

Let's get started on your meal delivery



My Meal Options

Summer Menu 2026

Frozen & Chilled

Please keep this copy for your records



Meals on Wheels
Whitehorse

More
than just
a meal

NEW
options for old
favourites

Supporting Your Independence with Nutritious Meals & Wellbeing Checks.

Your Meals

At Whitehorse Meals on Wheels, we pride ourselves on being much more than a meal provider. Our service is designed to bring not only delicious and nutritious meals to your doorstep but also a sense of community and reassurance.

You have the flexibility and choice when it comes to our service.

Deliveries are Monday to Friday

Our dedicated volunteers not only bring your meal with a warm smile but also complete your wellness check, ensuring you always feel connected and cared for.



How to Order

Delivery from: Monday 2nd February 2026, **Week 4.**

Follow these Simple Steps;

❶ On your order form please add your **name & date** to top of page

❷ Please choose up to 3 **delivery days**:

Example

☒ Mon ☐ Tue ☒ Wed ☐ Thu ☒ Fri

(includes Sat & Sun)

❸ Select your menu items from our **Chilled & Frozen order forms**

❹ **Frozen & Chilled Order Forms: Please complete all 4 weeks**

❺ This is a **4 week reoccurring menu**. 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!

❻ Please **return your completed Order Forms** via Phoning 9017 3881, Email whitehorse@mow.net.au or via your delivery volunteers

❼ Contact the branch anytime to pause, cancel or make a change to your reoccurring order

Monday - Friday

Code

SOUP

Chicken Noodle Soup	LNE21002
My Choice Creamy Chicken & Mushroom Soup 	LNE21008
My Choice Creamy Seafood Chowder Soup 	LNE21007
Pea & Ham Soup	LNE21003
Potato & Leek Soup 	LNE21004
Pumpkin Soup 	LNE21001

MINI - MAIN

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

Monday - Friday

Code

MAIN

Beef Rissoles with Onion Gravy & Creamy Mash 	FD009
Homestyle Macaroni Cheese	LNE54
Moroccan Pumpkin & Chickpeas 	LNE245
My Choice Apricot Chicken	LNE11025
My Choice Beef Stroganoff	LNE11002
My Choice Butter Chicken	LNE11020
My Choice Chicken Parmigiana	LNE11032
My Choice Chicken Schnitzel & Gravy	LNE11033
My Choice Corned Beef 	LNE11007
My Choice Curried Prawns with Pilaf Rice	LNE11009
My Choice Hearty Beef Casserole	LNE11036
My Choice Honey Soy Chicken	LNE11022
My Choice Parmesan Crusted Fish	LNE11006
My Choice Pork Scallopini	LNE11011

Monday - Friday	Code
 MAIN (CONTINUED)	
My Choice Chicken & Cashew 	LNE11021
My Choice Roast Chicken	LNE11029
My Choice Roast Lamb	LNE11013
My Choice Roast Pork	LNE11012
My Choice Sausages with Onion Gravy	LNE11005
My Choice Shepherd's Pie	LNE11016
My Choice Slow Cooked Lamb Shanks	LNE11015
My Choice Spaghetti with Creamy Garlic Prawns	LNE11034
My Choice Special Fried Rice	LNE11041
My Choice Tasmanian Salmon with White Wine Sauce	LNE11004
My Choice Tuna Mornay	LNE11040
Roast Beef with Homemade Gravy & Baked Potato 	FD010
Sweet & Sour Pork with Steamed Rice 	FD012
Vegetarian Potato & Chickpea Curry 	LNE213
Vegetarian Spaghetti Bolognese 	LNE242

Monday - Friday	Code
 DESSERT	
Apple Cinnamon Crumble	LNE22005
Apricot Pudding	LNE22002
Bread & Butter Pudding	LNE22007
My Choice Vanilla Custard 	LNE22000
Chocolate Mudcake with Fresh Cream	FD016
Golden Syrup Dumpling	FD026
Lemon Cheesecake with Fresh Cream	FD017
Lemon Sponge with Custard	LNE22004
My Choice Cherry Raspberry Crumble	LNE22008
My Choice Rice Pudding with Blueberry & Apple Compote 	LNE22006
My Choice Strawberry Cheesecake Crumble	LNE22009
Pavlova with Fresh Cream & Strawberries 	FD015
Sherry Custard Trifle	FD020
Stewed Rhubarb with Apple & Custard 	FD021
Sticky Date Pudding with Custard	LNE22003

