



Meals on Wheels
Whitehorse

Dear Client,

Kindly read through the attached Menu for How to Order and the Pricing.

Once decided on your meals, fill in the Chilled Order Form and the Frozen Order Form and return them to your local Branch by Monday, 7th April 2025.

Warm Regards

Whitehorse Meals on Wheels team

Please keep this copy for your records

Winter Menu 2025



How to Order

Delivery from: Monday 5th May 2025.

Follow these Simple Steps;

- 1 On your order form please **add your name & date**
- 2 Please choose up to **3 delivery days**:
Example Mon Tue Wed Thu Fri (includes Sat & Sun)
- 3 Select your **menu items**
Place a number next to your chosen item in the column of your delivery day.
- 4 **Chilled Order Forms**: Please complete all 4 weeks
- 5 **Frozen Order Forms**: This is a weekly menu (that repeats every month)
- 6 Please choose your **monthly reoccurring menu** selection
This means once you have submitted your initial order, your selections will reoccur without the need to place another order... *until you are ready for a change!*
- 7 Please **return your completed Order Forms** via your delivery volunteers or contact your branch.

Winter Menu Price List





1 Course	CHSP	HCP
Standard Main	\$7.50	\$5.65
Mini Main	\$4.50	\$3.40


2 Courses	CHSP	HCP
Standard Main & Soup or Dessert	\$9.00	\$6.75
Mini Main & Soup or Dessert	\$6.00	\$4.50


3 Courses	CHSP	HCP
Standard Main & Soup & Dessert	\$10.50	\$7.90
Mini Main & Soup & Dessert	\$7.50	\$5.65

*Alternative - Main can be with 2 desserts or 2 soups

** Provider and Private pricing available upon request

Monday - Friday		Code
 SOUP		
Beef & Barley Soup		LNE-21006
Chicken Noodle Soup		LNE-21002
Pea & Ham Soup		LNE-21003
Creamy Tomato Soup		LNE-21000
Pumpkin Soup		LNE-21001
Potato & Leek Soup		LNE-21004

 MINI - MAIN		Code
Spaghetti Bolognese Entrée		LNE609
Beef Lasagne		LNE751
Apricot Chicken with Creamy Mash		FD002
Creamy Chicken & Mushroom Casserole with Cous Cous		FD025
Roast Chicken & Gravy		LNE480
Broccoli Chicken Pasta Bake		LNE545
Fried Rice with BBQ Chicken		LNE752
Tuna Mornay with Creamy Mash		FD006
Battered Fish Pieces with Baked Potato Wedges		FD008
Mushroom Stroganoff		LNE442

Monday - Friday		Code
 MAIN		
Beef Rissoles with Onion Gravy & Creamy Mash		FD009
Roast Beef with Homemade Gravy & Baked Potato	 	FD010
My Choice Beef Stroganoff		LNE11002
My Choice Corned Beef		LNE11007
My Choice Shepherd's Pie		LNE11016
My Choice Hearty Beef Casserole		LNE11036
My Choice Sausages with Onion Gravy		LNE11005
My Choice Rissoles with Mash & Gravy		LNE11030
My Choice Butter Chicken		LNE11020
My Choice Honey Soy Chicken		LNE11022
My Choice Apricot Chicken		LNE11025
My Choice Chicken Schnitzel & Gravy		LNE11033
My Choice Roast Chicken		LNE11029
My Choice Chicken Parmigiana		LNE11032



Vegetarian









Vegan



Gluten free



Dairy Free

Monday - Friday		Code
 MAIN (CONTINUED)		
My Choice Tuna Mornay		LNE11040
My Choice Roast Lamb		LNE11013
My Choice Slow Cooked Lamb Shanks		LNE11015
Sweet & Sour Pork with Steamed Rice	 	FD012
My Choice Pork Scallopini		LNE11011
My Choice Roast Pork		LNE 11012
My Choice Special Fried Rice		LNE11041
My Choice Tasmanian Salmon with White Wine Sauce		LNE11004
My Choice Parmesan Crusted Fish		LNE11006
My Choice Curried Prawns with Pilaf Rice		LNE11009
My Choice Spaghetti with Creamy Garlic Prawns		LNE11034
Homestyle Macaroni Cheese		LNE-54
Vegetarian Spaghetti Bolognese		LNE242
Vegetarian Potato & Chickpea Curry	 	LNE213
Moroccan Pumpkin & Chickpeas		LNE245

