

Bundaberg and District Meals on Wheels Pricing and Menu Options

 Effective 1 July 2025	Home Care Package (HCP), Support at Home (SAH) or National Disability Insurance Scheme (NDIS)			Commonwealth Home Support Program (CHSP)	Retail Customers
	Unit Price	Raw Food Contribution Billed to Client	Provider Claim Billed to Package	Client Contribution	Client Contribution
Main Meal Choose from: <ul style="list-style-type: none"> • Hot Meal • Chilled Meal • Frozen Meal • Fresh Salad 	\$17.30	\$5.19	\$12.11	\$8.00	\$10.00
Discounted Main Meal (*When part of Meal Package)	\$15.30	\$4.59	\$10.71	\$5.00	NA
Soup <ul style="list-style-type: none"> • Hot • Chilled • Frozen 	\$2.00	\$0.60	\$1.40	\$2.00	\$2.00
Dessert <ul style="list-style-type: none"> • Chilled • Frozen 	\$3.00	\$0.90	\$2.10	\$3.00	\$3.00
Sandwich <ul style="list-style-type: none"> • Chilled 	\$5.50	\$1.65	\$3.85	\$3.00	NA
Juice <ul style="list-style-type: none"> • Apple • Orange Juice • Apple & Blackcurrant 	\$1.00	\$0.30	\$0.70	\$1.00	\$1.00
Breakfast Box Includes: <ul style="list-style-type: none"> • Cereal Sachet (Weetbix, Just Right, Sultana Bran, or Nutri-Grain), • Tea Bag, • Coffee Stick, • 1x Sugar Stick, • UHT Milk, • Fruit Salad Cup, • Juice • Biscuit 	\$8.00	\$2.40	\$5.60	\$3.00	\$3.00
Gravy	\$2.00	\$0.60	\$1.40	\$2.00	NA
* Enjoy great value with our Meal Package! Each package includes 1 Main Meal (<i>Hot, Chilled, Frozen or Salad</i>) plus your choice of 3 sides: Soup, Dessert, Sandwich or Juice.					

FROZEN MEALS

BEEF

Roast Beef - Roast Potato, Pumpkin, & Beans NPP DF DVF GF
Curried Sausages - Mash Potato, Carrot & Beans GF Sp NPP
Cottage Pie - Mixed Vege NPP GF
Beef Stroganoff - Sweet Potato Mash Cauli & Beans NPP GF G DVF
Beef Patti & Dianne Sauce - Pump Pot Mash, Cauli & Broc G NPP DVF
Red Wine Beef - Steamed Potato, Carrot & Brocco NPP GF DF

LAMB

Mongolian Lamb - Rice, Corn & Peas NPP DF GF G Sp
Lamb Casserole - Mash Potato & Mixed Veg NPP GF
Lamb Meatballs & Napoli Sauce - Chats & Mixed Veg NPP DF G
Roast Lamb & Gravy - Roast Potatoes, Pumpkin & Beans NPP GF DF

Pork

Pork Sausages & Gravy - Mash, Carrot & Broccoli – GF DVF
Pork & Prune - Mash Potato, Carrot & Peas GF G
Sweet & Sour Pork - Rice & Mixed Veg DF
Asian Pork Mince- Rice GF DVF DF
Roast Pork - Roast Potato, Sweet Potato, Pumpkin, & Broccoli – GF DF DVF

CHICKEN

Honey Mustard Chicken - Sweet Potato, Corn & Peas DF GF NPP
Coconut Lime Chicken - Rice, Carrot & Broccoli G DVF NPP
Creamy Italian Chicken - Rice, Cauli & Peas NPP GF G
Roast Chicken (Skin on) & Gravy - Roast Sweet Potato, Pumpkin & Beans DF GF NPP DVF
Smoked Chicken Quiche – Sweet Pot, Cauli ,& Peas NPP GF

FISH

Crumbed fish - Sweet Potato Bake, Cauli & Beans- DF NPP
Salmon Potato Pie- Mash & Peas – NPP
Lemon Butter Barra NPP GF DVF

PASTA

Spaghetti Bolognese - Corn & Broccoli G NPP
Tuna Bake - Roast Carrot & Broccoli NPP DVF
Bacon Carbonara - Carrot & Broccoli DVF

VEGETARIAN

Vegetable Frittata - Tuscan Mash, Corn NPP GF DVF G
Bean & Noodle Stir Fry - Corn, Peas DF GF NPP
Spinach & Cheese Roll - Mash, Carrot, Peas – NPP
Chickpea and Veg Curry – Rice GF NPP SP G
Plant Based Parmigiana - Mash, Mix Vege
Plant Based Vegetable Schnitzel & Gravy - Chats, Cauli, Broc- NPP DF

FROZEN SIDES

SOUPS

Assorted

DESSERTS (Frozen)

Jelly & Custard

Jelly and Fruit

Chocolate Cake

Carrot Cake

Banana Cake

Orange Cake

Assorted Mousse

Cherry Ripe Slice

Tiramisu

Apple Crumble

JUICES

Apple

Orange Juice

Apple & Blackcurrant

Trifle

Assorted Panna Cotta

Passionfruit Slice

Lemon Meringue

Pavlova

Mud Cake

Black Forest Cake

Cheesecake

Apple Crumble

Custard & Fruit

Crème Brule & Prune

DF	Dairy Free	PLEASE NOTE: Vegetable component and vegetarian dishes may vary depending on seasonal availability. Please choose a "Spare" meal as items listed on menu are in stock at the time of updating this menu. Item could be out of stock by the time your order is packed by kitchen. A replacement meal may be substituted if stock runs out before your order is packed.
GF	Gluten Free	
DVF	Diverticular Friendly	
NPP	No Pork Products	
G	Garlic	
Sp	Spice	