Menu Items		CODE	Available Days				
			M	T	W	T	F
 SOUP (CHILLED ONLY)							
Potato & Leek Soup  	R001						
Pumpkin Soup  	R003						
Mushroom Soup  	R005						
Cream of Asparagus Soup 	R006						
Chicken & Vegetable Soup 	R007						
Farmhouse Soup  	R002						
French Onion Soup  	R004						

 DESSERT	CODE						
Fruit Salad Cup	LNE3876						
Chocolate and Raspberry Pudding	NF029						
Lemon Delicious Cake	NF042						
Apple Crumble Muffin	NF043						
Bread & Butter Pudding	NF044						
Apple Pie & Cream	R011						
Baked Passionfruit Cheesecake & Cream	R014						
Date & Pear Pudding & Custard	R024						
Mango Mousse & Cream 	R028						
Trifle	R038						



Vegetarian



Vegan



Gluten free



Dairy Free

Summer Chilled Menu 2026

Week 1

Menu Items		CODE	Available Days				
			M	T	W	T	F
 MAIN							
Chicken, Apple & Walnut Salad	LNE6524						
Cobb Style Salad	LNE6516						
Chicken & Avocado Salad	LNE6517						
Chicken Schnitzel with Gravy	LNE6519						
Turkey, Cranberry & Walnut Salad	LNE6505						
Egg, Avo & Crispy Ranch Salad 	LNE6522						
Grilled Sausages with Onion Gravy and Mashed Potato	NF033						
Braised Wagyu Beef, Paris Mash, Vegetables	NF046						
Lasagne Pie with Potato Mash and Vegetables	NF050						
Roast Beef with Gravy and Vegetables	NF053						
Baked Chicken Schnitzel, Napoli, and Vegetables	NF001						
Chicken & Vegetable Pie with Potato & Roast Vegetables	NF005						
Tandoori Chicken with Vegetable Pilaf Rice	NF019						
Navarin of Lamb, Seasonal Vegetables Meals	NF051						
Roast Pork with Vegetables and Apple Gravy	NF035						
Pumpkin, Leek and Feta Quiche with Roast Vegetable & Potato 	NF011						
Beef in Black Bean Sauce with Brown Rice, Mixed Vegetables & Cauliflower 	R016						
Beef Sausages with Onion Gravy, Mash Potato, Carrots & Brussel Sprouts 	R017						
Grilled Fish w Lemon Dill Sauce, Scalloped Potato, Mixed Vegetables & Carrots 	R026						
Mild Pork Curry with Rice, Beans & Carrots 	R031						
Roast Lamb with Gravy, Mint Jelly, Roast Potatoes, Mixed Vegetables & Cauliflower 	R032						
Thai Coconut & Vegetable Curry with Pasta, Beans & Cauliflower 	R037						
Roast Turkey, Gravy, Cranberry Sauce, Roast Potatoes, Peas, Corn, Broccoli 	R085						
Chicken & Mushroom Casserole, Pasta, Beans, Carrots	R086						
Roast Vegetable Pattie, Curry Sauce, Peas, Cauliflower, Mixed Vegetables 	R087						
Pork Sausages, Tomato/Onion Sauce, Scalloped Potatoes, Beans, Carrots 	R088						
Roast Chicken, Gravy, Roast Potatoes, Beans, Carrots 	R089						
Crumbed Fish, Parsley Sauce, Rice, Peas, Pumpkin	R090						
Lamb & Vegetable Casserole, Polenta, Mixed Vegetables, Cauliflower	R091						
Pumpkin Chickpea Casserole, Polenta, Broccoli, Corn 	R092						

Menu Items		CODE	Available Days				
			M	T	W	T	F
 SOUP (CHILLED ONLY)							
Potato & Leek Soup  	R001						
Farmhouse Soup  	R002						
Pumpkin Soup  	R003						
Mushroom Soup  	R005						
French Onion Soup  	R004						
Chicken & Vegetable Soup 	R007						
Broccoli Soup  	R008						

 DESSERT							
Fruit Salad Cup	LNE3876						
Chocolate and Raspberry Pudding	NF029						
Lemon Delicious Cake	NF042						
Apple Crumble Muffin	NF043						
Bread & Butter Pudding	NF044						
Apple & Cinnamon Tea Cake with Custard	R012						
Baked Raspberry Cheesecake & Cream	R015						
Blackforest Cake	R018						
Pancakes with Jam & Cream	R020						
Lemon Mousse & Cream 	R029						



