

January 2026 - Menu

Restaurant quality meals delivered FREE by friendly volunteers

MEALS ON WHEELS TWEED

**CHSP
PRICING**

Snap Frozen Meal Menu - Great Taste and Excellent Value

Main Meals \$6.50		Main Meals \$7.50	
BBQ Sausage with potato, broccoli, baked beans	DE	Corned Beef with white sauce, mash & veges	D
Beef Casserole mashed potato, pumpkin, peas	DE	Roast Beef mashed potato, pumpkin & peas	DE
Beef Pot Roast with mashed potato, carrot, peas	BDE	Spaghetti Meatballs in a rich tomato sauce	
Beef Rissoles with a tomato herb sauce & veges	D	BBQ Chicken with roast potato & veges	DE
Beef Stroganoff with mashed potato & veges	D	Butter Chicken	
Cottage Pie mashed potato, topped with cheese	AD	Chicken Parmigiana with roast potatoes & veges	
Creamy Beef Rissoles with mashed potato & vege	D	Curried Chicken with basmati rice & veges	D
Curried Sausages with mashed potato & veges	DE	Chicken Carbonara	
Spaghetti Bolognese zucchini, eggplant, leek		Roast Lamb mint gravy, roast potato & veges	DE
Steak & Bacon Casserole		Roast Pork apple gravy, pumpkin mash & veges	BD
Chicken Mango roast potatoes & veges	D	Curried Prawns with asian greens & rice	BD
Chicken Casserole roast potatoes & veges	DE	Garlic Prawns with creamy sauce, rice & veges	BD
Chicken Mushroom with roast potatoes & veges	BD		
Honey Soy Chicken stir fried rice & veges	DE	Main Texture Modified \$6.50	
Roast Chicken Breast cream potatoes & veges	D	Lamb Roast mint gravy pumpkin mash & broccoli	
Sweet & Sour Chicken steamed rice, mixed veges	BDE	Chicken Mushroom sweet potato mash & beans	
Lamb Casserole mashed potato & veges	ADE	Roast Beef cream potatoes pumpkin & peas	
Pork Sausage onion gravy, mashed pot & veges	DE	Corned Beef white sauce mash potatoes & cauli	
Pork Steak Diane cream potato & veges	BD	Roast Chicken Breast potato pumpkin & peas	
Barrumundi Lemon Butter basmati rice & veges	AD	Lamb Casserole potato carrots & broccoli	
Crumbed Whiting with wedges & veges	A	Cottage Pie mash potato sprinkled with cheese	
Brown Rice Vege Patties potato/ swt pot & beans	ABDEG	Roast Pork apple gravy potato pumpkin & broccoli	
Coconut Dahl lentils, basmati rice, spinach	ADEG	Barramundi & Lemon Butter potato carrots peas	
Mushroom Casserole mashed potato & spinach	ADF	Texture grade is IDDSI Level 4	
Spaghetti Veganaise vegan bolognese sauce	EG		
Creamy Pesto Pasta	F		

Kingscliff 02 6674 2205
tweedmeals.org

Heating times may vary with microwave strength

Mini meals - 4 to 5 1/2 minutes on high
(instructions on pack)

DO NOT THAW

Soups - 3 to 4 minutes on high
from frozen
(instructions on pack)

Main meals - 4 1/2 to 6 minutes on high
(instructions on pack)

DO NOT THAW

Desserts - thaw in refrigerator

DIET KIT LEGEND

A = Soft B = Low Fat C = Low Salt D = Gluten Free E = Dairy Free F = Vegetarian G = Vegan

July 2025 - Menu

Restaurant quality meals delivered FREE by friendly volunteers

**CHSP
PRICING**

MEALS ON WHEELS TWEED

Snap Frozen Meal Menu - Great Taste and Excellent Value

Mini Meals \$5.00		Soups \$2.50	
Beef Casserole with mashed potato & veges	DE	Beef & Vegetable	BDE
Beef Rissoles with potato bake & veges	D	Chicken & Corn	DE
Beef Stroganoff with basmati rice & veges	D	Chicken Noodle	BE
Corned Beef creamy mustard sauce, mash & veges	D	Corn & Bacon Chowder	D
Cottage Pie mash pot, topped with cheese & veges	AD	Creamy Chicken & Vegetable	BD
Mince Potato Bake with veges	AD	Minestrone	E
Slow Cooked Beef mashed potato & veges	BDE	Pea & Ham	BCDE
Spaghetti Bolognese zucchini, eggplant, leek	B	Potato & Leek	BD
Steak & Kidney with mashed potato & veges	DE	Pumpkin	BCD
Butter Chicken creamed spinach & basmati rice	D	Creamy Tomato	D
Honey Soy Chicken with stir fried rice	DE		
Roast Chicken Breast cream potatoes & veges	BD	Desserts \$3.00	
Sweet & Sour Chicken steamed rice & veges	BDE	Apple Crumble	CD
Lamb Casserole mashed potato & veges	ADE	Berry Crumble with custard	CD
Roast Lamb mint gravy, mashed potato & veges	BDE	Bread & Butter Pudding	
Roast Pork apple sauce, potato, pumpkin, broccoli	BD	Chocolate Mousse with cream	A
Barramundi lemon sauce, potato & veges	AD	Double Chocolate Pudding	
Curried Prawns with asian greens & rice	D	Lemon Cheesecake	AD
Garlic Prawns creamy sauce, rice & veges	BD	Lemon Cheesecake Mousse	AD
Vegetable Mornay veges, creamy sauce & cheese	D	Fruit Pavlova	AD
		Rice Pudding	AD
		Sticky Date Pudding with caramel sauce	
		Tiramisu	AD
		Vanilla Tea Cake & Custard	



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