Monday - Friday		Code
 DESSERT		
Pavlova with Fresh Cream & Strawberries		FD015
Chocolate Mudcake with Fresh Cream		FD016
Lemon Cheesecake with Fresh Cream		FD017
Chocolate Bavarian Cream Pie		FD018
Sherry Custard Trifle		FD020
Stewed Rhubarb with Apple & Custard		FD021
Apricot Pudding		LNE22002
Sticky Date Pudding with Custard		LNE-22003
Lemon Sponge with Custard		LNE22004
Apple Cinnamon Crumble		LNE22005
Bread & Butter Pudding		LNE22007
My Choice Rice Pudding with Blueberry & Apple Compote		LNE22006



Vegetarian



Vegan




Gluten free






Dairy Free

Monday - Tuesday Code





SOUP (FROZEN ONLY)

Pea & Ham Soup	LNE21003
Creamy Tomato Soup 	LNE21000

MAIN




Steak with Garlic Prawns	LNE6529
Beef Lasagne with Vegetables	LNE6532
Grilled Sausages with Onion Gravy and Mashed Potato 	NF036
Chicken Parmigiana	LNE6537
Apricot Chicken	LNE6511
Roast Chicken with Roast Vegetables & Gravy	NF014
Chargrilled Lamb with Spinach & Pine Nuts	LNE6503
Quiche Lorraine with Roast Vegetable & Potato	NF012
Spinach & Ricotta Quiche with Roasted Vegetable and Potato 	NF017
Roast Veg Pasta with Napoli 	LNE6533

DESSERT









Carrot Cake	NF028
Chocolate and Raspberry Pudding 	NF029
Rhubarb & Custard Muffin 	NF027
Fruit Salad Cup  	LNE3876

Wednesday - Friday Code









SOUP

Chicken, barley & Vegetable Broth	HH166
Pea & Ham Soup 	HH164
Minestrone Soup 	HH163
Cream of Mushroom Soup 	HH165

MAIN

Beef Rissole, Mashed Potato, Vegetables & Peppercorn Gravy	HH168
Beef Goulash, Spinach Mash & Vegetables 	HH172
Thai Chicken with Vegetable Rice	NF020
Chicken Pesto Penne Pasta	NF026
Chicken & Vegetable Pie with Potato & Vegetables	NF005
Baked Fish Gratin, Potato Gems & Vegetables 	HH173
Roast Lamb with Roast Vegetables & Gravy	NF015
Roast Pork, Roast Potato, Vegetables & Apple Gravy 	HH171
Honey Mustard Pork Chop, Potato Wedges & Vegetables  	HH169
Roast Turkey, Roast Potato, Vegetables & Cranberry Gravy 	HH167
Mushroom, Leek & Spinach Risotto with Parmesan 	HH170
Tofu, Vegetable & Hokkien Noodle Stir Fry with Blackbean Sauce 	HH174

DESSERT

Hummingbird Cake & Custard	HH175
Flourless Baked New York Cheesecake & Berry Coulis 	HH176
Vanilla Pudding & Mixed Berries 	HH177
Meringue with Lemon Curd & Mango 	HH178
Almond Chia Pudding & Cinnamon Pears  	HH179
Rhubarb & Custard Muffin 	NF027
Carrot Cake	NF028
Fruit Salad Cup  	LNE3876



