

Meals on Wheels Petite Meals

1 July 2023 – 30 June 2024

Provider: My Chef

- Roast Pork with Homemade Gravy and Baked Potato (GF)(DF)
- Pork and Apple Casserole with Mashed Potato (GF)
- Sweet and Sour Pork with Steamed Rice (GF)
- Chicken Honey Curry with Steamed Rice (DF)
- Chicken Mornay and Spiral Pasta
- Apricot Chicken with Mashed Potato
- Creamy Chicken and Mushroom Casserole with Cous Cous
- Indian Butter Chicken with Steamed Rice
- Roast Lamb with Homemade Gravy and Baked Potato (GF)(DF)
- Shepherd's Pie (GF)
- Beef Stroganoff with Macaroni
- Beef and Red Wine Casserole with Mashed Potato
- Savoury Beef Mince with Mashed Potato (GF)
- Curry Sausages and Mashed Potato
- Battered Fish Pieces with Baked Potato Wedges
- Curry Prawns with Steamed Rice (DF)
- Tuna Mornay with Mashed Potato
- Roast Chicken with Homemade Gravy & Roast Potato (GF)(DF)
- Beef Lasagne
- Grilled Sausage with Onion Gravy & Creamy Mash

Key (GF) Gluten Free / (DF) Dairy Free



northern
beaches
council



Meals on Wheels
Manly

Provider: Meal Masters

Beef

- Homemade Beef Lasagne
- Beef Rissolle with Gravy
- Beef and Black Bean with Rice
- Spaghetti Bolognaise
- Hearty Beef Casserole
- Beef Sausages with Onion Gravy
- Steak and Mushroom Pie

Chicken

- Chicken and Potato Pie
- Lemon Chicken with Rice
- Chicken Parmigiana
- Chicken & Leek Casserole
- Chicken Schnitzel with Gravy
- Chicken and Cheese Pie

Lamb

- Sweet Potato Shepherds Pie
- French Lamb Casserole
- Lamb and Mint Rissolle with Gravy
- Lamb and Rosemary Pie

Pork

- Fried Rice with Pork
- Singapore Noodles with Pork Mince
- Italian Pork Meatballs/Pasta,Chunky Tomato
- Sweet and Sour Pork with Rice
- Pork Steak with Honey Soy Sauce

Seafood

- Tuna Pasta Bake
- Homemade Fish Cake with Chunky Tomato
- Crumbed Whiting Fillets

Vegetarian

- Pumpkin & Mushroom Arancini Balls
- Chilli Bean Casserole
- Macaroni Cheese
- Potato and Spinach Pie
- Lentil Cottage Pie