



Meals on Wheels  
Bundaberg

10 Eastgate Street,  
East Bundaberg, Qld. 4670  
P.O. Box 740  
Bundaberg, Qld. 4670

Phone (07) 4151 5825  
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# 2023

## PRE-ORDERED FROZEN MEALS

- Beef -** Roast Beef – Roast Potato & Pumpkin, Beans **NPP LF DVF**  
Curried Sausages- Mash Potato, Carrot, Peas **GF Sp**  
Red Wine Beef - Mash Potato, Carrot, Peas **GF NPP**  
Cottage Pie- Mixed Vege **NPP G GF**  
Beef Stroganoff - Sweet Potato, Mash Cauli, Peas **NPP GF G**  
Beef Goulash- Rst Sw Pot, Corn, Peas- **LF GF G NPP**
- Lamb-** Mongolian Lamb – Steamed Potato, Corn, Broc **NPP LF GF G**  
Lamb Casserole - Mash Potato, Mixed Veg **GF NPP**  
Roast Lamb- – Roast Potato & Rst Pumpkin, Peas **NPP GF LF**  
Lamb Korma – Chats, Mixed Vege **GF NPP G Sp**
- Pork –** Pork Sausages & Gravy – Mash, Carrot, Peas – **GF**  
Pork & Mushroom Casserole- Mash, Carrot, Beans **GF G DVF**  
Pork & Prune – Mash Potato, Cauli, Beans **GF G**  
Roast Pork- Roast Potato, Rst Pumpkin, Peas- **GF LF GF**  
Sweet & Sour Pork – Rice Mixed Veg **LF**

*PLEASE NOTE: Please choose a "Spare" meal as items listed on menu are in stock at the time of updating this menu. Item could be out of stock by the time your order is packed by kitchen. A replacement meal may be substituted if stock runs out before your order is packed. Thank you for your understanding.*

## **Chicken –**

- Honey Mustard Chicken – Swt Pot Mash, Cauli, Beans **LF GF NPP**
- Chicken Schnitzel & Gravy – Rst Swt Pot, Cauli, Beans **LF NPP DVF**
- Apricot Chicken – Rice, Cauli, Beans- **NPP DVF LF GF**
- Chicken & Vege Pie (carrot, onion, broc) – Sweet Potato, Peas, Cauli **LF NPP**
- Roast Chicken (Skin on) & Gravy – Roast Potato, Pumpkin, Beans **LF GF NPP**
- Creamy Italian Chicken – Rice, Cauli, Peas **NPP GF G**

## **Fish -**

- Lemon Butter Barra- Rice, Mixed Veg **NPP GF Sp**
- Battered Fish – Mash Pot, Mixed Vege **NPP**
- Crumbed fish – Potato Bake, Carrot, Brocc- **DVF NPP**

## **Pasta -**

- Spaghetti Bolognese- Cauli, Beans **G**
- Tuna Bake – Roast Carrot, Brocc
- Bacon Carbonara- Steam Vegetables

## **Vegetarian Meals –**

- Roast Vege & Fetta Frittata- Pot **GF NPP**
- Vege Schnitzel- Chats, Carrot, Beans – **LF NP**
- Pumpkin Risotto- Mixed Vege **GF NPP**
- Vege Patties- Carrot, Beans **NPP**
- Vegie Frittata- Chats **NPP**
- Plant Based Parmigiana- **Sw Pot Mash, Cauli, Brocc**

<b>LF</b>	<b>Lactose Free</b>
<b>GF</b>	<b>Gluten Free</b>
<b>DVF</b>	<b>Diverticular Friendly</b>
<b>NPP</b>	<b>No Pork Products</b>
<b>G</b>	<b>Garlic</b>
<b>Sp</b>	<b>Spice</b>



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## FROZEN SOUPS

**\$2.00 each**

We have a variety of frozen soups available.  
Please ask office staff.

## JUICES

**\$1.00 each**

Apple

Apple & Blackcurrant

Orange Juice

## PACKAGE

**\$11.00**

**Frozen Meal Package components:** Main, Dessert, Soup, Juice

**You can swap** components of this package EG. a soup for a 2<sup>nd</sup> dessert or swap a juice for a 2<sup>nd</sup> soup

**any combination of 1 meal + 3 sides.**



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**PRE-ORDERED**  
**FROZEN DESSERTS**

**\$2.00 each**

- Cinnamon Pear Torte
  - Jelly & Custard
  - Jelly and Fruit
  - Chocolate Cake **DVF**
  - Carrot Cake
  - Banana Cake
  - Orange Cake
  - Vanilla Choc Chip Mousse
  - Cherry Ripe Slice
  - Lamington
  - Tiramisu
  - Apple & Strawberry Crumble
  - Trifle
  
  - Peach Mousse Cake
  - Berry Mousse
  - Chocolate Mousse
  - Chocolate Panna Cotta/ Panna Cotta
  - Crème Caramel
  - Passionfruit Slice
  - Lemon Meringue
  - Pavlova
- Mud Cake
  - Black Forest Cake
  - Creamed Rice
  - Sticky Date Pudding & Caramel Sauce
  - Cheesecake
  - Crepes
  - Apple Crumble
  - Custard & Fruit
  - Crème Brule & Prunes

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## BREAKFAST BOX

**\$3.00 each**

*Choose a cereal.*



*Plus, all this*



Contents: 1x Cereal Sachet (of your choice), 1x Tea Bag, 1x Coffee Stock, 1x Sugar Stick, 1x 150ml UHT Milk, 1x Fruit Salad Cup, 1x Orange Juice & 1x Oatmeal Twin Cookie

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