

February 2026 - Menu

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

BBQ Sausage with potato, broccoli, baked beans	DE
Beef Casserole mashed potato, pumpkin, peas	BDE
Beef Pot Roast with mashed potato, carrot, peas	DE
Beef Rissoles with a tomato herb sauce & veges	AD
Beef Stroganoff with mashed potato & veges	D
Cottage Pie mashed potato, topped with cheese	AD
Creamy Beef Rissoles with mashed potato & vege	AD
Curried Sausages with mashed potato & veges	DE
Spaghetti Bolognese zucchini, eggplant, leek	
Steak & Bacon Casserole mashed potato & veges	ABDE
Chicken Mango roast potatoes & veges	D
Chicken Casserole roast potatoes & veges	DE
Chicken Mushroom with roast potatoes & veges	D
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	D
Barrumundi Lemon Butter basmati rice & veges	AD
Crumbed Whiting with wedges & veges	A
Brown Rice Vege Patties potato/ swt pot & beans	ADEG
Coconut Dahl lentils, basmati rice, spinach	ADEG
Mushroom Casserole mashed potato & spinach	ADF
Spaghetti Veganaise vegan bolognese sauce	BEG
Creamy Pesto Pasta	F
Vegetarian Parmi with roast potatoes & veges	F

Main Meals \$7.50

Corned Beef with white sauce, mash & veges	D
Roast Beef mashed potato, pumpkin & peas	DE
Spaghetti Meatballs in a rich tomato sauce	
BBQ Chicken with roast potato & veges	DE
Butter Chicken with spinach & rice	D
Chicken Parmigiana with roast potatoes & veges	
Curried Chicken with basmati rice & veges	D
Chicken Carbonara with creamy sauce & bacon	
Roast Lamb mint gravy, roast potato & veges	DE
Roast Pork apple gravy, pumpkin mash & veges	BD
Curried Prawns with asian greens & rice	D
Garlic Prawns with creamy sauce, rice & veges	D

Main Texture Modified \$6.50

Barramundi Lemon Butter potato, carrots & peas	AD
Chicken Mushroom sweet potato mash & beans	ABD
Corned Beef white sauce mash potatoes & cauli	AD
Cottage Pie mash potato sprinkled with cheese	AD
Lamb Casserole potato carrots & broccoli	ADE
Lamb Roast mint gravy pumpkin mash & broccoli	ADE
Roast Beef cream potatoes pumpkin & peas	ABDE
Roast Chicken Breast potato pumpkin & peas	ABCD
Roast Pork apple gravy potato pumpkin & broccoli	ABD

Texture grade is IDDSI Level 4

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Meals on Wheels™
Tweed

DIET KIT LEGEND

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

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Mini Meals \$5.00		Soups \$2.50	
Beef Casserole with mashed potato & veges	BDE	Beef & Vegetable	BDE
Beef Rissoles with potato bake & veges	AD	Chicken & Corn	BDE
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
Mince Potato Bake with veges	AD	Minestrone	BE
Slow Cooked Beef mashed potato & veges	DE	Pea & Ham	ABDE
Spaghetti Bolognese zucchini, eggplant, leek		Potato & Leek	ABD
Steak & Kidney with mashed potato & veges	BDE	Pumpkin	ABD
Butter Chicken creamed spinach & basmati rice	D	Creamy Tomato	ABD
Honey Soy Chicken with stir fried rice	DE		
Roast Chicken Breast cream potatoes & veges	D	Desserts \$3.00	
Sweet & Sour Chicken steamed rice & veges	BDE	Apple Crumble	CD
Lamb Casserole mashed potato & veges	ADE	Berry Crumble with custard	CD
Roast Lamb mint gravy, mashed potato & veges	DE	Bread & Butter Pudding	C
Roast Pork apple sauce, potato, pumpkin, broccoli	D	Chocolate Mousse with cream	AC
Barramundi lemon sauce, potato & veges	AD	Double Chocolate Pudding	AC
Curried Prawns with asian greens & rice	D	Lemon Cheesecake	AD
Garlic Prawns creamy sauce, rice & veges	D	Lemon Cheesecake Mousse	ACD
Vegetable Mornay veges, creamy sauce & cheese	D	Fruit Pavlova	ACD
		Rice Pudding	ABCD
		Sticky Date Pudding with caramel sauce	A
		Tiramisu	AD
		Vanilla Tea Cake & Custard	C



Meals on WheelsTM
Tweed

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

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