

Meals	Carbs may change	Main/Mini	Dietary claim	GF	DF	LS	H
Vegetables are seasonal and will vary							
Beef Mains							
[B]Cottage Pie - Beef (GF)	potato	Main	Y	Y			
[B]Curried Sausages	mashed potato	Main					
[B]Grilled Sausages & Onion Gravy	mashed potato	Main					
[B]Hi-Fibre Rissoles with Gravy (GF), (LS)	mashed potato	Main	Y	Y		Y	
[B]Savoury Mince & Vegetables (GF), (LS)	chat potatoes	Main	Y	Y		Y	
[B]Spaghetti Bolognese (LS)	pasta - spaghetti	Main	Y			Y	
[F]Veal Schnitzel & Gravy	mashed potato	Main					
[F]Roast Beef & Gravy (GF)	roast potato	Main	Y	Y			
[F]Steak & Mushroom Pie	mashed potato	Main					
[F]Bangers & Mash	mashed potato	Main					
[F]Beef Lasagna	pasta - lasagna	Main					
[GM]Roast Beef (DF, GF)	mashed potato	Main	Y	Y	Y		
[GM]Beef Pot Roast (GF, DF)	mashed potato	Main	Y	Y	Y		
[GM]Beef Stroganoff (GF)	mashed potato	Main	Y	Y			
[GM] Beef Casserole (DF, GF)	mashed potato	Main	Y	Y	Y		
[GMC]Penne Napoletana with Beef Meatballs (H)	pasta - penne	Main	Y				Y
[GMC]Slow-Cooked Beef Bourguignon with Creamy Mash	mashed potato	Main					
[L]Baked Potato with Cheesy Mince (GF)	may vary	Main	Y	Y			
[N]Corned Beef & White Sauce	may vary	Main					
[N]Sweet & Sour Meatballs	may vary	Main					
[N]Roast Beef & Gravy	may vary	Main					
Chicken Mains							
[B]Apricot Chicken (LS)(DF)	pasta-spirals	Main	Y		Y	Y	
[B]Chicken Schnitzel & Gravy	creamy mash	Main					
[B]Lemon Chicken Schnitzel	rice	Main					
[B]Mild Chicken Curry (GF), (LS)	rice	Main	Y	Y		Y	
[B]Mild Satay Chicken	rice	Main					
[F]Lemon Chicken (GF)	mashed potato	Main	Y	Y			
[F]Mustard Lemon Rosemary Chicken (GF, DF)	roast potato	Main	Y	Y	Y		
[F]Chicken & Mushroom Potato Pie (GF)	potato	Main	Y	Y			
[F]Roast Chicken & Gravy (GF)	roast potato	Main	Y	Y			
[F]Apricot Chicken (GF)	mashed potato	Main	Y	Y			
[F]Chicken Schnitzel & Gravy	mashed potato	Main					
[GM] Sweet & Sour Chicken (GF, DF)	rice	Main	Y	Y	Y		
[GM]Roast Chicken Breast (GF)	creamed potato	Main	Y	Y			
[GM] Honey Soy Chicken (GF,DF)	rice	Main	Y	Y	Y		
[GMC]Authentic Butter Chicken with Rice (H)	rice	Main	Y				Y
[GMC]Italian Chicken Parmigiana with Wedges	potato wedges	Main					
[L]Chicken & Cheese Schnitzel	may vary	Main					