Vegetarian



Vegan



Gluten free



Dairy Free

Summer Chilled Menu 2026

Week 2

Menu Items		CODE	Available Days				
			M	T	W	T	F
 MAIN							
Asian Beef Salad	LNE6549						
Beef Lasagne with Vegetables	LNE6532						
Southern Chicken Tenders with Smash & Gravy	LNE6548						
Chicken Schnitzel with Gravy	LNE6519						
Japanese Style Hot Smoked Salmon	LNE6534						
Baked Chicken Schnitzel, Napoli, and Vegetables	NF001						
Chicken & Vegetable Pie with Potato & Roast Vegetables	NF005						
Tandoori Chicken with Vegetable Pilaf Rice	NF019						
Grilled Sausages with Onion Gravy and Mashed Potato	NF033						
Braised Wagyu Beef, Paris Mash, Vegetables	NF046						
Roast Beef with Gravy and Vegetables	NF053						
Lasagne Pie with Potato Mash and Vegetables	NF050						
Navarin of Lamb, Seasonal Vegetables Meals	NF051						
Roast Pork with Vegetables and Apple Gravy 	NF035						
Pumpkin, Leek and Feta Quiche with Roast Vegetable & Potato 	NF011						
Fish Pie, Broccoli, Corn, Carrots 	R025						
Grilled Fish, Chinoise Vegetables, Pasta, Asian Sauce	R027						
Roast Lamb with Gravy, Mint Jelly, Roast Potatoes, Mixed Vegetables & Cauliflower 	R032						
Roasted Vegetable Gnocchi with Pumpkin Sauce, Brussel Sprouts & Carrot 	R033						
Slow Cooked Beef with Pepper Gravy, Potato Mash, Mixed Vegetables & Cauli- 	R083						
Chicken Kiev with Potato Gems, Beans & Carrots	R021						
Lentil Shepherds Pie, Mixed Veg, Beans  	R114						
Turkey Salad	R043						
BBQ Pork Ribs, Roast Potatoes, Beans, Pumpkin 	R115						
Moroccan Lamb Casserole, Rice, Mixed Vegetables, Broccoli 	R093						
Silverside & Mustard Sauce, Steamed Potatoes, Beans. Carrot Batons 	R094						
Shepherds Pie, Baked Pumpkin, Mixed Vegetables 	R095						
Pepper Beef Pie, Scalloped Potato, Mixed Vegetable, Cauliflower	R096						
Chicken Chow Mein, Mixed Vegetables, Beans	R097						
Pumpkin Chickpea Pattie, Napoli Sauce, Polenta, Cauli, Corn 	R098						

		Available Days					
Menu Items			M	T	W	T	F
 SOUP (CHILLED ONLY)	CODE						
Potato & Leek Soup  	R001						
Farmhouse Soup  	R002						
Chicken & Vegetable Soup 	R007						
Vegetable Soup 	R009						
Carrot Soup  	R046						
Broccoli Soup  	R008						
Cream of Asparagus Soup  	R006						

 DESSERT	CODE						
Fruit Salad Cup	LNE3876						
Chocolate and Raspberry Pudding	NF029						
Lemon Delicious Cake	NF042						
Apple Crumble Muffin	NF043						
Bread & Butter Pudding	NF044						
Banana & Caramel Cake with Custard	R059						
Fruit Trifle and Cream	R060						
Apple Danish with Custard	R061						
Chocolate Brownie with Cream	R062						
Swiss Jam Roll with Cream	R064						

		Available Days					
Menu Items			M	T	W	T	F
 MAIN	CODE						
Chicken, Apple & Walnut Salad	LNE6524						
Cobb Style Salad	LNE6516						
Chicken & Avocado Salad	LNE6517						
Chicken Schnitzel with Gravy	LNE6519						
Turkey, Cranberry & Walnut Salad	LNE6505						
Egg, Avo & Crispy Ranch Salad 	LNE6522						
Braised Beef and Ale Pie with Potato Mash and Vegetables	NF045						
Roast Chicken with Gravy and Vegetables	NF014						
Thai Chicken with Vegetable Rice	NF020						
Chicken & Leek Casserole with Vegetables Baked Potato	NF030						
Chicken & Mushroom Pie with Potato Mash and Vegetables	NF047						
Roast Lamb with Gravy and Vegetables	NF015						
Shepherd's Pie topped with Potato Mash and Vegetables	NF038						
Quiche Lorraine with Roast Vegetables & Potato	NF012						
Spinach & Ricotta Ravioli with Napoli Sauce 	NF054						
Hungarian Goulash with Polenta, Beans & Carrots	R047						
Veal Tortellini with Creamy Cheese Sauce, Beans and Carrots	R050						
Tuna Patties with Napoli Sauce, Corn, Pumpkin & Peas 	R051						
Parmesan Crumbed Baked Fish, Steamed Potato, Pumpkin & Broccoli	R052						
Silverside with Mustard Sauce, Steamed Potatoes, Beans & Carrot Batons 	R048						
Spaghetti Carbonara with Pumpkin & Beans	R053						
Vegetable Burger with Tomato Sauce, Cauliflower, Pumpkin & Beans  	R058						
Sweet & Sour Pork Sausages, Rice, Cauliflower, Peas	R099						
Chicken Parmigiana, Gravy, Scalloped Potato, Pumpkin, Peas	R100						
Curry Vegetable Casserole, Sweet Potato, Cauliflower, Corn  	R101						
Pasta Alfredo, Creamy Tomato Sauce, Corn, Beans, Cauliflower 	R102						
Sweet Potato Lentil Pattie, Napoli Sauce, Carrots, Mixed Veg, Beans  	R103						
Roast Pork, Gravy, Apple Sauce, Roast Potatoes, Baked Pumpkin, Broccoli	R104						
Lamb & Minted Pea Pie, Mashed Potato, Broccoli, Corn	R105						
Roast Turkey, Gravy, Cranberry Sauce, Roast Potatoes, Peas, Corn, Broccoli 	R085						

