



**Meals on Wheels**  
Narrandera

# **NEWSLETTER** Winter 2026

**Address:** 4 Victoria Square, Narrandera, NSW 2700

**Email:** [ndramealsonwheels@bigpond.com.au](mailto:ndramealsonwheels@bigpond.com.au)

**Telephone:** 02 6959 4499

**Office Hours:** 9:00am 3:00pm Monday to Friday

**NARRANDERA MEALS ON WHEELS MORE THAN A MEAL NARRANDERA MEALS ON WHEELS**



**SEASONAL NEWSLETTER ITEMS OF INTEREST PUZZLES & THINGS TO DO**





## Welcome to our Winter Newsletter 2026

With the cooler weather starting, our new winter menu will have soups as an option plus lots of other appetising winter meals.

The Federal Budget was released on 12 May and, at first glance, there does not appear to be any new information regarding the CHSP program. At this stage, CHSP is not expected to transition to the Support at Home Program before 1 July 2027 at the earliest. However, rest assured NSW Meals On Wheels Association is advocating that the Commonwealth Home Support Programs remains.

We are also pleased to share that between 1 March 2026 and 13 May 2026, we delivered an impressive 20,500 meal items to our community. This includes hot / chilled and frozen meals to our clients plus other services.

In addition, we are excited to announce a new service, offering – freshly cooked chilled meals, now being delivered to Leeton every Tuesday and Friday.

Volunteer week is celebrated in May, and I would like to take this opportunity to personally thank all of our volunteers. Your kindness in not only delivering a meal to our clients, but also checking on their wellbeing is appreciated.

We would love for more volunteers to join our team, and word of mouth is the best advertising. If you know of anyone interested in volunteering, please ask them to give us a call. We would love to hear from them.

The Team - Narrandera Meals on Wheels



### **FEEDBACK: Compliments, Complaints, Suggestions.**

We encourage all clients to give feedback for:

**COMPLAINTS** so we can improve our service.

**COMPLIMENTS** so we know we're providing you with the best service!

**SUGGESTIONS** so we can implement new ideas to our service.

Please express your feedback by phone, in writing or by calling into our office.

**THANK YOU!**

Phone: **02 6959 4499**

Email: [ndramealsonwheels@bigpond.com.au](mailto:ndramealsonwheels@bigpond.com.au)

**4 Victoria Square, Narrandera NSW 2700**

# **We would love to hear from you.**

## CONTENTS

2	WELCOME – FEEDBACK, COMPLEMENTS, COMPLAINTS & SUGGESTIONS
3	CONTENTS / MEETING DATES
4	UPCOMING LADIES LUNCH / SCONVERSATIONS – WOW what a day.
5	SERIOUS MEN'S BUSINESS – Upcoming Men's Luncheon
6	<b>NEW</b> – Leeton Cooked Chill delivered meals Service
7	VOLUNTEER – Shirley Longford
8	KING'S BIRTHDAY – Public Holiday / Joint Pain
9	Sunday Lunch Sorted 
10 - 12	WINTER HOT MEAL MENU / Stay Hydrated
13	WINTER WORD SEARCH
14 -17	WINTER – Frozen Meal Menu
18	PLEASE HELP US - Feedback, Comments & Suggestions

