



[S]	Soft
[LF]	Low Fat
[LS]	Low Salt
[GF]	Gluten Free
[LacF]	Lactose Free

**ORDERING CUT OFFS:**

Please place order with office minimum 2 days (before 12pm) prior to desired delivery date.

**Inner West Meals on Wheels  
FLAGSTAFF FROZEN MEALS**

Client Name: \_\_\_\_\_

Delivery Date: \_\_\_\_\_



**MON TUE WED THU FRI**

Ph: 9747 1135






CONTACT US

E: [delivery@bcw.org.au](mailto:delivery@bcw.org.au)

<b>Beef 360g Main Meal</b>	<b>\$7.50</b>	<b>Dietary Key</b>				
Cottage Pie		[S]	[LF]	[GF]		
Beef Stroganoff		[S]	[LF]	[GF]		
Beef Lasagne		[S]				
Honey Mustard Beef		[S]	[LF]	[GF]	[LacF]	
Steak & Kidney Pie		[S]				
Rissole & Onion Gravy			[LF]			
Curried Sausages 						
Sausages & Gravy				[GF]		
Spaghetti Bolognese		[S]				
Beef Pie and Mash with Gravy		[S]				
<b>Beef Premium 360g Main Meal</b>	<b>\$7.50</b>					
Corned Silverside & Parsley Sauce			[LF]	[GF]		
Beef & Bacon Casserole		[S]		[LS]	[GF]	[LacF]
Roast Beef with Gravy				[LS]	[GF]	[LacF]
<b>Lamb Premium 360g Main Meal</b>	<b>\$7.50</b>					
Roast Lamb with Gravy				[LS]	[GF]	[LacF]
Lamb Chop with Gravy				[LS]	[GF]	[LacF]
Crumbed Lamb Patties with Gravy						
Mongolian Lamb & Rice		[S]	[LF]			[LacF]
<b>Veal Premium 360g Main Meal</b>	<b>\$7.50</b>					
Vienna Schnitzel with Gravy						[LacF]
Veal Parmigiana			[LF]	[GF]		
<b>Chicken 360g Main Meal</b>	<b>\$7.50</b>					
Honey Soy Chicken						[LacF]
Roast Chicken with Gravy			[LF]	[LS]	[GF]	[LacF]
Curried Chicken		[S]	[LF]	[LS]		
Chicken Strips with Lemon Sauce						
Chicken & Asparagus Mornay		[S]		[LS]		
Chicken & Vegetable Pie		[S]	[LF]	[LS]		
Butter Chicken & Rice		[S]			[GF]	
Chicken Schnitzel with Gravy						[LacF]
Chicken Scallopini with Bacon		[S]			[GF]	
Chicken Parmigiana						
Apricot and Fig Chicken 						
Thai Green Curry		[S]	[LF]	[GF]		

