



Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Delivery \_\_\_\_\_

	CHSP Clients	Non CHSP Clients
<b>Main</b>	\$7.00 each	\$8.50 each
<b>Dessert</b>	\$3.00 each	\$3.50 each
<b>Soup</b>	\$2.50 each	\$3.00 each
<b>Juice</b>	\$1.60 each	\$1.70 each

We deliver FREE to your door, or you can  
 pickup from our premises daily  
 Urunga– Shop 10, 31-33 Bowra St  
 Bellingen– 1 Elliot Close



02 6655 2650



ageingservices@openarms.org.au

## FEEDBACK

Please indicate like ✓ dislike ✗

### Mains

- Roast Chicken
- Chicken Mushroom
- Chicken Breast Mango
- Butter Chicken
- Honey Soy Chicken
- Turkey Chicken Stir Fry
- Roast Beef
- Spaghetti Bolognaise
- Beef Pot Roast
- Beef Stroganoff
- Cottage Pie
- Beef Casserole
- Rissoles
- BBQ Sausages
- Beef Pie
- Steak & Kidney Pie
- Lamb Bourguignon
- Roast Lamb
- Roast Pork
- Pork Apple & Cranberry
- Crumbed Fish & Wedges
- Barramundi Lemon Butter

### Vegetarian

- Macaroni Cheese
- Vegetarian Cottage Pie
- Vegetable Pasta Bake
- Brown Rice Vegetable Patties
- Pumpkin Curry
- Falafel Risotto
- Mushroom Casserole

### Soups

- Pea & Ham
- Pumpkin
- Beef & Vegetable
- Corn & Bacon Chowder
- Chicken Noodle
- Potato & Leek

### Desserts

- Rice Pudding
- Tiramisu
- Berry Crumble Custard
- Apple Crumble
- Sticky Date Pudding
- Double Chocolate Pudding
- Lemon Cheesecake

### Comments

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# MENU



Spring 2018

More  
 than just  
 a meal

## MAIN MEALS

- Roast Chicken**  
w roast potato, pumpkin, peas & gravy
- Chicken Mushroom**  
With roast potato & green beans
- Chicken Breast Mango**  
w roast potato & mixed vegetables
- Butter Chicken**  
With rice, spinach & sweet potato
- Honey Soy Chicken**  
w rice, carrots & spinach
- Turkey Chicken Stir Fried Mince**  
w rice noodles and Asian Vegetables
- Roast Beef**  
w roast potato, carrots & peas
- Spaghetti Bolognese**  
w zucchini, eggplant, and leek
- Beef Pot Roast**  
With mashed potatoes, carrots & peas
- Beef Stroganoff**  
w mashed potato
- Cottage Pie**
- Beef Casserole**
- Beef Rissoles** with onion gravy
- BBQ Sausages**  
With pan fried potatoes broccoli & baked beans
- Beef Pie**  
w mash and gravy
- Steak & Kidney Pie**
- Lamb Bourguignon**  
With sweet potato bake & baby beans
- Roast Lamb**  
w gravy
- Lamb Casserole**  
w mashed potatoes, broccoli & cauliflower

- Roast Pork**  
w roast potato, pumpkin, peas, gravy
- Pork, Apple & Cranberry Casserole**
- Crumbed Fish & Wedges**  
With carrots, corn, peas and tartare sauce
- Barramundi Lemon Butter**  
w basmati rice, broccoli & carrots

## VEGETARIAN

- Macaroni Cheese**
- Vegetarian Cottage Pie**
- Vegetable Pasta Bake**
- Brown Rice Vegetable Patties**
- Pumpkin Curry**
- Falafel Risotto**
- Mushroom Casserole**

## SOUP

- Pea & Ham**
- Pumpkin**
- Beef & Vegetable**
- Corn & Bacon Chowder**
- Chicken Noodle**
- Potato & Leek**

Order 10 FROZEN  
MEALS and  
get 10 SOUPS

**FREE**

## PUREED

- Lamb Roast Pureed**
- Roast Chicken Pureed**
- Cottage Pie Pureed**

## DESSERTS

- Berry Crumble**  
w custard
- Apple Crumble**
- Sticky Date Pudding**
- Rice Pudding**
- Tiramisu**
- Double Chocolate Pudding**
- Lemon Cheesecake**

*Special dietary requirements catered for  
please enquire*

## **SPECIALS**

*Main Meals—\$3.50*

*Spinach & Cheese Risotto*

*ONLY WHILE STOCK LASTS*



Meals on Wheels