



Meals on Wheels™ Greater Hume Area

"Delivering across the Greater Hume Region."
114 Albury Street, Holbrook. Ph: 02 6036 3677

DATE: _____
NAME: _____
ADDRESS: _____
PHONE: _____

COMMONWEALTH HOME SUPPORT MENU SUMMER 2024

OFFICE USE ONLY	
Packed	
Ent. Polixen	
TOTAL	

DELIVERY: YES / NO
DELIVERY DATE: _____

Discontinued Meals - Limited Stock		PRICE	QTY
CW	Apricot Crumble & Custard (LS)	\$1.80	
SALADS & SANDWICHES		PRICE	QTY
JB	Fresh Salad with cold meat	\$10.00	
HB	Fresh Sandwiches	\$9.00	
HB	Fresh Egg Sandwich	\$7.50	
PETITE MEALS		PRICE	QTY
MC	Curry Sausages Mash & Veg	\$5.70	
MC	Shepherd's Pie & Veg (GF)	\$5.70	
MC	Lasagne & Veg	\$5.70	
MC	Chicken Honey Curry & Rice (DF)	\$5.70	
MC	Sweet & Sour Pork & Rice (GF)	\$5.70	
MC	Apricot Chicken & Mash	\$5.70	
MC	Chicken & Mushroom Casserole	\$5.70	
MC	Chicken Mornay with Spiral Pasta	\$5.70	
MC	Tuna Mornay & Mashed Potato	\$5.70	
MC	Roast Chicken, Gravy & Potato (GF)	\$6.00	
MC	Roast Pork, Gravy & Potato (GF)	\$6.50	
JUICE (Price is per single juice)		PRICE	QTY
	Apple Juice	\$0.60	
	Orange Juice	\$0.60	
	Apple & Blackcurrant Juice	\$0.60	
	(Eg. 6 pack = \$3.60)		
Bread Rolls - Donated by Holbrook Bakery			
	(1 bread roll per meal)		
WINE - Donated by Casella Winery			QTY
	1 Wine per delivery		
	Merlot		
	Sauvignon Blanc		
	Shiraz		
	Cabernet Sauvignon		
	Pinot Grigio		
	Chardonnay		
	Fresh Fruit Package	\$3.00	
	3 pieces of seasonal fruit. Only available		
	on Thursdays deliveries. Order by 1 pm Tuesday		

SOUP		PRICE	QTY
G	Tomato Soup (GF)	\$3.00	
G	Chicken and Corn (GF,DF)	\$3.00	
G	Chicken Noodle (DF)	\$3.00	
G	Beef & Vegetable (GF,DF)	\$3.00	
G	Chicken & Vegetable (GF)	\$3.00	
G	Creamy Pumpkin (GF)	\$3.00	
G	Leek & Potato (GF)	\$3.00	
G	Minestrone (DF)	\$3.00	
G	Pea & Ham (GF,DF)	\$3.00	
PETITE MEALS		PRICE	QTY
FS	Roast Beef & Gravy (LS,GF)	\$5.70	
G	Beef Rissoles & Veg (GF)	\$5.70	
G	Corned Beef & Veg (GF)	\$5.70	
G	Beef Stroganoff & Rice (GF)	\$5.70	
G	Mince & Potato Bake (GF,SR)	\$5.70	
FS	Hawaiian Chicken	\$5.70	
G	Lamb Casserole & Mash (GF,DF)	\$5.70	
G	Roast Lamb & Veg (GF,DF)	\$5.70	
G	Barramundi with Lemon Butter & Veg (GF)	\$5.70	
FS	Crumbed Fish, Chips & Veg (S,DF)	\$5.70	
G	Curried Prawns & Rice (GF)	\$5.70	
CW	Salmon Patties & Veg	\$5.70	
NC	Pork Sausages with Sweet Potato (GF)	\$5.70	

SUPPLIER LEGEND			
MC	- MyChef Cuisine	FS	- Flagstaff Fine Food
G	- Gourmet Meals	GM	- The Good Meal Co.
CW	- Central West/Bathurst MOW		
HB	- Holbrook Bakery	JB	- J&B's Gourmet Café

DIET LEGEND			
GF	- Gluten Free, DF - Dairy Free		
LF	- Low Fat, HF - High Fibre, S - Soft		
LS	- Low Sugar, SR - Salt Reduced,		





