

| Meals | Carbs may Change | Main/ Mini | Gluten Free (GF) | Dairy Free (DF) | Low Sodium (LS) | Halal (H) |
|--|-------------------|---------------|---|-----------------------|-----------------------|--------------|
| Vegetables are seasonal and will vary | | | Y = Yes T = May Contain Traces | | <120mg per 100g | |
| Beef Mains | | | | | | |
| [GM] Cottage Pie - Beef (GF) | Potato | Main | Y | | | |
| [B] Curried Sausages (GF) | Mashed Potato | Main | Y | | | |
| [B] Hi-Fibre Rissoles with Gravy (GF) (LS) | Mashed Potato | Main | Y | | Y | |
| [B] Spaghetti Bolognese (LS) | Pasta - Spaghetti | Main | | | Y | |
| [F] Veal Schnitzel & Gravy | Mashed Potato | Main | | | | |
| [F] Roast Beef & Gravy (GF) | Roast Potato | Main | Y | | | |
| [F] Steak & Mushroom Pie | Mashed Potato | Main | | | | |
| [F] Bangers & Mash | Mashed Potato | Main | | | | |
| [F] Beef Lasagna | Pasta - Lasagna | Main | | | | |
| [GM] Roast Beef (GF) (DF) | Mashed Potato | Main | Y | Y | | |
| [GM] Beef Pot Roast (GF) (DF) | Mashed Potato | Main | Y | Y | | |
| [GM] Beef Stroganoff (GF) | Mashed Potato | Main | Y | | | |
| [GM] Beef Casserole (GF) (DF) | Mashed Potato | Main | Y | Y | | |
| [GM] BBQ Sausages (GF) (DF) | Nil | Main | Y | Y | | |
| [GMC] Penne Napoletana with Beef Meatballs (H) | Pasta - Penne | Main | | | | Y |
| [GMC] Beef Bourguignon with Creamy Mash | Mashed Potato | Main | T | | | |
| [L] Baked Potato with Cheesy Mince (GF) | May Vary | Main | Y | | | |
| [N] Corned Beef & White Sauce | May Vary | Main | T | | | |
| [N] Savoury Mince | Nil | Main | T | | | |
| [N] Sweet & Sour Meatballs | May Vary | Main | T | | | |
| [N] Roast Beef & Gravy | May Vary | Main | T | | | |
| Chicken Mains | | | | | | |
| [B] Chicken & Leek Pie (LS) | Mashed Potato | Main | | | Y | |
| [F] Lemon Chicken (GF) | Mashed Potato | Main | Y | | | |
| [F] Mustard Lemon Rosemary Chicken (GF) (DF) | Roast Potato | Main | Y | Y | | |
| [F] Chicken & Mushroom Potato Pie (GF) | Potato | Main | Y | | | |
| [F] Roast Chicken & Gravy (GF) | Roast Potato | Main | Y | | | |
| [F] Chicken Schnitzel & Gravy | Mashed Potato | Main | | | | |
| [GM] Chicken Curry (GF) | Rice | Main | Y | | | |
| [GM] Sweet & Sour Chicken (GF, DF) | Rice | Main | Y | Y | | |
| [GM] Roast Chicken Breast (GF) | Creamed Potato | Main | Y | | | |
| [GM] Honey Soy Chicken (GF) (DF) | Rice | Main | Y | Y | | |
| [GMC] Authentic Butter Chicken with Rice (H) | Rice | Main | | | | Y |
| [GMC] Italian Chicken Parmigiana with Wedges | Potato Wedges | Main | | | | |
| [L] Chicken Casserole (GF) | Mashed Potato | Main | Y | | | |
| [L] Chicken Stirfry with Noodles | Egg Noodles | Main | | | | |
| [N] Apricot Chicken | Rice | Main | T | | | |
| [N] Chicken Schnitzel & Gravy | Nil | Main | | | | |
| [N] Roast Chicken & Gravy | May Vary | Main | T | | | |
| [RK] Curried Chicken with Rice (GF) | Rice | Main | Y | | | |
| [RK] Honey Soy Chicken with Rice | Rice | Main | | | | |
| [RK] Sweet & Sour Chicken with Rice (GF) | Rice | Main | Y | | | |

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| Lamb Mains | | | | | | |
