



# Meals on Wheels

## Blacktown

### our menu



**Delivered straight into  
your kitchen by our  
friendly volunteers**



**An extensive range of  
dietician approved meals**



**Affordable prices and  
packages to suit any  
budget**



**Blacktown 9622 6183**  
**Mt Druitt 9625 8702**



# MAIN MEALS



*over 50 to choose from including...*

Apricot chicken  
Chicken curry  
Chicken schnitzel  
Chicken teriyaki with fried rice  
Cottage pie  
Fish & chips  
Lasagne  
Moroccan lamb tagine with couscous



Butter chicken

Marinated Korean beef



Beef bourguignon



Penne napolitana with meatballs

Rissoles with gravy  
Roasts (pork, beef, chicken & lamb)  
Sausages in gravy  
Salmon patties  
Satay chicken  
Spaghetti bolognese  
Sweet & sour pork  
Thai green chicken curry



# MINI MEALS



*20 varieties to choose from including...*

Beef & bacon casserole

Beef stroganoff

Chicken wings in BBQ sauce

Penne napolitana with meatballs



# SOUPS



*in a range of flavours*

# BREAKFAST



Big breakfast, breakfast bowl or porridge

# SAVOURY & SWEET SNACKS



Muffins, mini cakes and omelettes

# DESSERTS



*A variety to choose from including...*

Apple crumble

Apple pie

Bread & butter pudding

Cheesecake

Fruit salad



# Please get in touch!



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**[info@blacktownmow.com.au](mailto:info@blacktownmow.com.au)**



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**Blacktown Meals On Wheels**  
Gribble Place, Blacktown NSW 2148

