

NEWSLETTER SPRING 2026

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



SEASONAL NEWSLETTER ITEMS OF INTEREST PUZZLES & THINGS TO DO

**More
than just
a meal**



Welcome to the **SPRING** Newsletter 2026

Welcome to Our Spring Newsletter

As we welcome spring, we look forward to warmer weather and the opportunity to get outdoors, enjoy the sunshine, and reconnect with our community.

The arrival of the new season is also reflected in our menu, with cold meat and salad now available.

National Meals on Wheels Day will be celebrated on Wednesday, 26 August, recognising the vital contribution of staff and the tens of thousands of volunteers who support Meals on Wheels services across Australia.

Meals on Wheels provides much more than a nutritious meal. Our deliveries also provide valuable social connection, companionship, and wellbeing checks for older people and those who may be vulnerable or living independently.

The day highlights the importance of Meals on Wheels by:

1. Recognising the dedication of local volunteers and community-based services.
2. Highlighting that meal deliveries provide essential wellbeing and safety checks.
3. Helping to reduce loneliness and social isolation among older Australians.
4. Promoting community support and encouraging ongoing volunteering.

We would like to take this opportunity to thank all of our wonderful volunteers and staff for their continued dedication and commitment to supporting our community.

We are pleased to announce a change to our Dine-In/Take-Away Voucher system.

A \$10.00 (CHSP Pricing) voucher can now be purchased through the Meals on Wheels office and redeemed at a selection of participating cafés for meals valued at up to \$15.00.

This is a great opportunity to enjoy a meal out while supporting local cafés and staying connected with our community.

We are excited to announce that our new website is now live.

You can visit our website to access our latest menus, newsletters, and other information about our Meals on Wheels services.

We encourage everyone to take a look and keep up to date with what is happening at Meals on Wheels.

As we move into spring, we look forward to another season of connection, friendship and community. Thank you to our clients, volunteers, staff and supporters for being such an important part of Meals on Wheels.

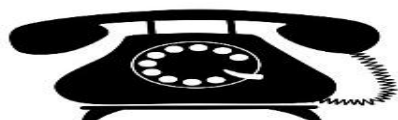
Wishing everyone a happy, healthy and enjoyable spring. We look forward to continuing to support our community and sharing many more meals and moments together in the months ahead.

Warm regards,

The Meals on Wheels Team

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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

4 Victoria Square, Narrandera NSW 2700

We would love to hear from you.

8 Hours Work / 8 Hours Rest / 8 Hours Play

Labour Day is an annual holiday celebrated in Australia resulting from efforts of the Labour Union Movement, to celebrate the economic and social achievements of workers. Around Australia the different states celebrate the day on a number of significant public holiday dates.

New South Wales celebrates this public holiday in October each year.



OUR OFFICE WILL BE CLOSED

MONDAY 5th October 2026

Narrandera Meals on Wheels will **NOT** be delivering
HOT MEALS on the PUBLIC HOLIDAY - **MONDAY 5.10.25**



NEW WEBSITE



Narrandera Meals on Wheels have a **NEW WEBSITE** narranderamealsonwheels.com.au

From our new website you will be able to access
current menu's, newsletters and much more. **HAVE A LOOK TODAY.**

Reminder Daylight Savings Starts

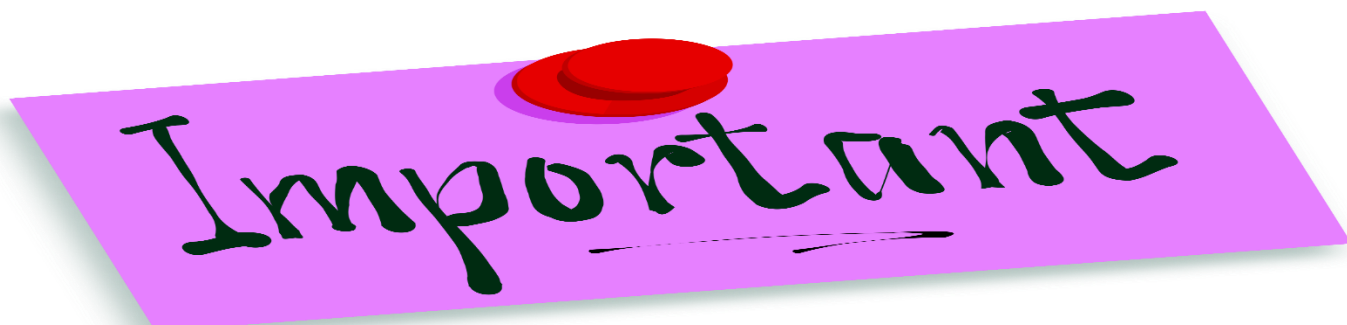


Sunday 4th October 2026

Don't forget to wind back your clocks and watches Sunday the 5th October 2025. It is officially the start of Daylight Savings.