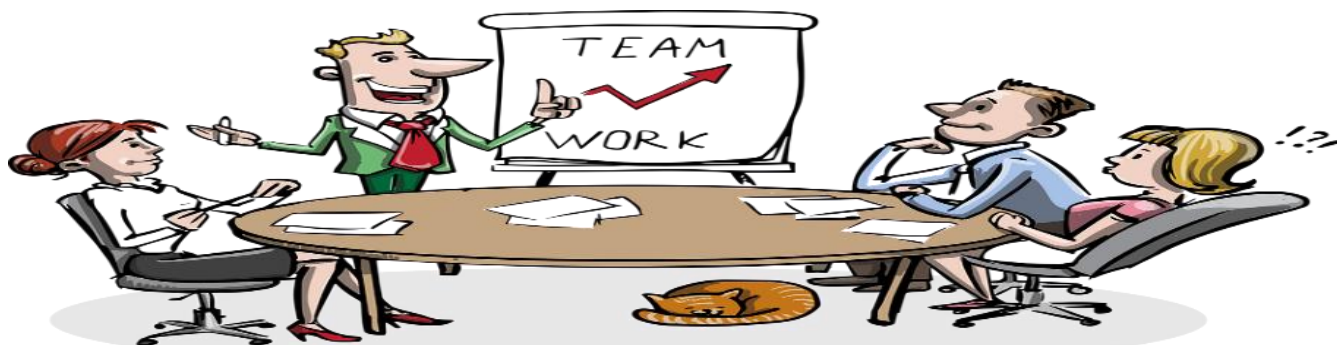
# PLEASE JOIN US .....

## Narrandera Meals on Wheels – Meeting Dates

Tuesday 7<sup>th</sup> July 2026

Tuesday 1<sup>st</sup> Sept 2026

Tuesday 3<sup>rd</sup> November 2026 (AGM)



*Come and join us for some Food & Laughter...*  
**LADIES LUNCHEON**



- WHEN** Thursday 6<sup>th</sup> August 2026
- WHERE** Venue to be decided
- TIME** 11:30am
- COST** \$10 per person
- RSVP (Essential)** July 30<sup>th</sup> August 2026 (for catering purposes)
- 

**Come and join us for our next  
SCONVERSATIONS DAY  
20<sup>th</sup> October 2026 -SAVE THE DATE.....**



**SERIOUS MEN'S BUSINESS** *come and join us...*



## **MEN'S LUNCHEON**

**WHEN** Thursday 17<sup>th</sup> September 2026

**TIME** 11:30am

**WHERE** Venue to be decided

**COST** \$10 per person

**RSVP (Essential)** Thursday 10<sup>th</sup> September 2026 (for catering purposes)



*Lots of stories shared at our men's luncheon.  
COME and JOIN us at our next luncheon.*

# NEW LEETON SERVICE - CHILLED FRESH COOKED MEALS

Delivered every **Tuesday & Friday**. (For CHSP clients)



## \*\*\*TUESDAY

POTATO & LEEK SOUP OR  
HAM CHEESE PICKLE SANDWICH OR  
CHICKEN KIEV OR  
PORK SCHNITZEL WITH APPLE AND GRAVY

**DESSERT - APPLE CRUMBLE AND CUSTARD**

## \*\*\* TUESDAY

TOMATO & PESTO SOUP OR  
HAM & TOMATO MUSTARD SANDWICH OR  
LASAGNE OR  
PORK STEAK IN PLUM SAUCE

**DESSERT – APPLE CRUMBLE AND CREAM**

## \*\*\*TUESDAY

CREAM OF CAULIFLOWER SOUP OR  
QUICHE LORRAINE OR  
MILD CURRIED CHICKEN OR  
MEATLOAF & GRAVY

## DESSERT

APPLE CRUMBLE & CUSTARD

## \*\*\*TUESDAY

TOMATO AND CHEESY TOP SOUP OR  
CURRIED EGG & LETTUCE SANDWICH OR  
ZUCCHINI AND BACON SLICE OR  
BEEF RISSOLES IN TOMATO ONION GRAVY

## DESSERT

APPLE CRUMBLE & CUSTARD

## WEEK 1

### \*\*\*FRIDAY

CHICKEN STOCKPOT SOUP OR  
EGG & LETTUCE SANDWICH OR  
IRISH LAMB STEW OR  
BEEF RISSOLES IN GRAVY

**DESSERT - GOLDEN SYRUP BAKED CUSTARD**

## WEEK 2

### \*\*\*FRIDAY

HEARTY BEEF & VEGETABLE SOUP OR  
MINI QUICHE OR  
CREAMY CHICKEN PESTO PASTA BAKE OR  
GRILLED BEEF SAUSAGES IN ONION GRAVY

