

CHSP* MENU at JUNE 2026

Premium Menu

Main Size \$9.90 | Mini Size \$7.50 | Desserts \$4.00

	Main	Mini		Main	Mini		Main	Mini
Apricot Chicken			Slow Cooked Beef with Pepper Gravy			Apple & Rhubarb Brown Betty & Custard		
Braised Lamb Chops & Creamy Gravy			Slow Cooked Lamb Shanks			Apple Pie & Cream		
Braised Steak & Onion Gravy			Spaghetti with Creamy Garlic Prawns			Golden Syrup Pudding & Custard	<i>limited stock</i>	
Beef Bourguignon			Spaghetti Carbonara			Lemon Meringue Pie & Cream		
Chicken Parmigiana			Steak & Bacon Casserole	<i>limited stock</i>		Rice Pudding with Apple & Blueberry Compote		
Chicken & Cashews with Rice			Special Fried Rice with BBQ Pork			Purees		
Creamy Chicken & Bacon Pasta			Roast Beef & Gravy					
Parmesan Crusted Fish			Rosemary & Garlic Chicken with Potato Bake					
Pork Scallopini			Tasmanian Salmon & White Wine Sauce					

Everyday Range

Main Size \$8.00 | Mini Size \$6.90

BEEF			CHICKEN			SEAFOOD		
	Main	Mini		Main	Mini		Main	Mini
BBQ Sausage & Baked Beans			BBQ Chicken			Barramundi, Lemon Butter & Rice		
Beef Casserole			Butter Chicken with Rice			Cheesy Tuna Bake		
Beef Lasagne			Chicken Breast Mango			Crumbed Fish & Wedges		
Beef Pot Roast			Chicken Carbonara			Crumbed Fish with Potato Bake		
Beef Risssole & Gravy			Chicken Stirfry & Noodles			Curried Prawns with Rice		
Beef Stroganoff			Chicken Schnitzel & Gravy			Fish Patties with Hollandaise Sauce	<i>limited stock</i>	
Corned Beef			Chicken Teriyaki			Fish Cocktails with Sweet Potato Chips		
Cottage Pie			Fried Rice & BBQ Chicken			Salmon & Vegetable Patties		
Curried Sausages			Honey Soy Chicken with Rice			Tempura Fish with Lemon Sauce		
Irish Beef Stew			Lemon Chicken Schnitzel with Rice		<i>limited stock</i>	VEGETARIAN		
Meatloaf & Gravy			Mild Chicken Curry with Rice			Gnocchi with Creamy Tomato Sauce		
Roast Beef & Gravy			Roast Chicken & Gravy			Pumpkin & Spinach Frittata		
Sausages & Gravy			Sweet & Sour Chicken with Rice			Spinach & Cheese Canneloni		
Savoury Mince						Vegetable Parcel		
Spaghetti Bolognaise						Veggie Pesto Pasta		
Steak & Kidney						Vegetable Patties		
Steak & Mushroom Pie						Vegetable Quiche		

LAMB		Main	Mini	PORK		Main	Mini	SOUPS \$3.30		Qty
Lamb Casserole				Honey Pork & Pineapple Casserole with Rice				Beef & Vegetable/Roll		
Lambs Fry, Bacon & Gravy				Macaroni, Ham and Cheese				Chicken & Vegetable/Roll		
Lamb Potato & Mushroom Pie				Pork Meatballs with Sweet & Sour Sauce & Rice				Chicken Noodle/Roll		
Roast Lamb & Gravy				Roast Pork & Gravy				Chicken & Sweetcorn/Roll		
DESSERTS \$3.30		Qty		Stuffed Baked Potato & Pulled Pork				Creamy Pumpkin/Roll		
Apple & Blueberry Crumble				Sweet & Sour Pork with Rice				Creamy Tomato		
Banana Cake				Pulled Pork & Mexican Rice			<i>limited stock</i>	Hearty Vegetable/Roll		
Bread & Butter Pudding								Minestrone/Roll		
Butterscotch Pudding								Pea & Ham/Roll		
Carrot Cake								Potato, Leek & Bacon/Roll		
Cheesecake Slice										
Chocolate Mousse										
Choc Mud Cake										
Custard Danish										
Fruit Pavlova										
Lemon Cheesecake										
Marshmallow Slice										
Sticky Date Pudding										
Tiramisu										
Vanilla Tea Cake & Custard										

NIPPY'S \$4.00		Qty
Iced Chocolate 500ml		<i>limited stock</i>
Iced Coffee 500ml		<i>limited stock</i>
Iced Honeycomb 500ml		<i>limited stock</i>
Vanilla Malt - Protein 500ml		<i>limited stock</i>

NIPPY'S \$2.50		Qty
Apple Juice 250ml		<i>limited stock</i>
Apple Blackcurrent Juice 250ml		<i>limited stock</i>

PAUL'S PROTEIN MILK - 400ml \$4.00		Qty
Banana & Honey		
Chocolate		
Espresso & Caramel		
Summer Berries		

PAUL'S PROTEIN DAIRY SNACK \$3.00		Qty
Chocolate		
Vanilla		
Caramel		

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