<b>Pork 360g Main Meal</b>	<b>\$7.50</b>					
Pork in BBQ Sauce		[S]	[LF]			[LacF]
Roast Pork with Gravy				[LS]	[GF]	[LacF]
Ham & Cheese Omelette		[S]			[GF]	
Ham Steak & Pineapple Glazed				[LS]	[GF]	
Pork, Apple & Cranberry Casserole		[S]	[LF]	[LS]		[LacF]
Sweet & Sour Pork with Rice		[S]	[LF]			[LacF]
<b>Fish 360g Main Meal</b>	<b>\$7.50</b>					
Crumbed Fish		[S]	[LF]			[LacF]
Steamed Fish		[S]	[LF]	[LS]	[GF]	
Fish Cake with Parsley Sauce		[S]		[LS]		
<b>Fish Premium 360g Main Meal</b>	<b>\$7.50</b>					
Curried Prawns & Rice		[S]	[LF]		[GF]	
<b>Vegetarian 360g Main Meal</b>	<b>\$7.50</b>					
Macaroni Cheese		[S]				
Bean and Vegetable Casserole (Vegan) 			[LF]	[LS]	[GF]	[LacF]
Vegetable Cottage Pie		[S]			[GF]	
Vegetable Pasta Bake		[S]	[LF]			
Vegetable Potato Yellow Curry 		[S]				
<b>Pureed Meals 360g Main Meal</b>	<b>\$8.00</b>					
Savoury Lamb & Vegetable Blend (Premium)		[S]	[LF]		[GF]	
Chicken & Vegetable Blend		[S]	[LF]	[LS]		
Savoury Beef & Vegetable Blend		[S]	[LF]		[GF]	
Savoury Pork & Vegetable Blend		[S]		[LS]		
Pork, Apple & Cranberry Blend		[S]	[LF]	[LS]		
Chicken & Asparagus Blend		[S]				
Curry Vegetable Blend		[S]	[LF]		[GF]	
<b>Soups</b>	<b>\$3.00</b>					
Minestrone		[S]	[LF]			
Pea & Ham		[S]	[LF]			
Pumpkin		[S]	[LF]		[GF]	
Beef & Vegetable		[S]	[LF]		[GF]	[LacF]
Chicken & Vegetable		[S]	[LF]		[GF]	[LacF]
Chicken & Sweet Corn		[S]	[LF]		[GF]	
Potato & Leek		[S]				
<b>Mini Meals 200g</b>	<b>\$5.50</b>					
Beef & Bacon Casserole		[S]		[LS]	[GF]	[LacF]
Corned Silverside & Parsley Sauce			[LF]		[GF]	
Cottage Pie		[S]	[LF]		[GF]	
Beef Stragonoff		[S]			[GF]	
Roast Beef with Gravy				[LS]	[GF]	[LacF]
Steak & Kidney Pie		[S]				
Roast Lamb with Gravy				[LS]	[GF]	[LacF]

<b>Mini Meals 200g (continued)</b>	<b>\$5.50</b>					
Roast Pork with Gravy				[LS]	[GF]	[LacF]
Chicken Scallopini with Bacon		[S]			[GF]	
Curried Chicken with Rice		[S]	[LF]	[LS]		
Chicken & Asparagus Mornay		[S]		[LS]		
Chicken & Vegetable Pie		[S]		[LS]		
Chicken and Mushroom Pie 						
Chicken Wing in BBQ Sauce					[GF]	[LacF]
Chicken Pesto Pasta		[S]				
Crumbed Fish, Chips & Vegetables		[S]				[LacF]
Curried Prawns & Rice		[S]	[LF]		[GF]	
Macaroni Cheese with Vegetables		[S]				
Sausages with Gravy					[GF]	
Spinach & Fetta Omelette & Vegetables		[S]			[GF]	
Meat Pie, Mash & Vegetables		[S]				
Spaghetti Bolognaise		[S]				
<b>Desserts</b>	<b>\$3.00</b>					
Wine Trifle with Cream		[S]		[LS]		
Peaches & Custard			[LF]	[LS]	[GF]	
Sticky Date with Caramel Sauce		[S]				
Fruit Salad		[S]	[LF]	[LS]	[GF]	[LacF]
Creamed Rice & Apricots		[S]		[LS]	[GF]	
Stewed Apple & Custard		[S]	[LF]	[LS]	[GF]	
Blueberry Sponge Crumble & Custard		[S]				
Apple & Rhubarb Crumble & Custard		[S]		[LS]		
Carrot Cake		[S]				
Chocolate Mousse		[S]	[LF]	[LS]	[GF]	
Bread & Butter Pudding		[S]				
Baked Rice Pudding		[S]		[LS]	[GF]	
Mango Mousse		[S]	[LF]	[LS]	[GF]	
Chocolate Gateaux Cake 		[S]				
Banana Cake		[S]				
Orange & Poppyseed Cake 		[S]				
<b>Desserts Premium</b>	<b>\$3.00</b>					
Apple Pie & Cream		[S]		[LS]		
Apricot Pie & Cream		[S]		[LS]		
Tropical Pavlova		[S]		[LS]		
Strawberry Swirl Cheesecake		[S]				
Vanilla Slice						
Tiramisu		[S]		[LS]		
Chocolate Lava Pudding		[S]				
Baked Cheese Cake						
Pancakes with Berry Compote 