**DESSERT – RICE CREAM & FRUIT COMPOT**

## WEEK 3

### \*\*\*FRIDAY

CHICKEN NOODLE SOUP OR  
MEAT \* PICKLE SANDWICH OR  
ZUCCHINI AND BACON SLICE OR  
BRAISED STEAK IN GRAY

## DESSERT

GOLDEN SYRUP PUDDING & RICE CREAM

## WEEK 4

### \*\*\*FRIDAY

CAULIFLOWER AND BACON SOUP OR  
HAM & SALAD SANDWICH OR  
LAMBS FRY & BACON OR  
CHICKEN & VEGETABLE CASSEROLE

## DESSERT

FRUIT PUDDING WITH CUSTARD

# Shirley Longford with Joe Winnell



Shirley has been a valued volunteer with Narrandera Meals on Wheels for the past six years, generously giving her time to support the local community. A lifelong resident of Narrandera, Shirley is the proud mother of three children and enjoys spending time with her seven grandchildren and four great-grandchildren.

A truly dedicated volunteer, Shirley not only fulfills her regular delivery roster but is also known for stepping in at short notice whenever extra help is needed. Her reliability and willingness to go above and beyond make her an invaluable part of the team.

Having previously volunteered with Meals on Wheels years ago, Shirley decided to return to support her local community once again. She values the opportunity to stay active and connected, and her commitment reflects her strong community spirit.

For Shirley, the most rewarding part of volunteering is the joy she brings to others—especially seeing the smiles on clients' faces when she arrives with their meals. She also cherishes the social events where volunteers and clients come together to share good food and great company, strengthening the sense of community she holds dear.



[123FreeVectors.com](https://www.123FreeVectors.com)

# King's Birthday Public Holiday

Monday 10<sup>th</sup> June 2024



The King's Birthday is a PUBLIC HOLIDAY celebrated on the second Monday of June; this long weekend holiday is the celebration of the reigning monarch.

**YES OUR OFFICE WILL BE CLOSED**  
**MONDAY 8<sup>th</sup> June 2024**

---

## Joint Pain



Joint pain is a common problem for seniors during the winter season. The cold weather can aggravate existing joint problems and make it difficult to get around. There are several things that you can do to help ease joint pain, including the following:

- **Exercise regularly:** Exercise can help to strengthen the muscles around the joints and increase flexibility.
- **Apply heat or cold:** Applying a hot or cold compress to the affected area can help reduce pain and inflammation.
- **Take over-the-counter medication:** Over-the-counter medications such as ibuprofen or acetaminophen can help to relieve pain.



## SUNDAY LUNCH SORTED.....



Narrandera Meals on Wheels are partnering with **CAFÉ ON ADAMS** offering our clients a DINE IN or TAKE AWAY voucher for a **SUNDAY ROAST.**

There will be a choice of 2 roasts every Sunday.

Vouchers to be purchased from the Meals on Wheels office and redeemed at

## CAFÉ ON ADAMS.

## CHSP Cost \$9.50 per roast.

# Narrandera Meals on Wheels

## WINTER MENU 2026

**\$8.00** per meal

**NOTE:** further discounts may apply for Home Care Package / NDIS Clients, please enquire when ordering.

All meals served with seasonal vegetables / All soups served with bread rolls.