| [B] Lamb's Fry, Bacon & Gravy | Mashed Potato | Main | | | | |
| [GM] Roast Lamb & Gravy (GF) (DF) | Potato | Main | Y | Y | | |
| [F] Shepherd's Pie - Lamb | Potato | Main | | | | |
| [F] Irish Lamb Stew (GF) | Mashed Potato | Main | Y | | | |
| [F] Roast Lamb & Gravy (GF) | Roast Potato | Main | Y | | | |
| [N] Hearty Lamb Casserole | May Vary | Main | T | | | |
| [GMC] Lamb Rissolle & Gravy | Mashed Potato | Main | T | | | |
| Pork Mains | | | | | | |
| [F] Pork Meatballs with Creamy Mushroom Sauce (GF) | Roast Potato | Main | Y | | | |
| [F] Quiche Lorraine | Nil | Main | | | | |
| [F] Roast Pork & Gravy (GF) | Roast Potato | Main | Y | | | |
| [GM] Pork Sausage (GF) (DF) | Mashed Potato | Main | Y | Y | | |
| [GM] Pork Steak Diane (GF) | Creamed Potato | Main | Y | | | |
| [L] Pork Cassolet (DF) | May Vary | Main | | Y | | |
| [L] Stuffed Baked Potatoes w/Pulled Pork (GF) | Potato | Main | Y | | | |
| [N] Roast Pork, Apple Sauce & Gravy | May Vary | Main | T | | | |
| [N] Sweet & Sour Pork | May Vary | Main | T | | | |
| [N] Pork Sausage & Gravy | May Vary | Main | T | | | |
| [RK] Sweet & Sour Pork with Rice | Rice | Main | | | | |
| [B] Honey Pork & Pineapple Cass (GF) (DF) (LS) | Rice | Main | Y | Y | Y | |
| Seafood Mains | | | | | | |
| [B] Salmon & Vegetable Patties (LS) | Chat Potatoes | Main | | | Y | |
| [F] Tempura Fish (DF) | Potato Wedges | Main | | Y | | |
| [F] Fish & Chips | May Vary | Main | | | | |
| [GM] Curry Prawns (GF) | Rice | Main | Y | | | |
| [GM] Barramundi Lemon Butter (GF) | Rice | Main | Y | | | |
| [GM] Whiting & Wedges | Potato Wedges | Main | | | | |
| [RK] Curried Prawn with Rice (GF) | Rice | Main | 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 | | | | | | |
| [L] Spinach & Ricotta Cannelloni (LS) | Mashed Potato | Main | | | Y | |
| [L] Zucchini & Corn Fritters (LS) | Mashed Potato | Main | | | Y | |
| [L] Mushroom Risotto (GF) | Nil | Main | Y | | | |
| [GM] Brown Rice Vegetable Patties (GF) (DF) | Potato/Sweet Potato | Main | Y | Y | | |
| [GM] Mushroom Casserole (GF) | Mashed Potato | Main | Y | | | |
| [N] Spinach & Ricotta Crepe | Nil | Main | T | | | |

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|--|------------------------------|---------------|------------------------|-----------------------|-----------------------|--------------|
| Beef Minis | | | | | | |
| [GM] Cottage Pie - Beef (GF) | Potato | Mini | Y | | | |
| [G] Beef Burger (H) | Macaroni Cheese | Mini | | | | Y |
| [G] Beef Casserole (GF) (H) | Domed Potatoes | Mini | Y | | | Y |
| [G] Beef Diane (LS) (H) | Penne Pasta | Mini | | | Y | Y |
| [G] Traditional Beef Lasagne (LS) (H) | Roast Potatoes Persillade | Mini | | | Y | Y |
| [G] Traditional Roast Beef (GF) (LS) (H) | Roast Potatoes Persillade | Mini | Y | | Y | Y |
| [G] Beef Shepherd's Pie (GF) (LS) (H) | Mashed Potato | Mini | Y | | Y | Y |
| [G] Traditional Meatloaf (LS) (H) | Mashed Potato | Mini | | | Y | Y |
| [GM] Beef Stroganoff (GF) | Rice | Mini | Y | | | |
| [GM] Curried Sausages (GF) (DF) | Mashed potato | Mini | Y | Y | | |
