

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

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

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 with Rice			Battered Fish Pieces & Baked Potato Wedges		limited stock
Beef Pot Roast			Chicken Asparagus Bake	limited stock	limited stock	Cheesy Tuna Bake		
Beef Rissol & Gravy			Chicken Breast Mango			Crumbed Fish & Wedges		
Beef Stroganoff			Chicken Parmigiana		limited stock	Curried Prawns with Rice		
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		limited stock	Honey Chicken & Cashews with Noodles	limited stock				
Meatloaf & Gravy			Honey Soy Chicken with Rice					
Roast Beef & Gravy		limited stock	Lemon Chicken Schnitzel with Rice					
Sausages & Gravy			Mild Chicken Curry with Rice					
Savoury Mince			Mild Satay Chicken with Rice					
Spaghetti Bolognese			Roast Chicken & Gravy					
Steak & Kidney			Sweet & Sour Chicken with Rice					
LAMB	Main	Mini	PORK	Main	Mini			
Lamb Casserole			Honey Pork & Pineapple Casserole with Rice					
Lambs Fry, Bacon & Gravy			Macaroni, Ham and Cheese					
Lamb Potato & Mushroom Pie			Pork Meatballs with Sweet & Sour Sauce & Rice					
Roast Lamb & Gravy			Roast Pork & Gravy					
			Stuffed Baked Potato & Pulled Pork					
			Sweet & Sour Pork with Rice					
			Pulled Pork & Mexican Rice		coming soon			

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

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	

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	

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 Cake	
Custard Danish	
Fruit Pavlova	coming soon
Jelly Fruit & Custard	limited stock
Marshmallow Slice	
Sticky Date Pudding	
Tiramisu	
Tropical Cheesecake	limited stock
Upside Down Pineapple Cake & Custard	limited stock

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