NARRANDERA MEALS ON WHEELS NEW PRICE LIST

EFFECTIVE 1st September 2026



CHSP PRICING

Hot / Cold Daily Delivered Meal	\$8.00 per meal
DINE IN VOUCHER	\$10.00 per voucher
Frozen meal - Premium	\$9.00 per meal
Frozen meal – Lite “n” Easy – My Choice	\$8.00 per meal
Frozen meal – Lite “n” Easy – Value meal	\$6.50 per meal
Frozen meal -Main	\$7.00 per meal
Frozen meal - Mini	\$5.50 per meal
Frozen Sweets	\$3.50 per sweet
Frozen Sweets – Lite “n” Easy – My Choice	\$3.70 per sweet
Frozen soups	\$3.00 per soup
Frozen soups – Lite “n” Easy – My Choice	\$4.50 per soup

HOME CARE PACKAGE AND NDIS PRICING

TOTAL PRICE	CLIENT PAYMENT	PACKAGE PAYMENT	
\$17.00	\$5.10	\$11.90	Hot/cold daily delivered meal
\$15.00	\$4.50	\$10.50	Dine in / Take away Voucher (Early Opener)
\$19.00	\$5.70	\$13.30	Dine in / Take away vouchers (Hall's cuisine,
Outdo Brew, 26 on Bolton and Narrandera Bowling Club)			
\$12.00	\$3.60	\$8.40	Frozen main meal
\$14.00	\$4.20	\$9.80	Frozen premium meal
\$13.20	\$3.95	\$9.25	Frozen Lite “n” Easy –
			My Choice Meal
\$10.00	\$3.00	\$7.00	Frozen Lite “n” Easy – Value meal
\$7.50	\$2.25	\$5.25	Frozen Soup – Lite n Easy (My Choice meal)
\$10.50	\$3.15	\$7.35	Frozen mini meal
\$5.00	\$1.50	\$3.50	Frozen soup
\$6.00	\$1.80	\$4.20	Frozen sweet
\$5.70	\$1.70	\$4.00	Frozen sweet – Lite “n” Easy –
			My Choice meal
Care Management		\$99.00 per hour (pro rata)	– charged if additional work is performed
e.g. re- delivering a meal due to client not being home, assisting with additional duties in regard to organising meal requirements.			

Centre based luncheon \$10.00 \$20.00

‘sconversations’



Come and join us_ Scone, Tea or Coffee and a Chat
Only \$4.00

Tuesday 20th Oct 10:00am, The Community Centre, 4 Victoria Square

All Welcome including Clients & Volunteers

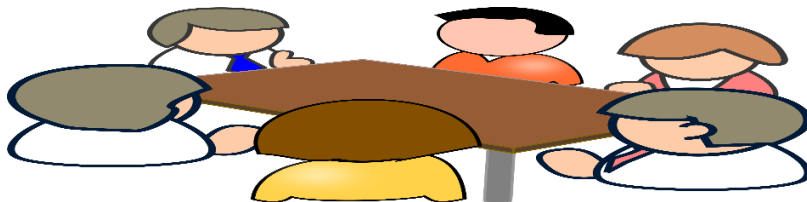
PLEASE JOIN US

Narrandera Meals on Wheels – Meeting Dates

- **Tuesday 1st Sept 2026 CANCELLED**
- **Tue 3rd Nov 2026 (Volunteer Engagement & AGM)**

Suite 3-4 Victoria Square The Community Centre

10:00am A light lunch will be provided.



Come and join us for some Food & Laughter...



