

CHSP* MENU at SEPTEMBER 2025
Premium Menu
Main Size \$9.90 | Mini Size \$7.50 | Desserts \$4.00

	Main	Mini		Main	Mini		Main	Mini
Apricot Chicken & Pasta			Pork Scallopini			Tasmanian Salmon with White Wine Sauce		
Braised Lamb Chops & Creamy Gravy			Pork Steaks with Apple			Vegetable Pasta Bake		
Braised Steak & Onion Gravy			Slow Cooked Beef with Pepper Gravy			Apple & Rhubarb Brown Betty & Custard		
Chicken Parmigiana			Slow Cooked Lamb Shanks			Apple Pie & Cream		
Creamy Chicken & Bacon Pasta			Spaghetti with Creamy Garlic Prawns			Golden Syrup Pudding		
Lamb Rissoles			Spaghetti Carbonara			Rice Pudding with Cinnamon		
Parmesan Crusted Fish			Steak & Bacon Casserole			Purees		
Pork Loin, Apple & Sage Gravy			Rosemary & Garlic Chicken with Potato Bake					

Everyday Range
Main Size \$8.00 | Mini Size \$6.90

BEEF		Main	Mini	CHICKEN		Main	Mini	SEAFOOD		Main	Mini
Beef Casserole				BBQ Chicken				Barramundi, Lemon Butter & Rice			
Beef Lasagne				Butter Chicken				Battered Fish Pieces & Baked Potato Wedges			limited stock
Beef Pot Roast				Chicken Asparagus Bake		limited stock	limited stock	Cheesy Tuna Bake			
Beef Rissole & Gravy				Chicken Breast Mango				Crumbed Fish & Wedges			
Beef Stroganoff				Chicken Parmigiana				Curried Prawns			
Corned Beef				Chicken Stirfry & Noodles				Fish Patties with Hollandaise Sauce			
Cottage Pie				Chicken Schnitzel & Gravy				Salmon & Vegetable Patties			
Curried Sausages				Chicken Teriyaki				Salmon Frittata		limited stock	
Irish Beef Stew				Fried Rice & BBQ Chicken				Tempura Fish with Lemon Sauce			
Meat Pie & Gravy				Honey Chicken & Cashews							
Meatloaf & Gravy				Honey Soy Chicken				VEGETARIAN			
Roast Beef & Gravy				Lemon Chicken Schnitzel with Rice				Macaroni Cheese			
Sausages & Gravy				Mild Chicken Curry				Pumpkin & Cheese Arancini			
Savoury Mince				Roast Chicken & Gravy				Spinach & Cheese Canneloni			
Spaghetti Bolognaise				Sweet & Sour Chicken				Vegetable Parcel			
Steak & Kidney								Veggie Pesto Pasta			
LAMB		Main	Mini	PORK		Main	Mini	Vegetable Stir Fry With Rice Noodles			
Lamb Casserole				Honey Pork & Pineapple Casserole				Zucchini & Corn Fritters			
Lambs Fry, Bacon & Gravy				Macaroni, Ham and Cheese							
Lamb Potato & Mushroom Pie				Pork Meatballs with Sweet & Sour Sauce				SOUPS \$3.30			
Roast Lamb & Gravy				Roast Pork & Gravy				Beef & Vegetable/Roll			
				Sweet & Sour Pork				Chicken & Vegetable/Roll			

VEGETARIAN	Main	Mini
Macaroni Cheese		
Pumpkin & Cheese Arancini		
Spinach & Cheese Canneloni		
Vegetable Parcel		
Veggie Pesto Pasta		
Vegetable Stir Fry With Rice Noodles		
Zucchini & Corn Fritters		

SOUPS \$3.30	Qty
Beef & Vegetable/Roll	
Chicken & Vegetable/Roll	
Chicken Noodle/Roll	
Creamy Pumpkin/Roll	
Creamy Tomato	
Hearty Vegetable/Roll	
Minestrone/Roll	
Pea & Ham/Roll	
Potato, Leek & Bacon/Roll	

DESSERTS \$3.30	Qty
Apple & Blueberry Crumble	
Banana Cake	
Bread & Butter Pudding	
Butterscotch Pudding	
Carrot Cake	
Cheesecake Slice	
Chocolate Mousse	
Choc Mud Cake	

DESSERTS \$3.30	Qty
Coconut Slice	
Custard Danish	
Jelly Fruit & Custard	
Marshmallow Slice	
Rice Pudding	limited stock
Sticky Date Pudding	
Tiramisu	
Tropical Cheesecake	
Upside Down Pineapple Cake & Custard	limited stock

NIPPY'S \$4.00	Qty
Iced Chocolate 500ml	
Iced Coffee 500ml	
NIPPY'S \$2.50	Qty
Apple Juice 250ml	
Apple Blackcurrent Juice 250ml	
Orange Juice 250ml	

Delivery or pick up service available. Mains & Minis can be delivered frozen or hot.

 You can order meals online at www.camdenmealsonwheels.com.au

* This meals service is supported by the Commonwealth Government under the Commonwealth Home Support Program

* must qualify for CHSP assist