

Meals on Wheels order form

144 March St, Orange NSW 2800
Please contact the office with your order

P 63 93 8968 or 63 93 8970

E orafoodserv@orange.nsw.gov.au

Name

Telephone

Pick up Delivery Meals on Wheels

Run

Day

MEALS: Main \$6.50 - \$7.50 Mini \$5.40 - \$6.00	Serves required	
	Main	Mini
Apricot Chicken (LS)		
Braised Steak with onion gravy (GF; LS)		
Cheesy Tuna Bake (LS)		
Chicken Casserole (GF; LS)		
Chinese Chicken (GF)		
Corned Silverside with white sauce (GF; LS)		
Cottage Pie (GF; LS)		
Crumbed Fish with potato bake		
Curried Chicken with rice (GF; LS)		
Curried Sausages		
Grilled Sausages with Gravy		
Honey Pork and Pineapple (GF; LS)		
Lasagne (meat) (LS)		
Lemon Chicken Schnitzel		
Pumpkin Spinach Feta Frittata (GF,LS)		N/A
Steak Diane (GF,LS)		N/A
Rissoles with gravy (GF; LS)		
Roast Beef with gravy (GF; LS)		
Roast Chicken with gravy (GF; LS)		
Roast Pork with gravy (GF; LS)		
Salmon Patties		
Savoury Mince (GF; LS)		
Spaghetti Bolognese		
Steak and Kidney (LS)		
Steamed Barramundi with lemon sauce		
Smothered Pork Steak & Apple (GF,LS),		
Vegetable Quiche and Vegetable Stir Fry.		

SOUPS: \$2.80 per serve	Serves required
Beef Barley and Vegetable Soup (LS)	
Chicken Stockpot Soup(LS)	
Pea and Ham Soup (GF; LS)	
Potato and Leek Soup (GF)	
Pumpkin Soup (GF; LS)	
DESSERTS: \$3.10 - \$3.50 per serve	
Apple Pie with cream(LS; D)	
Apple Rhubarb Brown Betty (LS; D)	
Apricot Crumble and custard (LS: D)	
Bread and Butter Pudding (D)	
Chocolate Fudge Brownie (GF)	
Creamy Rice (GF; LS)	
Crème Caramel (LS)	
Fruit Salad with cream (GF; LS; D)	
Fruit Trifle (LS)	
Golden Syrup Pudding	
Lemon Meringue	
Sticky Date Pudding	
Vanilla Panna Cotta & mixed berries (GF;LS)	
TOTALS	
Main:	
Mini:	
Dessert:	
Soup:	
Salad:	
TOTAL:	

V = Vegetarian

LS = Low Salt

GF = Gluten Free

Office Use only

Date

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