MEN'S LUNCHEON

WHEN Tuesday 17th September 2026 **TIME** 11:30am

WHERE 26 On Bolton Street

COST \$10.00 per person

RSVP (Essential) 10TH September 2026 (for catering purposes)



SAVE THE DATES

CHRISTMAS PARTY – Thursday 3rd December 2026



LADIES LUNCHEON – Thursday 18th February 2026



NOTE – CHANGES TO OUR VOUCHER SYSTEM



DINE IN / TAKE AWAY

MEAL VOUCHERS

EACH VOUCHER COST \$10.00 per voucher (CHSP Pricing)
Redeemable to the value of \$15.00 at the following outlets.....

HALL'S CUISINE and COLLECTABLES

26 On BOLTON

NARRANDERA BOWLING CLUB

OUTDO BREW

PURCHASE YOUR VOUCHERS TODAY...

Narrandera Meals on Wheels

SPRING HOT 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

MONDAY

1. HEARTY BEEF SOUP WITH BERRY CREAM PAVLOVA
2. COLD MEAT OF THE DAY WITH SALAD
3. CRUMBED LEMON FISH
4. CHICKEN KIEV

TUESDAY

1. PUMPKIN SOUP WITH WHITE CHOCOLATE MOUSSE
2. COLD MEAT OF THE DAY WITH SALAD
3. BACON AND EGG PIE
4. CRUMBED TENDER STEAK WITH GRAVY

WEDNESDAY

1. MINSTRONE SOUP WITH POACHED CINNAMON PEARS AND CUSTARD
2. COLD MEAT OF THE DAY WITH SALAD
3. RISSOLES IN TOMATO GRAVY
4. TUNA MACARONI CHEESE BAKE

THURSDAY

1. CHICKEN NOODLE SOUP WITH CARAMEL APPLE CRUMBLE
2. COLD MEAT OF THE DAY WITH SALAD
3. CORNER BEEF WITH WHITE SAUCE
4. HAM STEAK WITH GRILLED PINEAPPLE

FRIDAY

1. CORN AND BACON CHOWDER SOUP WITH RICE PUDDING, BERRIES, AND CUSTARD
2. COLD MEAT OF THE DAY WITH SALAD
3. BATTERED FISH
4. ROAST PORK WITH APPLE SAUCE AND GRAVY

WEEK 2

MONDAY

1. TOMATO BASIL AND CHEESE-TOPPED SOUP WITH APPLE CRUMBLE AND CUSTARD
2. COLD MEAT OF THE DAY WITH SALAD
3. QUICHE OF THE DAY
4. PORK STEAK WITH HONEY MUSTARD SAUCE

TUESDAY

1. CREAM OF CHICKEN SOUP WITH BREAD AND BUTTER PUDDING
2. COLD MEAT OF THE DAY WITH SALAD
3. CURRIED SAVORY MINCE COTTAGE PIE
4. STEAK AND KIDNEY CASSEROLE

WEDNESDAY

1. CURRIED EGG SANDWICH WITH PASSIONFRUIT PAVLOVA
2. COLD MEAT OF THE DAY WITH SALAD
3. SAUSAGES IN TOMATO AND ONION GRAVY
4. FISH CAKES WITH WHITE SAUCE

THURSDAY

1. POTATO AND LEEK SOUP WITH CHOC CARAMEL MOUSSE
2. COLD MEAT OF THE DAY WITH SALAD
3. MEAT BALLS IN A TOMATO NAPOLI SAUCE
4. SWEET AND SOUR CHICKEN

FRIDAY

1. MEAT AND SALAD SANDWICH WITH BISCUITS AND CREAM CHEESECAKE
2. COLD MEAT OF THE DAY WITH SALAD
3. GRILLED LEMON BARRAMUNDI
4. ROAST CHICKEN WITH GRAVY

WEEK 3

MONDAY

1. ZUCCHINI AND BACON SLICE WITH APPLE CRUMBLE AND CREAM
2. COLD MEAT OF THE DAY WITH SALAD
3. CHEF'S LASAGNE
4. CHICKEN SCHNITZEL WITH GRAVY

TUESDAY

1. SWEET CORN AND CHICKEN SOUP WITH RICE PUDDING, FRUIT, AND CREAM
2. COLD MEAT OF THE DAY WITH SALAD
3. RISSOLES IN GRAVY
4. CRUMBED PRAWN CUTLETS

WEDNESDAY

1. SALAD SANDWICH WITH RASPBERRY CHEESECAKE
2. COLD MEAT OF THE DAY WITH SALAD
3. BRAISED STEAK IN ONION GRAVY
4. LAMBS FRY AND BACON

