

CHICKEN	BEEF	FISH	VEGETARIAN
Chicken and Leek Pie	Herb Crusted Roast Beef	Crumbed Fish with Tartare	Pumpkin and Sage Tortellini
Apricot Chicken	Beef and Barley Stew	Mediterranean Baked Fish	Spinach & Fetta Omelette
Chicken Marsala	Penne Bolognese	Baked Fish with Lemon Dill	Vegetable Pasta Bake with Herb Crust
Chicken Kiev	Satay Beef	Tempura Fish with Lemon Sauce	Vegetable Frittata
Roast Chicken Italian Style	Beef Sausages	Beer Battered Flathead with Vegetables	Spinach & Ricotta Ravioli
Butter Chicken	Beef and Barley Stew	Classic Fish Pie	
Chicken Schnitzel with Gravy	Cottage Pie	Salmon Rissoles	
Roast Chicken with Gravy	Beef Lasagne	Thai Style Red Fish Curry	
Honey Chicken	Classic Meat Loaf		
Creamy Chicken Mushroom Casserole	Beef Stroganoff		
PORK	LAMB	PUREED	CUT-UP
Teriyaki Pork with Shallots & Rice	Roast Lamb	A Selection of Beef, Chicken, Lamb, or Fish meals	A Selection of Beef, Chicken, Lamb, or Fish meals
Braised Pork Ragu	Lamb Sausages with Gravy	DESSERTS	<p><b>Nutritionally optimised meals for older adults \$8.20 each.</b></p> <p><b>To place orders please contact At Home with Willoughby Meals on Wheels staff on 9777 7830.</b></p> <p><b><u>Please note that meals listed are dependent on stock availability, and may be substituted.</u></b></p> <p><b>Please place orders 2 business days in advance.</b></p>
Pork Sausages	Shepherd's Pie	Fruit with Custard	
Roast Pork with Apple Sauce	Lamb Rissoles	Bread and Butter Pudding	
Sweet & Sour Pork with Rice	Lamb Casserole	Lemon Pudding with Custard	
BBQ Pork Spare Ribs	Lamb Korma with Pilaf Rice	Sticky Date Pudding	
Pork in Plum Sauce with Rice	Slow Cooked Lamb Curry	Black Forest Cheesecake	
		Tiramisu	
		Chocolate Mud Cake with Custard	