### Week 1

<b>Monday</b>	Potato & Leek Soup <b>OR</b> Ham, Cheese, Pickle Sandwich	<b>OR</b> Chicken Kiev with vegs	<b>OR</b> Pork Schnitzels with Apple & Gravy	<b>DESSERT</b> Apple Crumble and Custard
<b>Tuesday</b>	Tomato & Basil Soup <b>OR</b> Quiche of the day	<b>OR</b> Cottage Pie & Veg	<b>OR</b> Salmon Patties with White Sauce	<b>DESSERT</b> Bread & Butter Pudding
<b>Wednesday</b>	Pea & Ham Soup <b>OR</b> Meat & Salad Sandwich	<b>OR</b> Mild Curried Beef Sausages	<b>OR</b> Steak & Kidney Casserole	<b>DESSERT</b> Caramel Biscuit Slice with fresh Cream
<b>Thursday</b>	Chicken Stockpot Soup <b>OR</b> Egg & Lettuce Sandwich	<b>OR</b> Irish Lamb Stew	<b>OR</b> Beef Rissoles in Gravy	<b>DESSERT</b> Golden Syrup Baked Custard
<b>Friday</b>	Pumpkin Soup <b>OR</b> Salad Roll	<b>OR</b> Roast Beef & Gravy	<b>OR</b> Battered Fish	<b>DESSERT</b> Lemon Curd Pavlova / Cream

Please Turn Over for Week 2, 3 & 4

## Week 2

<b>Monday</b>	Tomato & Pesto Soup <b>OR</b> Ham & Tomato Mustard Sandwich	<b>OR</b> Lasagne	<b>OR</b> Pork Steak in Plum Sauce	<b>DESSERT</b> Apple Crumble and Cream
<b>Tuesday</b>	Tomato & Bacon Soup <b>OR</b> Curried Egg & Lettuce Sandwich	<b>OR</b> Apricot Chicken	<b>OR</b> Corned Beef with White Sauce	<b>DESSERT</b> Cinnamon Baked Pear Pudding with Custard
<b>Wednesday</b>	Pea & Ham Soup <b>OR</b> Chicken & Salad Roll	<b>OR</b> Tender Beef Stroganoff	<b>OR</b> Lambs Fry & Bacon	<b>DESSERT</b> Jelly Cheesecake & Cream
<b>Thursday</b>	Hearty Beef Soup <b>OR</b> Mini Quiche	<b>OR</b> Creamy Chicken Pesto Pasta Bake	<b>OR</b> Grilled Beef Sausages in Onion Gravy	<b>DESSERT</b> Rice Cream & Fruit Compot
<b>Friday</b>	Pumpkin Soup <b>OR</b> Lettuce, Cheese & Tomato Sandwich	<b>OR</b> Roast Beef & Gravy	<b>OR</b> Crumbed Fish	<b>DESSERT</b> Lemon Curd Waffle & Cream

## Week 3

<b>Monday</b>	Cream of Cauliflower Soup <b>OR</b> Quiche Lorraine	<b>OR</b> Mild Curried Chicken	<b>OR</b> Meatloaf with Gravy	<b>DESSERT</b> Apple Crumble and Custard
<b>Tuesday</b>	Beef & Vegetable Soup <b>OR</b> Mini Bacon & Egg Pie	<b>OR</b> Chicken Schnitzel with Gravy	<b>OR</b> Pickled Pork with White Sauce	<b>DESSERT</b> Vanilla Self Saucing Pudding with Custard
<b>Wednesday</b>	Pea & Ham Soup <b>OR</b> Meat & Salad Sandwich	<b>OR</b> Chicken & Leek Parcels	<b>OR</b> Steak & Kidney Casserole	<b>DESSERT</b> Jelly Slice with Cream
<b>Thursday</b>	Chicken Noodle Soup <b>OR</b> Meat & Pickle Sandwich	<b>OR</b> Marinated Chicken Drumsticks	<b>OR</b> Braised Steak in Gravy	<b>DESSERT</b> Golden Syrup Pudding and Rice Cream
<b>Friday</b>	Pumpkin Soup <b>OR</b> Chicken & Mayo Sandwich	<b>OR</b> Roast Chicken and Gravy	<b>OR</b> Grilled Lemon Pepper Barramundi	<b>DESSERT</b> Sticky Date & Caramel Pudding

