

Meals on Wheels Frozen Menu

1 July 2022 - 30 June 2023



northern
beaches
council



Meals on Wheels
Manly

Frozen Meals

Beef

- Beef Stroganoff
- Beef and Black Bean
- Beef Burgundy
- Beef Curry
- Beef Rissoles with Onion Gravy
- Country Beef Sausages with Onion Gravy
- Cottage Pie
- Roast Beef with Burgundy Gravy
- Steak & Mushroom Pie
- Steak Dianne

Chicken

- Chicken Coq Au Vin
- Roast Turkey with Port Wine Sauce
- Chicken and Vegetable Pasta Bake
- Chicken and Cheese Deep Dish Pie
- Chicken and Coriander Rissoles/Chunky Tomato
- Chicken Schnitzel with Gravy
- Chicken and Spinach Casserole
- Roast Chicken Maryland with Gravy
- Honey Soy Chicken Drumettes

Pork

- Sweet and Sour Pork
- Yellow Pork Coconut Curry
- Pork and Mushroom Casserole
- Curried Sausages
- Pork Steak with Honey Soy Sauce
- Roast Pork with Apple Sauce and Gravy
- Spiced Pork and Sweet Potato Casserole

Lamb

- Balsamic Lamb with Red Wine
- Lamb and Fruit Curry
- Lamb and Mint Rissoles with Gravy
- Lamb and Rosemary Pie
- Roast Lamb with Mint Gravy
- Shepherds Pie

Vegetarian

- Macaroni Cheese
- Potato and Spinach Pie
- Sweet Potato Lentil Pie
- Pumpkin Ravioli with Passata Sauce

Seafood

- Crispy Battered Fish
- Crumbed Fish
- Salmon Fish Cakes with Lemon Sauce
- Baked Fish with Mornay Sauce
- Salmon Pasta Bake

All meals come with seasonal vegetables and potato or rice.

Frozen Soups

- Cream of Tomato
- Broccoli and Cheese
- Country Chicken and Vegetable
- Beef and Barley
- Chicken and Sweet Corn
- Bacon, Lentil and White Bean Soup
- Pea and Ham
- Pumpkin
- Potato and Leek
- Cream of Mushroom

Frozen Desserts

Cake

- Creamy Rice with Strawberry Compote
- Black Forest Cheesecake
- Sticky Date Pudding with Caramel Sauce
- Butterscotch Pudding with Custard
- Apple and Sultana Crumble with Custard
- Bread and Butter Pudding
- Chocolate Mud Cake with Custard
- Tiramisu
- Lemon Pudding with Custard
- Golden Syrup Pudding with Custard

Fruit

- Fruit only (Assorted)
- Fruit with Custard (Assorted)
- Jelly with Peaches and Custard
- Puree Mixed Desserts (Assorted)

Fruit desserts also come with custard, yoghurt and ricotta cream.

For more information contact:

mow@northernbeaches.nsw.gov.au or phone 8495 5010

