

# Kenmore Meals on Wheels Menu – Available from August 2024











## Main meals

Beef meals		Dietary Information
	<b>BBQ sausage</b> with pan fried potatoes, broccoli & baked beans	DF FR HP HF GF SL
	<b>Beef casserole</b> with mashed potatoes, baked pumpkin & peas	DF FR SR HP GF HF SL
	<b>Beef pot roast</b> with mashed potatoes, carrots & peas	DF LF SR HP GF HF SL
	<b>Beef rissoles</b> with potato bake, green beans, carrots & corn	FR SR HP GF HF SL
	<b>Beef stroganoff</b> with mashed potatoes, cauliflower, broccoli & carrots	FR SR HP GF HF SL
	<b>Corned beef</b> in a white sauce with mashed potato & cauliflower	FR HP GF HF SL
	<b>Cottage pie</b> with mashed potatoes topped with cheese	FR SR HP GF HF SL
	<b>Creamy rissoles</b> with mashed potatoes, beans, broccoli & carrots	FR SR GF HF SL
	<b>Curried sausages</b> with mashed potatoes, carrots, peas and corn	FR SR HP GF HF SL DF
	<b>Roast beef</b> with mashed potatoes, roasted pumpkin & peas	DF FR SR HP GF HF SL
	<b>Spaghetti bolognese</b> with zucchini, eggplant & leek	FR SR HP HF SL
Poultry meals		Dietary Information
	<b>Chicken breast mango</b> with roast potatoes & mixed vegetables	FR SR HP GF HF
	<b>Chicken casserole</b> with roast potatoes & broccoli	FR SR HP GF HF SL
	<b>Chicken curry</b> with basmati rice, green beans & capsicum	FR SR HP GF HF SL
	<b>Chicken mushroom</b> with roast potatoes & green beans	FR SR HP GF HF SL
	<b>Honey soy chicken</b> with stir fried rice & vegetables	DF FR SR HP GF HF SL
	<b>Roast chicken breast</b> with cream potatoes, carrots & peas	FR SR HP GF HF SL
	<b>Sweet &amp; sour chicken</b> with steamed rice & mixed vegetables	DF LF SR HP GF HF
Pork meals		Dietary Information
	<b>Pork sausage</b> and onion gravy with mashed potatoes, carrots & peas	DF FR SR HP GF HF SL
	<b>Pork steak dianne</b> with cream potatoes, cauliflower & cabbage	LF SR HP GF HF SL
	<b>Roast pork</b> and apple gravy with pumpkin mash, cauliflower & broccoli	FR SR HP HF SL

## Main meals continued...

Lamb meals		Dietary Information
	<b>Lamb casserole</b> with mashed potatoes, broccoli & cauliflower	DF FR SR HP GF HF SL
	<b>Lamb roast</b> with mint gravy, roast potatoes, baked pumpkin & broccoli	DF FR SR HP GF HF SL
Fish meals		Dietary Information
	<b>Barramundi lemon butter</b> with basmati rice, broccoli & carrots	FR SR HP GF HF SL
	<b>Curry prawns</b> in a mild curry sauce, with a medley of Asian greens and rice	LF SR HP GF HF SL
	<b>Garlic prawns</b> creamy garlic prawns served with rice, broccoli, cauliflower & carrots	LF SR DF HF
	<b>Crumbed fish &amp; wedges</b> with carrots, corn, peas and tartare sauce	FR SR HP HF SL
Vegetarian meals		Dietary Information
	<b>Brown rice vegetable patties</b> with potato/sweet potato stack and green beans	LF SR GF HF Ve SL
	<b>Coconut dahl</b> with red lentil, basmati rice, spinach and mango chutney	FR SR HF Ve
	<b>Creamy meatballs</b> with mash, beans, broccoli and carrots	FR SR HF Ve SL
	<b>Mushroom casserole</b> with mashed potatoes, spinach and carrots	FR SR GF HF V SL
	<b>Spaghetti veganaise</b> a vegan version of a bolognaise sauce	FR SR HF Ve SL
	<b>Vegetarian parmi</b> with potatoes, carrots, cauliflower and broccoli	FR HP HF V SL

### Reference Symbols

							
Dairy Free	Low Fat	Fat Reduced	Low Salt	Salt Reduced	High Protein	Gluten Free	High Fibre
							
Vegan	Vegetarian	Sugar-Low					

## Soups

Meat based soups		Dietary Information
	Beef & vegetable broth	DF LF SR GF SL
	Chicken & corn soup	DF FR SR GF SL
	Chicken noodle soup	LF SR SL
	Corn & bacon chowder	FR SR GF SL
	Creamy chicken & vegetable soup	LF SR GF SL
	Pea & ham soup	DF LF SR GF HF SL
Vegetable soups		
	Creamy tomato soup	FR SR GF SL
	Minestrone soup	DF LF SR SL
	Potato & leek soup	LF SR GF SL
	Pumpkin soup	LF LS GF HF SL

Desserts		Dietary Information
	Apple crumble	FR LS GF
	Berry crumble with custard	FR LS GF
	Bread & butter pudding with custard & toasted almonds	LS
	Chocolate Mousse	LS SL
	Double chocolate pudding	LS
	Fruit pavlova with mango, kiwi, strawberries & passionfruit coulis	LS GF
	Lemon cheesecake	LS GF
	Lemon Cheesecake Mousse	LS GF
	Rice pudding	LF LS GF
	Sticky date pudding with caramel sauce	FR SR
	Tiramisu – chocolate sponge soaked in espresso syrup layered with orange cheesecake	SR GF
	Vanilla teacake with custard	SR

### Reference Symbols



Dairy Free



Low Fat



Fat Reduced



Low Salt



Salt Reduced



High Protein



Gluten Free



High Fibre



Sugar-Low