THURSDAY

1. CREAM OF PUMPKIN SOUP WITH SELF-SAUCING PUDDING
2. COLD MEAT OF THE DAY WITH SALAD
3. PICKLED PORK WITH WHITE SAUCE
4. BRAISED BEEF SAUSAGES IN GRAVY

FRIDAY

1. EGG AND LETTUCE SANDWICH WITH PLUM PUDDING AND CUSTARD
2. COLD MEAT OF THE DAY WITH SALAD
3. CRUMBED FISH
4. ROAST BEEF WITH GRAVY

WEEK 4

MONDAY

1. CHICKEN MAYO SALAD SANDWICH WITH BISCOFF CARAMEL MOUSSE
2. COLD MEAT OF THE DAY WITH SALAD
3. CRUMBED PRAWN CUTLETS
4. COTTAGE PIE

TUESDAY

1. BEEF AND VEGETABLE SOUP WITH STRAWBERRIES AND CREAM SCROLL WITH CUSTARD
2. COLD MEAT OF THE DAY WITH SALAD
3. PICKLED PORK WHITE ONION SAUCE
4. CHICKEN PESTO PASTA

WEDNESDAY

1. SALAD SANDWICH WITH BAKED FRUIT CRUMBLE AND CREAM
2. COLD MEAT OF THE DAY WITH SALAD
3. BEEF RISSOLES IN TOMATO GRAVY
4. CURRY BEEF SAUSAGES

THURSDAY

1. TOMATO SMOKY BACON SOUP WITH PASSIONFRUIT SLICE
2. COLD MEAT OF THE DAY WITH SALAD
3. CHICKEN AND VEGETABLE POT PIE
4. STEAK CASSEROLE

FRIDAY

1. CURRIED EGG AND LETTUCE SANDWICH WITH PEACHES AND RICE CREAM
2. COLD MEAT OF THE DAY WITH SALAD
3. FISH AND PRAWN COMBO
4. ROAST CHICKEN WITH GRAVY



NEW APP - REMIplay

New app to practice skills in dementia care.

REMIplay is a free game – based mobile app by DEMENTIA TRAINING AUSTRALIA.

DOWNLOAD the **FREE** REMIplay app from Apple or Google play stores.

Find out more about the APP on the DEMENTIA TRAINING AUSTRALIA website

A SELECTION OF MEALS FROM OUR FROZEN MEALS - GOURMET RANGE



**BARRUMUNDI WITH
LEMON BUTTER**

**SPINACH AND RICOTTA
TORTELLINI**



**BBQ
BEEF BRISKET**



TIRAMISU



**BREAD AND BUTTER
PUDDING**



OUR HOT DAILY / CHILLED DELIVERED MEALS FROM

HALL'S CUISINE AND COLLECTABLES



PLACE YOUR ORDER NOW....

LEETON - DELIVERED CHILLED MEALS

WEEK ONE	TUESDAY 1. HEARTY BEEF SOUP WITH BERRY CREAM PAVLOVA 2. COLD MEAT OF THE DAY WITH SALAD 3. CRUMBED LEMON FISH 4. CHICKEN KIEV	FRIDAY 1. CHICKEN NOODLE SOUP WITH CARAMEL APPLE CRUMBLE 2. COLD MEAT OF THE DAY WITH SALAD 3. CORNED BEEF WITH WHITE SAUCE 4. HAM STEAK WITH GRILLED PINEAPPLE
WEEK TWO	TUESDAY 1. TOMATO BASIL AND CHEESE-TOPPED SOUP WITH APPLE CRUMBLE AND CUSTARD 2. COLD MEAT OF THE DAY WITH SALAD 3. QUICHE OF THE DAY 4. PORK STEAK WITH HONEY MUSTARD SAUCE	FRIDAY 1. POTATO AND LEEK SOUP WITH CHOC CARAMEL MOUSSE 2. COLD MEAT OF THE DAY WITH SALAD 3. MEAT BALLS IN A TOMATO NAPOLI SAUCE 4. SWEET AND SOUR CHICKEN
WEEK THREE	TUESDAY 1. ZUCCHINI AND BACON SLICE WITH APPLE CRUMBLE AND CREAM 2. COLD MEAT OF THE DAY WITH SALAD 3. CHEF'S LASAGNE 4. CHICKEN SCHNITZEL WITH GRAVY	FRIDAY 1. CREAM OF PUMPKIN SOUP WITH SELF-SAUCING PUDDING 2. COLD MEAT OF THE DAY WITH SALAD 3. PICKLED PORK WITH WHITE SAUCE 4. BRAISED BEEF SAUSAGES IN GRAVY
WEEK FOUR	TUESDAY 1. CHICKEN MAYO SALAD SANDWICH WITH BISCOFF CARAMEL MOUSSE 2. COLD MEAT OF THE DAY WITH SALAD 3. CRUMBED PRAWN CUTLETS 4. COTTAGE PIE	FRIDAY 1. TOMATO SMOKY BACON SOUP WITH PASSIONFRUIT SLICE 2. COLD MEAT OF THE DAY WITH SALAD 3. CHICKEN AND VEGETABLE POT PIE 4. STEAK CASSEROLE

