

CHICKEN	BEEF	FISH	VEGETARIAN
Chicken and Leek Pie	Roast Beef	Crumbed Fish With Potato	Pumpkin and Sage Tortellini (V)
Apricot Chicken (GF, DF)	Spaghetti bolognaise	Mediterranean Baked Fish (GF, DF)	Vegetable Frittata (V, GF)
Chicken Marsala	Spaghetti with meatballs	Baked Fish with Lemon Dill (GF)	Spinach & Ricotta Ravioli
Chicken Mornay with spiral pasta	Penne Bolognaise	Tempura Fish with Lemon Sauce	Vegetarian Lasagne
Honey Chicken (GF, DF)	Shepherd's Pie	Salmon Rissoles	Vegetable India Curry
Butter Chicken (GF)	Cottage Pie	Baked Fish with Parsley Lemon Butter & Steamed rice (GF)	
Chicken Schnitzel with Gravy	Beef Lasagne	Curried Prawns with Steamed Rice (DF)	
Roast Chicken with Gravy (GF, DF)	Beef Bourguignon with Mash	Grilled Fish with White Wine	
Chicken Casserole		Tuna Mornay With Creamy Mashed Potato	
Chicken Parmigiana with Creamy Mashed Potato			
PORK	LAMB	PUREED	CUT-UP
			A Selection of Beef, Chicken, Lamb, or Fish meals
Quiche With Bacon Spinach & Cheese	Roast Lamb (GF, DF)	A Selection of Beef, Chicken, Lamb, or Fish meals	<b>Nutritionally optimised meals for older adults \$8.65 each.</b> <b>Pureed Meals \$9.50 each.</b>
Fettuccini with Bacon Cream Sauce	Lamb Fry & Bacon With Onion Gravy	DESSERTS	
Roast Pork with Apple Sauce (GF, DF)	Lamb Casserole (GF, DF)	Two Fruit with Custard	<b>To place orders please contact At Home with Willoughby Meals on Wheels staff on 9777 7830.</b>
Sweet & Sour Pork with Rice (GF, DF)		Bread and Butter Pudding	
		Lemon Pudding with Custard	<b>Please note that meals listed are dependent on stock availability and may be substituted.</b> <b>Please place orders 2 business days in advance.</b>
Dessert = \$3.90		Sticky Date Pudding	
		Black Forest Cheesecake	
		Tiramisu	
		Butterscotch Pudding	