Please Turn Over for Week 4

## Week 4

<b>Monday</b>	Tomato & Cheesy Top Soup <b>OR</b> Curried Egg & Lettuce Sandwich	<b>OR</b> Zucchini & Bacon Slice	<b>OR</b> Beef Rissoles in Tomato & Onion Gravy	<b>DESSERT</b> Apple Crumble and Custard
<b>Tuesday</b>	Chicken & Sweet Corn Soup <b>OR</b> Mini Quiche	<b>OR</b> Mongolian Beef Stir Fry	<b>OR</b> Pork Steak with Honey Mustard Sauce	<b>DESSERT</b> Bread & Butter Pudding
<b>Wednesday</b>	Pea & Ham Soup <b>OR</b> Chicken, Cheese & Mayo Sandwich	<b>OR</b> Chicken Schnitzel with Gravy	<b>OR</b> Ham Steak with Grilled Pineapple	<b>DESSERT</b> Jelly Fruit Custard & Cream
<b>Thursday</b>	Cauliflower & Bacon Soup <b>OR</b> Ham & Salad Sandwich	<b>OR</b> Lambs Fry & Bacon	<b>OR</b> Chicken & Vegetable Casserole	<b>DESSERT</b> Fruit Pudding with Custard
<b>Friday</b>	Cream of Pumpkin Soup <b>OR</b> Meat & Cheese Sandwich	<b>OR</b> Roast Pork with Apple & Gravy	<b>OR</b> Battered Fish with Crumbed Prawn Combo	<b>DESSERT</b> Self-Saucing Pudding

# Stay hydrated



Dehydration is a common danger for seniors during the winter months. The cold weather and dry air can cause us to lose more fluids than normal, which can lead to dehydration. When we are dehydrated, our bodies are not able to function properly, and we are at risk for several health problems, including kidney stones, urinary tract infections, and constipation. The symptoms of dehydration include thirst, dizziness, light-headedness, confusion, and decreased urination.

Here's how you can stay hydrated even in the winter:

- Drink plenty of fluids, even if you don't feel thirsty. Water is the best choice, but you can also drink fruit juices and soups to get your daily dose of fluids.
- It is also important to moderate the intake of alcohol and caffeine, as they can dehydrate you.
- If you think you are dehydrated, seek medical attention immediately.



## Winter Wordsearch

Q W H O P T E K N A L B S F L W N A S T O O B G  
 F O R H F M L R E I N D E E R F T K H E U Z L A  
 K N L D M I T T E N S Q P S T V U K S Z A H X Q  
 G D F I R E W O O D A X A W K R W K Z E X L P U  
 D S N O W S T O R M K G Q N Z C I K H E T D J I  
 U S F O X V J K H L L E G L O U O P Y N W A A L  
 Y U I W I N T E R O Z N E O J Q I S O S N A L T  
 M D N I W O J N V I Q O F T B R B D X U B D R Q  
 L O Z Z K L X E X G F C S O K O Q P A R G C G M  
 H E G I L E S A N O K E K U O Y T R S E L Z L O  
 S A V W U S G H W N M N A J R B Y L Q T O F I H  
 U A T O T M H X G G R I T D E L S C K A E H C J  
 L J D K H P I I N G L P E K B P K A Z L V K I C  
 S C A F N S H G V E G Y B E Q T Z Y B O Z N C X  
 U R E H D X Z A Z E V H S W E A T E R C L E L S  
 O K R C M F R O S T R L G O N E W Z L O E E E N  
 H D B P C A F V S K R J O F A M W X S H N R R O  
 X K R Y S L O U B W H F K S M P S N X C N G B W  
 R F E A T H I S C A R F A L W G S J K T A R S F  
 F X G V Z E A R M U F F S E O N H V C O L E C L  
 J K N T R Z K J D J N U J E N T Q Y K H F V H A  
 T C I B R C I C A Z D U D T S L E A J N A E S K  
 J Y G L S M K L A V J F E B R U A R Y H U A D E  
 M V N P B Z P H B J K N Q K F L U R R I E S P K