		Available Days					
Menu Items		CODE	M	T	W	T	F
 SOUP (CHILLED ONLY)							
Pumpkin Soup  	R003						
French Onion Soup  	R004						
Mushroom Soup 	R005						
Cream of Asparagus Soup 	R006						
Vegetable Soup  	R009						
Broccoli Soup  	R008						
Carrot Soup  	R046						

 DESSERT	CODE						
Fruit Salad Cup	LNE3876						
Chocolate and Raspberry Pudding	NF029						
Lemon Delicious Cake	NF042						
Apple Crumble Muffin	NF043						
Bread & Butter Pudding	NF044						
Baked Chocolate Cheesecake with Cream	R071						
Orange & Raspberry Cake with Custard	R072						
Rice Pudding & Apricot with Cream 	R076						
Sticky Date Cake with Custard	R073						
Tiramisu with Cream	R074						

		Available Days					
Menu Items		CODE	M	T	W	T	F
 MAIN							
Chicken Schnitzel with Ham & Avo	LNE6525						
Beef Lasagne with Vegetables	LNE6532						
Japanese Style Hot Smoked Salmon	LNE6534						
Southern Chicken Tenders with Smash & Gravy	LNE6548						
Asian Beef Salad	LNE6549						
Chicken Schnitzel with Gravy	LNE6519						
Quiche Lorraine with Roast Vegetables & Potato	NF012						
Roast Chicken with Gravy and Vegetables	NF014						
Roast Lamb with Gravy and Vegetables	NF015						
Thai Chicken with Vegetable Rice	NF020						
Chicken & Leek Casserole with Vegetables Baked Potato	NF030						
Shepherd's Pie topped with Potato Mash and Vegetables	NF038						
Braised Beef and Ale Pie with Potato Mash and Vegetables	NF045						
Chicken & Mushroom Pie with Potato Mash and Vegetables	NF047						
Spinach & Ricotta Ravioli with Napoli Sauce	NF054						
Beef Ragu with Brown Rice, Mixed Vegetables and Cauliflower 	R065						
Beef Stroganoff with Pasta, Beans and Pumpkin	R067						
Grilled Fish with Curry Sauce, Mashed Potato, Cauliflower & Mixed Vegetables 	R068						
Ginger Honey Pork Casserole with Rice, Beans & Carrot Rings 	R077						
Zucchini & Cheese Quiche with Scalloped Potato, Beans & Mixed Vegetables 	R079						
Chicken Sausages with Teriyaki Sauce, Potato Mash, Peas, Cauliflower & Pumpkin	R078						
Vindaloo Beef Meatballs with Rice, Pumpkin & Broccoli	R066						
Lamb Tagine, Potato Mash, Beans, Carrot Rings	R106						
Chicken Cacciatore, Pasta, Peas, Pumpkin, Carrots	R107						
Macaroni, Ham & Cheese Bake, Corn, Broccoli, Pumpkin 	R108						
Ratatouille, Brown Rice, Beans, Pumpkin  	R109						
Beef & Vegetable Pastie, Beans, Pumpkin, Cauliflower	R110						
Lentil Bolognese, Polenta, Pumpkin, Mixed Veg, 	R111						
Malaysian Vegetable Curry, Rice, Mixed Vegetables, Carrot Batons  	R112						
Vegetable Tagine, Pasta, Beans, Pumpkin 	R113						

