

MENU

Mini Meals

Prices

Item	Paid by Client
Meal Pack any 7 Mini Meals	\$50.00

Home Care & NDIS Package Prices

Item	Paid by Package	Paid by Client
Meal Pack any 7 Mini Meals	\$35.00	\$15.00

Name _____

Address _____

Phone _____

Delivery _____

Comments and feedback

.....

.....

.....

Urunga– Shop 9 & 10, 31-33 Bowra St

02 6655 2650

homecare@openarms.org.au



From September 1st 2023

Note: Prices for eligible clients with a Home Care or NDIS package may be split as per above table or paid in full by a client on a full cost recovery basis.

MINI MEALS

- Butter Chicken** FR SR HP GF HF
w creamed spinach & basmati rice
- Vegetable Bake** FR HP GF HF
Mixed garden vegetables baked with egg, milk & cheese
- Farmer's Pie** GF HF
w roast potato & mixed vegetables
- Slow Cooked Beef** DF LF SR GF HF
w peas, carrots and mashed potatoes
- Lamb Roast** DF LF SR GF HF
w mint gravy, mixed vegetables & mashed potatoes
- Pork Roast** LF SR GF HF
In an apple gravy with pumpkin mash, potatoes & mixed veg
- Roast Chicken Breast** LF SR HP GF HF
w mashed potatoes, carrots, peas & corn
- Steak & Kidney** DF FR SR HP GF HF
w peas, carrots & potato mash
- Corned Beef** FR HP GF HF
in a white sauce with mashed potatoes, cauliflower & broccoli
- Mince Potato Bake** FR SR GF HF
w kale, zucchini, cauliflower, capsicum, carrots & peas
- Curry Prawns** FR SR GF HF
In a mild curry sauce, with a medley of Asian greens & rice

Reference Symbols



Help us to support our
local community



Donate today



Mid North Coast

**FREE
DELIVERY
ON THE
MID NORTH
COAST**