| [GM] Slow Cooked Beef (DF) | Mashed Potato | Mini | | 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) (LS) (H) | Potatoes Persillade | Mini | Y | | Y | Y |
| [G] Chicken Chow Mein (H) | Egg Noodles | Mini | | | | Y |
| [GM] Sweet & Sour Chicken (GF) (DF) | Rice | Mini | Y | Y | | |
| [GM] Roast Chicken Breast (GF) | Creamed Potatoes | Mini | Y | | | |
| [GM] Honey Soy Chicken (GF) (DF) | Rice | Mini | Y | Y | | |
| [N] Roast Chicken & Gravy | May Vary | Mini | | | | |
| [N] Apricot Chicken | May Vary | Mini | | | | |
| Lamb Minis | | | | | | |
| [G] Lamb in Plum Sauce (GF) (LS) (H) | Creamed Potato w/Parsley | Mini | Y | | Y | Y |
| [G] Satay Lamb (GF) (LS) (H) | Rice | Mini | Y | | Y | Y |
| [G] Spinach & Lamb Lasagne (LS) (H) | Creamed Potato w/Parsley | Mini | | | Y | Y |
| [GM] Roast Lamb & Gravy (GF) | Potato | Mini | Y | | | |
| [N] Hearty Lamb Casserole | May Vary | Mini | | | | |
| Pork Minis | | | | | | |
| [G] Pork and Apple Casserole (GF) (LS) | Mashed Potato | Mini | 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 |
| [GM] Curry Prawns (GF) | Mashed Potato | Mini | Y | | | |
| [GM] Barramundi Fillet (GF) | Potatoes | Mini | Y | | | |
| [N] Tuna Bake | May Vary | Mini | | | | |
| Vegetable Minis | | | | | | |
| [G] Vegetable Hot Pot (LS) (H) | Cous Cous | Mini | | | Y | Y |

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| [G] Vegetable Lasagne (LS) (H) | Creamed Potato w/Parsley | Mini | | | Y | Y |
| [GM] Vegetable Bake (GF) | Nil | Mini | Y | | | |
| [N] Spinach & Ricotta Crepe | Nil | 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 | Gluten Free (GF) | Dairy Free (DF) | Low Sodium (LS) | Halal (H) |
|--|-------------------------|------------------------|------------------------|------------------|
| | | | <120mg per 100g | |
| Snacks | | | | |
| [PFD] Meat Pie | | | | |
| [PFD] King Size Sausage Roll | | | | |
| Omelettes – [SQ] | | | | |
| [SQ] Plain Omelette (GF) (H) | Y | | | Y |
| [SQ] Spinach & Feta Omelette (GF) (H) | Y | | | Y |
| [SQ] Ham & Cheese Omelette (GF) | Y | | | |
| [SQ] Cheese & Chives Omelette (GF) (H) | Y | | | Y |
| Breakfast | | | | |
| [N] Big Breakfast | | | | |
| [PFD] Ham & Cheese Croissant | | | | |
| [N] Pancakes with Butter & Maple Syrup | | | | |
| Soups | | | | |
| [GM] Creamy Chicken & Vegetable Soup (GF) | Y | | | |
| [GM] Pumpkin Soup (GF) | Y | | | |
| [GM] Ham & Pea Soup (GF) (DF) | Y | Y | | |
| [GM] Minestrone Soup (DF) | | Y | | |
| [GM] Beef & Vegetable Soup (GF) (DF) | Y | Y | | |
| [GM] Tomato Soup (GF) (LS) | Y | | Y | |
| [GM] Chicken Noodle Soup (DF) (LS) | | Y | Y | |
| [GM] Potato & Leek Soup (GF) | Y | | | |
| Desserts | | | | |
| [N] Caramel Slice | | | | |
| [N] Apple & Cinnamon Muffin | | | | |
| [GM] Tiramisu (GF) | Y | | | |
| [GM] Berry Crumble with Custard | | | | |
| [GM] Vanilla Teacake with Custard | | | | |
| [GM] Apple Crumble (GF) | Y | | | |
| [GM] Lemon Cheesecake Mousse (GF) | 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] Lamington | | | | |
| [MCS] Fruit & Jelly | | | | |
| [MCS] Fruit & Custard | | | | |
| Sandwiches | | | | |
| [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. | | | | |