



Meals on Wheels Ashgrove

FROZEN MEALS MENU LIST

All meals are served with mashed potato and mashed pumpkin (except for the roasts which have roast potato & roast pumpkin) and vegetables.

1. Beef Sausages & Onion Gravy
2. Beef Stroganoff with Fettuccini
3. Corned Beef & Mustard or White Sauce (please select)
4. Cottage Pie topped with Tasty Cheese & Grilled
5. Curried Chicken with Vegetables & Rice
6. Curried Prawns & Rice
7. Curried Vegetables & Rice
8. Grilled Fish with Parsley Lemon Sauce
9. Meatloaf & Gravy
10. Roast Beef & Gravy
11. Roast Chicken & Gravy
12. Roast Pork & Apple Sauce
13. Roast Vegetable Lasagne
14. Savoury Mince
15. Spaghetti Bolognese topped with Parmesan Cheese
16. Sweet & Sour Pork with Vegetables & Rice