GF - Gluten Free

LS - Lower Sodium<120mg per 100g

DF- Dairy Free

H - Halal

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[N]Roast Chicken & Gravy	may vary	Main					
[RK]Curried Chicken with Rice (GF)	rice	Main	Y	Y			
[RK]Honey Soy Chicken with Rice	rice	Main					
[RK]Sweet & Sour chicken with Rice (GF)	rice	Main	Y	Y			
			Y				
Lamb Mains							
[B]Lamb's Fry, Bacon & Gravy	mashed potato	Main					
[F]Shepherd's Pie - Lamb	potato	Main					
[F]Irish Lamb Stew (GF)	mashed potato	Main	Y	Y			
[F]Roast Lamb & Gravy (GF)	roast potato	Main	Y	Y			
[N]Hearty Lamb Casserole	may vary	Main					
[N]Roast Lamb & Gravy	may vary	Main					
			Y				
Pork Mains							
[F]Pork Meatballs with Creamy Mushroom Sauce (GF)	roast potato	Main	Y	Y			
[F]Quiche Lorraine		Main					
[F]Roast Pork & Gravy (GF)	roast potato	Main	Y	Y			
[GM]Pork Sausage (DF, GF)	mashed potato	Main	Y	Y	Y		
[GM]Pork Steak Diane (GF)	creamed potato	Main	Y	Y			
[L]Pork & Vegetable Pie	may vary	Main					
[L]Pork Schnitzel w/Mushroom Sauce	may vary	Main					
[L]Pork Cassolet (DF)	may vary	Main	Y		Y		
[L]Stuffed Baked Potatoes w/Pulled Pork (GF)	potato	Main	Y	Y			
[N]Roast Pork & Gravy	may vary	Main					
[N]Sweet & Sour Pork	may vary	Main					
[N]Pork Sausage & Gravy	may vary	Main					
[RK]Sweet & Sour Pork with Rice	rice	Main					
[B]Honey Pork & Pineapple Cass (GF)(LS)(DF)	rice	Main	Y	Y	Y	Y	
			Y				
Seafood Mains							
[B]Salmon & Vegetable Patties (LS)	chat potatoes	Main	Y			Y	
[F]Tempura Fish (DF)	potato wedges	Main	Y		Y		
[F]Fish & Chips	may vary	Main					
[GM]Curry Prawns (GF)	rice	Main	Y	Y			
[GM]Barramundi Lemon Butter (GF)	rice	Main	Y	Y			
[GM]Whiting & Wedges	potato wedges	Main					
[RK]Curried Prawn with Rice (GF)	rice	Main	Y	Y			
[L]Fish Patties w/Hollandaise Sauce	may vary	Main					
[N]Tuna Bake	may vary	Main					
[L]Crumbed Fish w/Cheese Sauce	may vary	Main					
			Y				
Vegetarian Mains							
[GM]Brown Rice Vegetable Patties (DF, GF)	potato/sweet potato	Main	Y	Y	Y		
[GM]Mushroom Casserole (GF)	mashed potato	Main	Y	Y			

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[B]Vegetable Quiche (LS)	roast potato	Main	Y			Y	
Beef Minis			Y				
[G]Beef Burger (H)	Macaroni Cheese	Mini	Y				Y
[G]Beef Casserole (GF) (H)	Domed potatoes	Mini	Y	Y			Y
[G]Beef Diane (H)(LS)	Penne Pasta	Mini	Y			Y	Y
[G]Traditional Beef Lasagne (H)(LS)	Roast Potatoes Persillade	Mini	Y			Y	Y
[G]Traditional Roast Beef (GF) (H)(LS)	Roast Potatoes Persillade	Mini	Y	Y		Y	Y
[G]Beef Shepherd's Pie (GF)(H)(LS)	Mashed potato	Mini	Y	Y		Y	Y
[G]Traditional Meatloaf (H)(LS)	Mashed potato	Mini	Y			Y	Y
[GM]Beef Stroganoff (GF)	rice	Mini	Y	Y			
[GM]Curried Sausages (DF, GF)	Mashed potato	Mini	Y	Y	Y		
[GM]Slow Cooked Beef (DF)	Mashed potato	Mini	Y		Y		
[N]Corned Beef & White Sauce	may vary	Mini					
[N]Sweet & Sour Meatballs	may vary	Mini					
[N]Roast Beef & Gravy	may vary	Mini					
Chicken Minis			Y				
[G]Chicken Chasseur (GF)(H)(LS)	Potatoes Persillade	Mini	Y	Y		Y	Y
[G]Chicken Chow Mein (H)	Egg noodles	Mini	Y				Y
[GM] Sweet & Sour Chicken (GF, DF)	Rice	Mini	Y	Y	Y		
[GM]Roast Chicken Breast (GF)	Creamed Potatoes	Mini	Y	Y			
[GM] Honey Soy Chicken (GF,DF)	Rice	Mini	Y	Y	Y		
[N]Roast Chicken & Gravy	may vary	Mini					
[N]Apricot Chicken	may vary	Mini					
Lamb Minis			Y				
[G]Lamb in Plum Sauce (GF)(H)(LS)	Creamed Potato w/parsley	Mini	Y	Y		Y	Y
[G]Satay Lamb (GF)(H)(LS)	Rice	Mini	Y	Y		Y	Y
[G]Spinach & Lamb Lasagne (H)(LS)	Creamed Potato w/parsley	Mini	Y			Y	Y
[N]Hearty Lamb Casserole	may vary	Mini					
[N]Roast Lamb & Gravy	may vary	Mini					
Pork Minis			Y				
[G]Pork and Apple Casserole (GF)(LS)	Mashed Potato	Mini	Y	Y		Y	
[N]Roast Pork & Gravy	may vary	Mini					
[N]Sweet & Sour Pork	may vary	Mini					
[N]Pork Sausage & Gravy	may vary	Mini					
Seafood Minis			Y				

