

# MENU

## Commonwealth Home Support Programme

### Prices

Item	Paid by Client
Breakfast	\$4.00
Snacks	\$3.00
Mains	\$8.00
Soups	\$3.00
Desserts	\$3.00
Juice	\$1.60
Meal Pack 7 Mains, 7 Soups or 7 Desserts or a combination of both	\$56.00

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Delivery \_\_\_\_\_

Comments and feedback

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Urunga– Shop 9 & 10, 31-33 Bowra St

☎ 02 6655 2650

@ homecare@openarms.org.au



From June 1st 2022

Note: These prices are for Commonwealth Home Support Programme eligible clients with a current Meals referral.

## MAIN MEALS

- Roast Chicken Breast** FR SR HP GF HF  
w cream potato, carrots & peas
- Chicken Mushroom** FR SR HP GF HF  
w roast potato & green beans
- Chicken Breast Mango** FR SR HP GF HF  
w roast potato & mixed vegetables
- Chicken Curry** FR SR HP GF HF  
w basmati rice, green beans & capsicum
- Honey Soy Chicken** DF LF SR HP GF HF  
w stir fried rice & vegetables
- Sweet & Sour Chicken** DF LF SR HP GF HF  
w steamed rice and & mixed vegetables
- Curried Sausages** DF FR SR HP GF HF  
w mashed potatoes, carrots, peas & corn
- Roast Beef** DF LF SR HP GF HF  
w mashed potato, roasted pumpkin & peas
- Corned Beef** FR SR HP GF HF  
in a white sauce with mashed potatoes & cauliflower
- Spaghetti Bolognese** FR SR HP HF  
w zucchini, eggplant & leek
- Beef Pot Roast** DF FR SR HP GF HF  
w mashed potatoes, carrots & peas
- Beef Stroganoff** FR SR HP GF HF  
w mashed potato, cauliflower, broccoli & carrots
- Cottage Pie** FR SR HP GF HF  
w mashed potatoes topped with cheese
- Beef Casserole** DF FR SR HP GF HF  
w mashed potatoes, baked pumpkin & Peas
- Beef Rissoles** FR SR GF HF  
w potato bake, green beans, carrots & corn
- BBQ Sausages** FR HP HF  
w pan fried potatoes, broccoli & baked beans
- Lamb Roast** DF FR SR HP GF HF  
w mint gravy, roast potatoes, baked pumpkin & broccoli
- Lamb Casserole** DF FR SR HP GF HF  
w mashed potatoes, broccoli & cauliflower
- Pork Steak Diane** FR SR HP GF HF  
w cream potatoes, cauliflower & cabbage
- Pork Roast** FR SR HP GF HF  
In an apple gravy w pumpkin mash, cauliflower & broccoli

- Crumbed Fish & Wedges** FR SR HP HF  
w carrots, corn, peas and tartare sauce
- Barramundi Lemon Butter** FR SR HP GF HF  
w basmati rice, broccoli & carrots
- Curry Prawns** FR SR HP GF HF  
in mild curry sauce, w a medley of Asian greens & rice

## PUREED

- Lamb Roast Pureed** DF FR SR HP GF HF
- Roast Chicken Puree** DF FR SR HP GF HF
- Cottage Pie Pureed** FR SR HP GF HF

## VEGETARIAN

- Brown Rice Vegetable Patties** LF SR GF HF
- Vegetarian Parmi** FR HP HF V
- Coconut Dahl** DF FR SR GF HF Ve
- Mushroom Casserole** FR SR GF HF
- Spaghetti Veganaise** FR SR HP HF
- Creamy Meatballs** DF FR SR HF Ve

## SOUPS

- Pea & Ham** DF LF SR GF HF
- Beef & Vegetable** DF LF SR GF
- Chicken Noodle** DF LF SR
- Pumpkin** LF SR GF
- Corn & Bacon Chowder** FR SR GF
- Potato & Leek** LF SR GF
- Creamy Tomato** FR SR GF
- Chicken & Corn** DF FR SR GF
- Minestrone** DF LF SR

## DESSERTS

- Berry Crumble** FR SR GF
- Apple Crumble** FR SR GF
- Traditional Tea Cake** SR
- Tiramisu** SR GF
- Pavlova** LS GF
- Sticky Date Pudding** FR SR
- Double Chocolate Pudding** LS
- Lemon Cheesecake** LS GF
- Rice Pudding** LF LS GF

## Breakfast

- Breakfast Pack** includes ; Breakfast cereal, full cream milk, lemon & yoghurt slice, muffin, chocolate flavoured full cream milk

*Special dietary requirements catered for please enquire*

### Reference Symbols



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