Monday - Friday

Mon Tue Wed Thurs Fri



MAIN - LEVEL 4 PUREED

CODE

Puree of Beef, Mashed Potato, Peas, and Carrot	TP-SDM04-P4					
Beef Rissole with Mash Potato, Peas & Cauliflower	TP-SDM10-P4					
Chicken, Mashed Potato, Peas & Carrot 	TP-SDM13-P4					
Steamed Fish, Mashed Potato, Peas and Carrot 	TP-SDM18-P4					
Falafel, Mashed Potato, Peas & Carrot  	TP-SDM20-P4					
Egg Omelette with Corns and Peas 	TP-SDM21-P4					
Egg Omelette with Corns and Cauliflower 	TP-SDM22-P4					
Lamb, Mashed Potato, Peas & Carrot  	TP-SDM24-P4					



MAIN - LEVEL 5 MINCED & MOIST

CODE

Beef, Mashed Potato, Peas & Carrot  	TP-SDM04-P5					
Chicken, Mashed Potato, Peas & Carrot  	TP-SDM13-P5					
Falafel with Mashed Potato, Peas & Carrot 	TP-SDM20-P5					
Steamed Fish, Mashed Potato, Peas & Carrot  	TP-SDM18-P5					
Lamb, Mashed Potato, Peas & Carrot  	TP-SDM24-P5					
Rissole with Potato Mash, Peas & Cauliflower	TP-SDM10-P5					
Egg Omelette with Corns & Cauliflower	TP-SDM22-P5					

Monday - Friday

Mon Tue Wed Thur Fri



DESSERT - LEVEL 4 PUREED

CODE

Chocolate Mousse	ECMC1					
Banana Custard	EC560					
Honeycomb Buzz	EC563					
Lemon Dessert	EC550					
Mango Mousse	EC558					
Strawberries & Cream 	EC562					
Vanilla Custard	ECUV1					



Vegetarian



Vegan



Gluten free



Dairy Free



Meals on WheelsTM
Whitehorse

2026

January

S M T W T F S

					1	2	3
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

February

S M T W T F S

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March

S M T W T F S

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29	30	31					

April

S M T W T F S

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May

S M T W T F S

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31							

June

S M T W T F S

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July

S M T W T F S

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26	27	28	29	30	31		

August

S M T W T F S

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30	31						

September

S M T W T F S

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27	28	29	30				

October

S M T W T F S

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18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

November

S M T W T F S

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15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

December

S M T W T F S

		1	2	3	4	5	
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13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

WEEK 1

WEEK 2

WEEK 3

WEEK 4

NOT AVAILABLE
FOR DELIVERY

Contact Us On: 03 9017 3881

Whistleblower Policy

Speak Up Safely

Newcastle Meals on Wheels is committed to integrity and transparency. Our Whistleblower Policy provides a safe and confidential way for anyone – staff, volunteers, clients, carers, or visitors – to report serious misconduct such as fraud, unsafe practices, or unethical behaviour.

This process is not for regular feedback or complaints. It is specifically for reporting serious concerns that may impact the safety, legality, or ethical standards of our service.

How to Enact the Whistleblower Policy:

- Email: wpo@mow.net.au
- Phone: 03 9017 3881 or 02 4957 7097
- Request to enact the Whistleblower Policy.

Our Whistleblower Protection Officer (WPO) is currently serving as Acting CEO, ensuring independence and confidentiality in handling reports.

Reports can be made anonymously to:

- A senior manager
- The Whistleblower Protection Officer
- Our auditor
- Relevant authorities

We endeavour to review reports within five business days, and investigations are conducted with fairness and confidentiality. Protections are in place to prevent retaliation.

Let's continue to do what's right - together.



Feedback

Please contact us on the information below or scan the QR code here to submit it.

Whitehorse Meals On Wheels
96-106 Springvale Rd,
Nunawading
Call 03 9017 3881
or email info@mow.net.au.



Meals on Wheels
Whitehorse

96-106 Springvale Rd,
Nunawading VIC 3131
Ph: 9017 3881
E: whitehorse@mow.net.au

Our Supplier Partners

EZY CHEF



FARM DOOR

Supporting your independence, health, & connection at home.



150+ Fresh & Frozen Meal Choices



Nutritious Meals Designed for Older Australians



Bulk Frozen Orders available for Convenience & Flexibility



Textured Modified Meals for Special Dietary Needs



Up to 3 Deliveries Per Week



Affordable Pricing



Wellbeing Checks Included with Every Delivery



Seamless Coordination with Home Care & Support at Home Packages



We Partner with Trusted Providers

Recipe Declaration:

Our menus are aligned with Aged Care requirements and Vulnerable persons Food Safety Scheme. Please note as recipes may change please check our meal labels or contact the branch for up to date ingredients and nutritional information.