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Vegan



Gluten free








Dairy Free





Monday - Tuesday Code

 SOUP (FROZEN ONLY)	
Chicken Noodle Soup	LNE21002
Potato & Leek Soup 	LNE 21004





MAIN

Grilled Sausages with Onion Gravy and Mashed Potato 	NF036
Shepherd's Pie topped with Potato Mash and Vegetables	NF038
Meatballs with Tomato & Onion Gravy	LNE6539
Chicken & Avocado Salad 	LNE6517
Chicken Schnitzel with Gravy	LNE6519
Tandoori Chicken with Vegetable Rice	NF019
Crumbed Fish with Sweet Potato Wedges	LNE6536
Roast Lamb with Roast Vegetables & Gravy 	NF037
Pumpkin, Leek & Feta Quiche with Roast Veg & Potato 	NF011
Vegan Shepherds Pie 	NF021














DESSERT

Glazed Flourless Orange Tea Cake 	NF039
Carrot Cake	NF028
Rhubarb and Custard Muffin 	NF027
Fruit Salad Cup  	LNE3876







Wednesday - Friday Code

 SOUP	
Chicken & Corn Broth  	HH195
French Onion & Turkey Soup  	HH198
Cauliflower, Cumin & Mixed Bean Soup   	HH197
Thai Pumpkin & Coconut Soup   	HH196

MAIN


Braised Beef and Ale Pie, Potato Mash and Vegetables	NF031
Beef Lasagne with Napoli & Parmesan	NF032
Chicken & Leek Casserole with Vegetables & Baked Potato	NF030
Roast Chicken, Potato & Veg with Creamy Mushroom Sauce 	HH187
Chicken Parmigiana, Potato Wedges & Vegetables	HH188
Fish Fillet, Thai Green Curry Coconut Sauce, Rice & Veg  	HH191
Lamb Rogan Josh Curry, Steamed Rice & Veg  	HH189
Sweet & Sour Pork, Steamed Rice & Vegetables  	HH190
Pork Sausages, Onion gravy, Mash Potato & Vegetables 	HH192
Vegan Eggplant Parmigiana, Potato Wedges & Vegetables   	HH193
Spinach & Ricotta Roll, Roast Potato & Vegetables 	HH194
Roasted Vegetable Quiche with Roast Vegetable and Potato 	NF016

DESSERT




Coffee Cake with Caramel Glaze	HH180
Flourless Walnut Fudge Slice & Cream 	HH181
Coconut Chia Pudding & Mango  	HH182
Vanilla Yoghurt, Stewed Apple & Biscuit Crumb	HH183
Lemon Cake & Berry Compote	HH184
Chocolate Pudding 	HH185
Tiramisu	HH186
Fruit Salad Cup  	LNE3876

Monday - Tuesday Code





SOUP (FROZEN ONLY)

Pea & Ham Soup	LNE21003
Creamy Tomato Soup 	LNE21000

MAIN








Steak with Garlic Prawns	LNE6529
Beef Lasagne with Vegetables	LNE6532
Crumbed Chicken with Garlic Sauce	LNE6545
Chicken Parmigiana	LNE6537
Southern Chicken Tenders with Smash & Gravy	LNE6548
Chargrilled Lamb with Spinach & Pine nuts	LNE6503
Slow Cooked Roast Pork with Vegetables and Apple Gravy 	NF035
Roast Veg Pasta with Napoli	LNE6533
Gratinated Cauliflower, Cheese, Herb Crumbs 	NF007
Spinach & Ricotta Quiche with Roasted Vegetable and Potato 	NF017

DESSERT














Rhubarb & Custard Muffin 	NF027
Carrot Cake	NF028
Chocolate and Raspberry Pudding 	NF029
Fruit Salad Cup  	LNE3876

Wednesday - Friday Code





SOUP

Chicken, Vegetable & Brown Rice Broth  	HH200
Vegetable, Risoni & Bacon Broth 	HH202
Sweet Potato, Carrot & Ginger Soup  	HH199
Potato & Leek Soup  	HH201