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Meals	Carbs may change	Main/Mini	Dietary claim	GF	DF	LS	H
[G]Poached Fish in Parsley Sauce (GF) (H)	Rice	Mini	Y	Y			Y
[GM]Curry Prawns (GF)	Mashed Potato	Mini	Y	Y			
[GM]Barramundi Fillet (GF)	Potatoes	Mini	Y	Y			
[N]Tuna Bake	may vary	Mini					
Vegetable Minis			Y				
[G]Vegetable Hot Pot (V)(H)(LS)	Cous cous	Mini	Y			Y	Y
[G]Vegetable Lasagne (V)(H)(LS)	Creamed Potato w/parsley	Mini	Y			Y	Y
[GM]Vegetable Bake (GF, V)	NIL	Mini	Y	Y			

Supplier Codes:

- [B] Bathurst Meals on Wheels
- [F] Fairfield Food Services
- [G] Gourmania
- [GM] Gourmet Meals
- [GMC] The Good Meal Co.
- [L]Liverpool Meals on Wheels
- [N] Nuovo (Newcastle Meals on Wheels)
- [RK] Rice King

Updated 04/01/23

Sandwiches, Soups, Omelettes, Snacks, Desserts, Breakfast	Dietary Claim	GF	DF	LS	H
Snacks	Y				
[PFD]Mrs Mac's Meat Pie					
[PFD]Four n Twenty King Size Sausage Roll					
[PFD]Mrs Mac's Beef Pasties					
[N]Hawaiian Pizza					
Omelettes – [SQ]	Y				
[SQ]Plain Omelette (GF, H)	Y	Y			Y
[SQ]Spinach & Fetta Omelette (GF, H)	Y	Y			Y
[SQ]Ham & Cheese Omelette (GF)	Y	Y			
[SQ]Cheese & Chives Omelette (GF, H)	Y	Y			Y
Breakfast	Y				
[GMC]Full English Breakfast					
[PFD] Ham & Cheese Croissant					
Soups	Y				
[GM]Creamy Chicken & Vegetable Soup (GF)	Y	Y			
[GM]Pumpkin Soup (GF)	Y	Y			
[GM]Ham & Pea Soup (DF, GF)	Y	Y	Y		
[GM]Minestrone Soup (DF)	Y		Y		
[GM]Beef & Vegetable Soup (DF, GF)	Y	Y	Y		
[GM]Potato & Leek Soup (GF)	Y	Y			
Desserts	Y				
[GM]Tiramisu (GF)	Y	Y			
[GM]Berry Crumble with Custard					
[GM]Vanilla Teacake with Custard					
[GM]Rice Pudding (GF)	Y	Y			
[GM]Chocolate Mousse					
[GM]Apple Crumble (GF)	Y	Y			
[GM]Lemon Cheesecake Mousse (GF)	Y	Y			
[N] Chocolate Pudding					
[N] Pineapple Upside-Down Cake					
[N] Sticky Date Pudding					
[MCS] Fruit & Jelly					
[MCS] Fruit & Custard					
Sandwiches	Y				
[HFC]Chicken, Cheese and Mayo Sandwich					
[HFC]Egg & Chive on Rye Sandwich					
[HFC]Ham & Cheese & Sandwich					
[HFC]Roast Beef, Cheese & Relish Sandwich					
Supplier Codes:					

[PFD] PFD Foods
[N] Newcastle Meals on Wheels
[SQ] SunnyQueen
[GMC] The Good Meal Co.
[GM] Gourmet Meals
[MCS] Master Catering Services
[HFC] Handmade Food Co.

Updated 04/01/23