


Restaurant quality meals delivered FREE by friendly volunteers

MEALS ON WHEELS TWEED

CHSP PRICING

Snap Frozen Meal Menu - Great Taste and Excellent Value

Main Meals \$6.50		Main Meals \$7.50	
BBQ Sausage with potato, broccoli, baked beans	DE	Corned Beef with white sauce, mash & veges	D
Beef Casserole mashed potato, pumpkin, peas	DE	Roast Beef mashed potato, pumpkin & peas	DE
Beef Pot Roast with mashed potato, carrot, peas	BDE	Spaghetti Meatballs in a rich tomato sauce	
Beef Rissoles with a tomato herb sauce & veges	D	BBQ Chicken with roast potato & veges	DE
Beef Stroganoff with mashed potato & veges	D	Chicken Parmigiana with roast potatoes & veges	
Cottage Pie mashed potato, topped with cheese	AD	Curried Chicken with basmati rice & veges	D
Creamy Beef Rissoles with mashed potato & vege	D	Roast Lamb mint gravy, roast potato & veges	DE
Curried Sausages with mashed potato & veges	DE	Roast Pork apple gravy, pumpkin mash & veges	BD
Spaghetti Bolognaise zucchini, eggplant, leek		Curried Prawns with asian greens & rice	BD
Chicken Mango roast potatoes & veges	D	Garlic Prawns with creamy sauce, rice & veges	BD
Chicken Casserole roast potatoes & veges	DE	<div><div>Meals on Wheels™ Tweed</div><div>Turnock Street, Kingscliff 02 6674 2205 tweedmeals.org accounts@tweedmeals.org</div><div>More than just a meal</div></div>	
Chicken Mushroom with roast potatoes & veges	BD		
Honey Soy Chicken stir fried rice & veges	DE		
Roast Chicken Breast cream potatoes & veges	D		
Sweet & Sour Chicken steamed rice, mixed veges	BDE		
Lamb Casserole mashed potato & veges	ADE		
Pork Sausage onion gravy, mashed pot & veges	DE		
Pork Steak Diane cream potato & veges	BD		
Barrumundi Lemon Butter basmati rice & veges	AD		
Crumbed Whiting with wedges & veges	A		
Brown Rice Vege Patties potato/ swt pot & beans	ABDEG		
Coconut Dahl lentils, basmati rice, spinach	ADEG		
Mushroom Casserole mashed potato & spinach	ADF		
Spaghetti Veganaise vegan bolognaise sauce	EG		
Creamy Pesto Pasta	F		

Heating times may vary with microwave strength

Mini meals - 4 to 5 1/2 minutes on high  
(instructions on pack)

DO NOT THAW

Soups - 3 to 4 minutes on high  
from frozen  
(instructions on pack)

Main meals - 4 1/2 to 6 minutes on high  
(instructions on pack)

DO NOT THAW

Desserts - thaw in refrigerator

DIET KIT LEGEND

A = Soft B = Low Fat C = Low Salt D = Gluten Free E = Dairy Free F = Vegetarian G = Vegan

Restaurant quality meals delivered FREE by friendly volunteers

MEALS ON WHEELS TWEED

CHSP PRICING

Snap Frozen Meal Menu - Great Taste and Excellent Value

Mini Meals \$5.00		Soups \$2.50	
Beef Casserole with mashed potato & veges	DE	Beef & Vegetable	BDE
Beef Rissoles with potato bake & veges	D	Chicken & Corn	DE
Beef Stroganoff with basmati rice & veges	D	Chicken Noodle	BE
Corned Beef creamy mustard sauce, mash & veges	D	Corn & Bacon Chowder	D
Cottage Pie mash pot, topped with cheese & veges	AD	Creamy Chicken & Vegetable	BD
Curried Sausages mash potato & veges	DE	Minestrone	E
Mince Potato Bake with veges	AD	Pea & Ham	BCDE
Slow Cooked Beef mashed potato & veges	BDE	Potato & Leek	BD
Spaghetti Bolognaise zucchini, eggplant, leek	B	Pumpkin	BCD
Steak & Bacon Casserole mashed potato & veges	DE	Creamy Tomato	D
Steak & Kidney with mashed potato & veges	DE		
Butter Chicken creamed spinach & basmati rice	D	Desserts \$3.00	
Honey Soy Chicken with stir fried rice	DE	Apple Crumble	CD
Roast Chicken Breast cream potatoes & veges	BD	Berry Crumble with custard	CD
Sweet & Sour Chicken steamed rice & veges	BDE	Bread & Butter Pudding	
Lamb Casserole mashed potato & veges	ADE	Chocolate Mousse with cream	A
Roast Lamb mint gravy, mashed potato & veges	BDE	Double Chocolate Pudding	
Roast Pork apple sauce, potato, pumpkin, broccoli	BD	Lemon Cheesecake	AD
Barramundi lemon sauce, potato & veges	AD	Lemon Cheesecake Mousse	AD
Curried Prawns with asian greens & rice	D	Fruit Pavlova	AD
Garlic Prawns creamy sauce, rice & veges	BD	Rice Pudding	AD
Vegetable Mornay veges, creamy sauce & cheese	D	Sticky Date Pudding with caramel sauce	
		Tiramisu	AD
		Vanilla Tea Cake & Custard	
Texture Modified Main Meals \$6.50			

Heating times may vary with microwave strength

Mini meals - 4 to 5 1/2 minutes on high  
(instructions on pack)  
**DO NOT THAW**

Main meals - 4 1/2 to 6 minutes on high  
(instructions on pack)  
**DO NOT THAW**

Soups - 3 to 4 minutes on high  
from frozen  
(instructions on pack)

Desserts - thaw in refrigerator



DIET KIT LEGEND

A = Soft B = Low Fat C = Low Salt D = Gluten Free E = Dairy Free F = Vegetarian G = Vegan