THE VALUE OF DAIRY FOODS



Dairy foods are nutritious and should be served at both main meal and snack times. Dairy foods include milk, cheese, yoghurt, custard and ice cream.

They supply protein, fat, minerals (especially calcium), vitamins and carbohydrates.

Milk includes fresh, powdered, long-life (UHT), canned evaporated milk and sweetened condensed milk.

Full cream dairy foods are recommended for frail older people. So, avoid using low fat or fat reduced dairy products.

Remember cholesterol isn't the issue, malnutrition is! Milk and milk products such as yoghurt, custard and cheese contain good amounts of calcium.

Having enough calcium is important to help reduce calcium loss from the bones. Calcium loss from the bones increases the risk of breaks and fractures.

Try to include at least four serves of dairy foods each day.

Four serves is equal to one at each meal and one for a snack. 20 Eating Well A Nutrition Resource for Older People and their Carers If it is difficult to include four serves a day, why not have two serves in one? Just add two or three tablespoons of powdered milk to each cup of milk.

When powdered milk is used instead of fresh milk, it could be made to be 'enriched' by using up to twice the recommended amount of milk powder.

This double strength 'enriched' can be used in soups, milk drinks, instant puddings, custards and mornays. When using double strength milk to make custards just be sure that you stir it all the time to help prevent custard burning on the bottom of the saucepan.

What is a serve of dairy food? • 1 cup of milk • Small tub of yoghurt (200 grams) • 2 slices of cheese (40 grams) • 1 cup of custard (250 mL) • 3 scoops of ice cream

Although butter and cream are dairy foods, they do not contain much calcium or protein. However, they do provide lots of calories because of their high fat content and this is important if weight loss is an issue.

They also make food easier to chew and swallow. Some people avoid milk because they've heard it 'makes mucous' but there is no real evidence to support this.

People with colds and chest infections do not need to stop having dairy foods. In fact, the nutrients in dairy foods will probably mean a speedier recovery.

If milk causes a thick feeling in the throat or mouth, have a small glass of water after the milk drink.

For those people who are unable to drink cow's milk, soy milks that have been fortified with calcium are an alternative. Low lactose milks are also suitable.

Anyone who doesn't have enough dairy foods, or calcium-fortified soy milk, may need a calcium supplement. Ask a doctor, dietitian or pharmacist for advice.





Spring Word Search



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

SPRING
 MAY
 GREEN
 WARM
 UMBRELLA



MARCH
 FLOWERS
 GRASS
 SHOWERS
 EASTER



APRIL
 BASEBALL
 SUNSHINE
 RAIN
 BIRDS



www.thriftymommastips.com



NARRANDERA MEALS ON WHEELS SPRING 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
NEW BBQ CHICKEN gf	Gourmet		\$7.00
NEW BUTTER CHICKEN gf	Gourmet		\$7.00
Chicken & Asparagus Bake	NUOVO		\$7.00
Chicken and Cashews No Added Gluten	Lite N Easy		\$8.00
Chicken Casserole with Roast Potato gf	Gourmet		\$7.00
Chicken and Leek Pie	Bathurst		\$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 gf	Gourmet		\$7.00
Fried rice with BBQ Chicken (VALUE MEAL)	LITE N EASY		\$6.50
Honey Soy Chicken gf	Gourmet		\$7.00
Lemon Chicken Schnitzel	Bathurst		\$7.00
Roast Chicken & Gravy No Added Gluten	NUOVO		\$7.00
Roast Chicken with Mushroom Sauce No Added Gluten	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