- |              |             |           |           |           |          |
|--------------|-------------|-----------|-----------|-----------|----------|
| hotchocolate | gingerbread | snowstorm | snowflake | evergreen | toboggan |
| reindeer     | pinecone    | flurries  | firewood  | february  | earmuffs |
| blizzard     | blanket     | sweater   | snowman   | mittens   | january  |
| flannel      | winter      | shovel    | sneeze    | shiver    | jacket   |
| icicle       | gloves      | eggnog    | socks     | slush     | sleet    |
| skate        | scarf       | quilt     | frost     | boots     | wind     |
| sled         | ski         |           |           |           |          |



## 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 <span style="float: right;">No Added Gluten</span>	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 <span style="float: right;">No Added Gluten</span>	Lite N Easy	\$8.00
Chicken and Leek Pie	Bathurst	\$7.00
Chicken Casserole with Roast Potato <span style="float: right;">gf</span>	Gourmet	\$7.00
Chicken Kiev	NUOVO	\$8.00
Chicken Parmigiana	LITE N EASY	\$8.00
Chicken Parmigiana	Gourmet	\$7.00
Chicken Schnitzel & Gravy <span style="float: right;">LF</span>	NUOVO	\$7.00
Chinese Chicken & Vegetables <span style="float: right;">gf</span>	Bathurst	\$7.00
Creamy Chicken & Bacon Pasta	Bathurst	\$7.00
Curried Chicken	Gourmet	\$7.00
Honey Chicken Cashews	Bathurst	\$7.00
Honey Soy Chicken <span style="float: right;">gf</span>	Gourmet	\$7.00
Lemon Chicken Schnitzel	Bathurst	\$7.00
Roast Chicken & Gravy <span style="float: right;">No Added Gluten</span>	NUOVO	\$7.00
Roast Chicken & Veggies <span style="float: right;">gf, LS</span>	Bathurst	\$7.00
Roast Chicken with Mushroom Sauce	Lite N Easy	\$8.00
Roast Chicken Breast <span style="float: right;">gf</span>	Gourmet	\$7.00
Satay Chicken, rice & stirfried vegetables <span style="float: right;">No Added Gluten</span>	NUOVO	\$8.00
Rosemary Garlic Chicken with Mash Potato	Lite n Easy	\$8.00
Sweet & Sour Chicken with Steamed Rice <span style="float: right;">gf</span>	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
<b>New</b> 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 Bolognese		Bathurst	\$7.00
Spaghetti Bolognese		Lite N Easy	\$8.00
Steak Dianne		Bathurst	\$7.00
<b>New</b> Steak and Bacon Casserole	gf	Gourmet	\$7.00
<b>New</b> Spaghetti Meatballs		Gourmet	\$7.00



<b>MINI MEAL – BEEF</b>		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

<b>MAIN MEAL – PORK</b>		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

<b>MINI MEAL – PORK</b>		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

<b>MAIN MEAL – LAMB</b>		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
<b>New</b> 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
<b>New</b> 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
<b>New</b> Vegetarian Sausage		Nuovo	\$7.00
<b>New</b> Hokkien Noodle and Vegetable Stirfry		Nuovo	\$7.00

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



<b>SOUP</b>		<b>PROVIDER</b>	<b>CHSP PRICING</b>
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

<b>DESSERTS</b>		<b>PROVIDER</b>	<b>CHSP PRICING</b>
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



**Meals on Wheels**  
Narrandera



Have a great day 😊

# WE VALUE YOUR FEEDBACK, COMMENTS AND SUGGESTIONS

*Narrandera Meals on Wheels Inc.*

tell us what you think

We value your comments and suggestions for improving our service so please tell us what you think and give this form to any Narrandera Meals on Wheels Inc. staff member, place in the Suggestion Box at the office or email response to [ndramealsonwheels@bigpond.com.au](mailto:ndramealsonwheels@bigpond.com.au)

---

---

---

---

---

Are you a –

- Service User / Client
- Volunteer
- Family member/representative
- Staff member
- Staff member on behalf of a service user
- Other

Name (optional):

Date:

