

Meals	Carbs may change	Main/ Mini	Dietary claim	GF	DF	LS	H
Vegetables are seasonal and will vary							
Beef Mains							
[GM] Cottage Pie - Beef (GF)	potato	Main	Y	Y			
[B] Curried Sausages	mashed potato	Main					
[B] Hi-Fibre Rissoles with Gravy (GF), (LS)	mashed potato	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		
[GM] BBQ Sausages		Main	Y	Y	Y		
[GMC] Penne Napoletana with Beef Meatballs (H)	pasta - penne	Main	Y				Y
[GMC] 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] Savoury Mince		Main					
[N] Sweet & Sour Meatballs	may vary	Main					
[N] Roast Beef & Gravy	may vary	Main					
Chicken Mains							
[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] Chicken Schnitzel & Gravy	mashed potato	Main					
[GM] Chicken Curry	Rice	Main	Y	Y			
[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 Casserole	mashed potato	Main	Y	Y			
[L] Chicken Stirfry with Noodles	Egg Noodles	Main	Y				
[N] Apricot Chicken	rice	Main					
[N] Chicken Schnitzel & Gravy		Main					
[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			

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Lamb Mains							
[B] Lamb's Fry, Bacon & Gravy	mashed potato	Main					
[GM] Roast Lamb & Gravy	potato	Main	Y	Y			
[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					
[GMC] Lamb Rissole & Gravy	mashed potato	Main	Y			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 Cassolet (DF)	may vary	Main	Y		Y		
[L] Stuffed Baked Potatoes w/Pulled Pork (GF)	potato	Main	Y	Y			
[N] Roast Pork, Apple Sauce & 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	
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					
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			
[N] Spinach & Ricotta Crepe		Main					
Beef Minis							
[GM] Cottage Pie - Beef (GF)	potato	Mini	Y	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

Meals	Carbs may change	Main/ Mini	Dietary claim	GF	DF	LS	H
[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							
[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							
[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
[GM] Roast Lamb & Gravy	potato	Mini	Y	Y			
[N] Hearty Lamb Casserole	may vary	Mini					
Pork Minis							
[G] Pork and Apple Casserole (GF)(LS)	Mashed Potato	Mini	Y	Y		Y	
[N] Roast Pork, Apple Sauce & Gravy	may vary	Mini					
[N] Sweet & Sour Pork	may vary	Mini					
[N] Pork Sausage & Gravy	may vary	Mini					
Seafood Minis							
[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							
[G] Vegetable Lasagne (V)(H)(LS)	Creamed Potato w/parsley	Mini	Y			Y	Y
[GM] Vegetable Bake (GF, V)	NIL	Mini	Y	Y			
[N] Spinach & Ricotta Crepe		Mini					
Supplier Codes: [B] Bathurst, [F] Fairfield, [G] Gourmania, [GM] Gourmet Meals, [GMC] The Good Meal Co. [L] Liverpool, [N] Nuovo (Newcastle Meals on Wheels), [RK] Rice King.							

Sandwiches, Soups, Omelettes, Snacks, Desserts, Breakfast	Dietary Claim	GF	DF	LS	H
Snacks	Y				
[PFD] Meat Pie					
[PFD] King Size Sausage Roll					
Omelettes - [SQ]	Y				
[SQ] Plain Omelette (GF, H)	Y	Y			Y
[SQ] Spinach & Feta Omelette (GF, H)	Y	Y			Y
[SQ] Ham & Cheese Omelette (GF)	Y	Y			
[SQ] Cheese & Chives Omelette (GF, H)	Y	Y			Y
Breakfast	Y				
[N] Big Breakfast					
[PFD] Ham & Cheese Croissant					
[N] Pancakes with Butter & Maple Syrup					
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				
[N] Caramel Slice					
[N] Apple & Cinnamon Muffin					
[GM] Tiramisu (GF)	Y	Y			
[GM] Berry Crumble with Custard					
[GM] Vanilla Teacake with Custard					
[GM] Apple Crumble (GF)	Y	Y			
[GM] Lemon Cheesecake Mousse (GF)	Y	Y			
[NS] Creamed Rice with Citrus Poached Prunes					
[NS] Chocolate Mousse with Cream					
[NS] Brownie with Cream					
[NS] Sticky Date Pudding with Butterscotch Sauce					
[NS] Apple Tea Cake with Custard					
[NS] Carrot Cake with Cream Cheese Frosting					
[NS] Peach & Raspberry Slice with Custard					
[N] Pineapple Upside-Down Cake					
[N] Lamingtons					
[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, [NS] North Shoalhaven, [SQ] SunnyQueen, [GMC] The Good Meals Co, [GM] Gourmet Meals, [MCS] Master Catering, [HFC] Handmade Food Co.					

GF - Gluten Free

LS - Lower Sodium < 120mg per 100g

DF - Dairy Free

H - Halal