MAIN

Beef Lasagne, Roast potato & Vegetables	HH203
Roast Beef, Roast Potato, Vegetables & Gravy 	HH205
Grilled Sausages with Onion Gravy and Mashed Potato 	NF033
Chicken, Leek & Mushroom Casserole, Potato Gems & Veg 	HH206
Chicken Satay, Steamed Rice & Vegetables  	HH208
Creamy Tuna & Vegetable Pasta Bake	HH209
Lamb Rosemary Casserole with Scallop Potatoes & Veg 	NF030
Persian Spiced Savoury Lamb Mince, Lentil Rice Pilaf, Veg  	HH204
Cajun Pork Chop, Corn, Capsicum & Kidney Bean Warm Salad, Spiced Tomato Sauce  	HH207
Vegetarian Lasagne, Roast Potato & Vegetables 	HH210
Zucchini, Tomato & Caramelised Onion Tart, Roast potato & Veg 	HH211
Roasted Vegetable Quiche with Roast Vegetable and Potato 	NF016

DESSERT

Cheese & Biscuits with Dates & Apricots	HH238
Upside Down Sticky Pear Cake	HH212
Strawberry Sponge Cheesecake & Cream	HH213
Chocolate Mud Cake & Cream	HH214
Belgian Waffle & Custard	HH215
Meringue with Peaches & Cream 	HH216
Mango Cheesecake 	HH217
Fruit Salad Cup  	LNE3876



Vegetarian



Vegan




Gluten free








Dairy Free

Monday - Tuesday






SOUP (FROZEN ONLY)

	Code
Beef & Barley Soup	LNE 21006
Pumpkin Soup 	LNE21001

MAIN










Meatballs with Tomato & Onion Gravy	LNE6539
Grilled Sausages with Onion Gravy and Mashed Potato 	NF036
Chicken Schnitzel with Gravy	LNE6519
Chicken & Avocado Salad	LNE6517
Crumbed Fish with Sweet Potato Wedges	LNE6536
Roast Lamb with Roast Vegetables & Gravy	NF015
Turkey, Cranberry & Walnut Salad 	LNE6505
Roast Veg Pasta with Napoli 	LNE6533
Roasted Vegetable Quiche with Roast Vegetable and Potato 	NF016
Vegan Shepherds Pie 	NF021

DESSERT


Rhubarb and Custard Muffin 	NF027
Chocolate and Raspberry Pudding 	NF029
Glazed Flourless Orange Tea Cake 	NF039
Fruit Salad Cup  	LNE3876

Wednesday - Friday


SOUP

Sausage, Kale, Tomato & Vegetable Broth  	HH220
French Onion Soup   	HH218
Broccoli & Potato Soup  	HH219
Creamy Spinach & Celery Soup  	HH221

MAIN

Braised Beef Steak, Onion Gravy, Mash & Veg 	HH223
Beef & Kidney Bean Chilli Con Carne, Rice, Corn & Capsicum  	HH228
Honey Soy Chicken, Sesame & Veg Stir Fry with Hokkien Noodles 	HH224
Butter Chicken with Veg Pilaf Rice	NF031
Creamy Chicken, Spinach & Semi Sundried Tomato, Penne, Parmesan	HH229
Curried Pork Sausages, Mash Potato & Veg 	HH230
Slow Cooked Roast Pork with Vegetables and Apple Gravy 	NF035
Creamy Garlic Prawns, Steamed Rice & Veg 	HH227
Roast Turkey, Roast Potato, Veg & Gravy 	HH222
Vegan Shepherds Pie 	NF021
Spinach & Ricotta Cannelloni, Napoli & Veg 	HH225
Falafel, Sumac Roast Zucchini, Baba Ghanouj & Brown Rice  	HH226

DESSERT

Apple Crumble Slice & Cream	HH231
Caramel Glazed Sticky Date Cake & Cream	HH232
Chocolate Lamington & Cream	HH233
Creamy Rice Pudding, Stewed Apple & Caramel 	HH234
Overnight Oats with Vanilla Yoghurt & Chocolate	HH235
Strawberry Pudding 	HH236
Cinnamon Roast Pears & Custard 	HH237
Fruit Salad Cup  	LNE3876



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