Please Turn Over



MINI MEALS – CHICKEN		PROVIDER		CHSP PRICING
Apricot Chicken	gf, low salt	NUOVO		\$5.50
Chicken & Asparagus Bake	Low Potassium, LS	NUOVO		\$5.50
NEW CHICKEN CARBONARA		Gourmet		\$5.50
Chicken Schnitzel and Gravy		NUOVO		\$5.50
Honey Soy Chicken (260g)	gf	Gourmet		\$5.50
Roast Chicken Breast	gf	Gourmet		\$5.50
Sweet & Sour Chicken	gf	Gourmet		\$5.50

MAIN MEAL – BEEF		PROVIDER		CHSP PRICING
Beef Pot Roast	gf	Gourmet		\$7.00
NEW BBQ BEEF BRISKET		Gourmet		\$7.00
BBQ Sausages	gf	Gourmet		\$7.00
NEW BEEF CASSEROLE		Nuovo		\$7.00
Beef Lasagne		Lite N Easy		\$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
NEW BRAISED STEAK AND KIDNEY		Nuovo		\$7.00
NEW COCONUT BEEF CURRY (VALUE MEAL)		Lite n Easy		\$6.50
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
NEW IRISH STEW		Lite n Easy		\$8.00
Lasagne		Bathurst		\$7.00
NEW MACARONI MINCE		Gourmet		\$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
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
Spaghetti Meatballs		Gourmet		\$7.00



MINI MEAL – BEEF		PROVIDER		CHSP PRICING
NEW Beef Casserole		Nuovo		\$5.50
Beef Rissoles	gf	Gourmet		\$5.50
NEW Braised Steak and Kidney		Nuovo		\$5.50
Corned Beef	gf	Gourmet		\$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

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
NEW HEARTY LAMB CASSEROLE	gf	NUOVO		\$7.00
NEW HUNGARIAN GOULASH		Bathurst Premium		\$8.00
NEW LAMB IN RED WINE	gf	Bathurst Premium		\$8.00
Lamb Pattie and Gravy		NUOVO		\$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)		Nuovo		\$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
Crumbed Fish/tartare sauce with Wedges		Nuovo		\$7.00
Curried Prawns	gf	Gourmet		\$7.00
Garlic Prawns	gf	Gourmet		\$7.00
NEW SALMON AND CHIVE SAUCE (PREMIUM)		Gourmet		\$8.00
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

MINI MEAL – SEAFOOD		PROVIDER		CHSP PRICING
Barramundi with Lemon Butter	gf	Gourmet		\$5.50
NEW CRUMBED FISH /TARTATE SAUCE WITH WEDGES		Nuovo		\$5.50
Curried Prawn	gf	Gourmet		\$5.50
Garlic Prawns (250g)	gf	Gourmet		\$5.50
NEW SALMON MORNAY	gf	Nuovo		\$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
Creamy Pesto Pasta		Gourmet		\$7.00
Crumbed Vegetable Patties		Bathurst		\$7.00
Pumpkin, Fetta and Spinach Frittata		Bathurst		\$7.00
NEW ROASTED MEDITERRANEAN RAVIOLI (Standard meal)		Lite n Easy		\$8.00
NEW SPINACH AND RICOTTA TORTELLINI		Gourmet		\$7.00
NEW THAI YELLOW VEGETABLE CURRY (standard meal)		Lite n Easy		\$8.00
Vegetable Quiche	LS	Bathurst		\$7.00
NEW VEGETARIAN SPAGHETTI BOLOGNAISE		Nuovo		\$7.00
Vegetarian Sausage		Nuovo		\$7.00

MINI MEAL – OTHER		PROVIDER		CHSP PRICING
Vegetable Mornay	gf	Gourmet		\$5.50
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
NEW BEEF AND BARLEY		Lite n Easy		\$4.50
NEW CHICKEN AND MUSHROOM		Lite n Easy		\$4.50

DESSERTS		PROVIDER		CHSP PRICING
Apple & Cinnamon Crumble		Lite & Easy		\$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 & 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
NEW CHOCOLATE STEAMED PUDDING AND CUSTARD		Bathurst		\$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 n Easy		\$3.50
Sticky Date Pudding with Dates & Caramel Sauce		Gourmet		\$3.50
NEW STRAWBERRY CHEESECAKE CRUMBLE		Lite n Easy		
Tiramisu	gf	Gourmet		\$3.50