5.50
Corned Beef & White Sauce	No added Gluten	NUOVO		\$5.50
Cottage Pie	gf	Gourmet		\$5.50
Curried Sausages		Bathurst		\$5.50
Grilled Sausages and Onion Gravy	gf	Bathurst		\$5.50
Meatloaf & Gravy		NUOVO		\$5.50
Meat Pie Mash & Veggies		NUOVO		\$5.50
Mince & Potato Bake	gf	Gourmet		\$5.50
Slow Cooked Beef		Gourmet		\$5.50
Spaghetti Bolognese	gf, LS	Bathurst		\$5.50
Steak and Kidney	gf	Gourmet		\$5.50

MAIN MEAL – PORK		PROVIDER		CHSP PRICING
Ham steak, Pineapple glaze, Chat potatoes, Corn and Peas		NUOVO		\$7.00
Honey Pork & Pineapple Casserole	gf, LS	Bathurst		\$7.00
Pork Steak Diane with Creamy Potato	gf	Gourmet		\$7.00
Pork Sausage with Onion Gravy	gf	Gourmet		\$7.00
Pork Scallopini		Lite N Easy		\$8.00
Spaghetti Carbonara		Lite N Easy		\$8.00
Pork Roast	gf	Gourmet		\$7.00
Sweet and Sour Pork	gf	Bathurst		\$7.00

MINI MEAL – PORK		PROVIDER		CHSP PRICING
Ham Steak & Pineapple glaze, Chat potatoes, Corn and Peas		Nuovo		5.50
Pork Roast	gf	Gourmet		\$5.50
Sweet and Sour Pork with rice		Nuovo		\$5.50

MAIN MEAL – LAMB		PROVIDER		CHSP PRICING
Boneless Lamb Shank	No Added Gluten	NUOVO Premium		\$8.00
Braised Lamb Chop with Creamy Gravy	gf	Bathurst Premium		\$8.00
Lamb Pattie and Gravy		NUOVO		\$7.00
Lamb Casserole with Mashed Potato	gf	Gourmet		\$7.00
Lambs Fry and Bacon	gf	Bathurst		\$7.00
Roast Lamb	gf	Gourmet		\$7.00
Roast Lamb		Lite N Easy		\$8.00
Slow Cooked Lamb Shanks	No Added Gluten	Lite N Easy		\$8.00

MINI MEAL – LAMB		PROVIDER		CHSP PRICING
Lamb Casserole (300g)	gf	Gourmet		\$5.50
Lamb Roast (280)	gf	Gourmet		\$5.50
Lamb Pattie with Gravy		Nuovo		\$5.50
Lamb in Red Wine		Bathurst		\$5.50

MAIN MEAL – SEAFOOD		PROVIDER		CHSP PRICING
Barramundi Lemon Butter	gf	Gourmet		\$7.00
Cheesy Tuna Bake	LS	Bathurst		\$7.00
New Crumbed Fish/tartare sauce with Wedges		Nuovo		\$7.00
Curried Prawns	gf	Gourmet		\$7.00
Fisherman's Basket		NUOVO PREMIUM		\$8.00
Garlic Prawns	gf	Gourmet		\$7.00
Parmesan Crusted Fish		Lite N Easy		\$9.20
Salmon & Vegetable Patties	LS	Bathurst		\$7.00
Spaghetti with Creamy Garlic Prawns		Lite N Easy		\$8.00
Tasmanian Salmon with White Wine Sauce		Lite N Easy		\$8.00
Tuna Mornay		Lite N Easy		\$8.00
Whiting and Wedges		Gourmet		\$7.00

MINI MEAL – SEAFOOD		PROVIDER		CHSP PRICING
Barramundi with Lemon Butter	gf	Gourmet		\$5.50
Curried Prawn	gf	Gourmet		\$5.50
Garlic Prawns (250g)	gf	Gourmet		\$5.50
Crumbed Fish with potato Bake		Bathurst		\$5.50

MEAL – VEGETARIAN /OTHER		PROVIDER		CHSP PRICING
Assorted Pureed Meals		Gourmet		\$7.00
Brown Rice Vegetable Patties with Roast Potato	gf	Gourmet		\$7.00
New Creamy Pesto Pasta		Gourmet		\$7.00
Crumbed Vegetable Patties		Bathurst		\$7.00
Mushroom Casserole		Gourmet		\$7.00
Pumpkin, Fetta and Spinach Frittata		Bathurst		\$7.00
Spaghetti Veganaise		Gourmet		\$7.00
Special Fried Rice		Lite N Easy		\$8.00
Vegetable Quiche	LS	Bathurst		\$7.00
Vegetarian Parmi		Gourmet		\$7.00
Vegetable Quiche		Bathurst		\$7.00
New Vegetarian Sausage		Nuovo		\$7.00
New Hokkien Noodle and Vegetable Stirfry		Nuovo		\$7.00

MINI MEAL – OTHER		PROVIDER		CHSP PRICING
Vegetable Mornay	gf	Gourmet		\$5.50
New Pumpkin Ravioli, Creamy Tomato and Vegetable Sauce		Nuovo		\$5.50

SOUP		PROVIDER		CHSP PRICING
Beef & Vegetable Soup	gf	Gourmet		\$3.00
Chicken & Corn	gf	Gourmet		\$3.00
Chicken Noodle		Gourmet		\$3.00
Corn & Bacon Chowder	gf	Gourmet		\$3.00
Creamy Chicken & Vegetable	gf	Gourmet		\$3.00
Pea & Ham	gf	Gourmet		\$3.00
Potato & Leek	gf	Gourmet		\$3.00
Pumpkin	gf	Gourmet		\$3.00
Minestrone		Gourmet		\$3.00
Tomato Soup	gf	Gourmet		\$3.00

DESSERTS		PROVIDER		CHSP PRICING
Apple & Cinnamon Crumble		Lite & Easy		\$3.50
Apple and Rhubarb brown betty and custard		Bathurst		\$3.50
Apple Crumble	gf	Gourmet		\$3.50
Apple pie and cream		Bathurst		\$3.50
Apricot Crumble and Custard		Bathurst		\$3.50
Apricot Pudding		Lite & Easy		\$3.50
Berry Crumble & Custard	gf	Gourmet		\$3.50
Berry Cheesecake (Seasonal product – While stocks last)		Gourmet		\$3.50
Bread and Butter Pudding with Peaches		Bathurst		\$3.50
Bread & Butter Pudding with Toasted Almonds		Gourmet		\$3.50
Caramel Custard Tart		Bathurst		\$3.50
Caramel Slice		Nuovo		\$3.50
Chocolate Bavarian Pie		Bathurst		\$3.50
Chocolate Mousse		Gourmet		\$3.50
Creamy Rice with Rhubarb		Bathurst		\$3.50
Double Chocolate Pudding		Gourmet		\$3.50
Fruit Pavlova		Gourmet		\$3.50
Fruit trifle and Cream		Bathurst		\$3.50
Golden Syrup Pudding		Bathurst		\$3.50
Lemon Cheesecake	gf	Gourmet		\$3.50
Lemon Cheesecake Mousse	gf	Gourmet		\$3.50
Lemon Meringue Pie & Cream		Bathurst		\$3.50
Lemon Sponge with Custard		Lite & Easy		\$3.50
Rice Pudding infused with Vanilla Cinnamon	gf	Gourmet		\$3.50
Sticky Date Pudding with Dates & Caramel Sauce		Gourmet		\$3.50
Strawberry Cheesecake		Gourmet		\$3.50
Tiramisu	gf	Gourmet		\$3.50