

CHSP* MENU at AUGUST 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			Tasmanian Salmon & White Wine Sauce		
Braised Lamb Chops & Creamy Gravy			Slow Cooked Lamb Shanks			Apple & Rhubarb Brown Betty & Custard		
Braised Steak & Onion Gravy			Spaghetti with Creamy Garlic Prawns			Apple Pie & Cream		
Beef Bourguignon			Spaghetti Carbonara			Lemon Meringue Pie & Cream		
Chicken Parmigiana			Steak & Bacon Casserole	limited stock		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			Roast Chicken with Mushroom Sauce					

Everyday Range

Main Size \$8.00 | Mini Size \$6.90

BEEF	Main	Mini	CHICKEN	Main	Mini	SEAFOOD	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 Cocktails with Sweet Potato Chips		
Corned Beef			Chicken Teriyaki			Salmon & Vegetable Patties		
Cottage Pie			Fried Rice & BBQ Chicken			Tempura Fish with Lemon Sauce		
Curried Sausages			Honey Soy Chicken with Rice					
Irish Beef Stew			Lemon Chicken Schnitzel with Rice		limited stock			
Meatloaf & Gravy			Mild Chicken Curry with Rice					
Roast Beef & Gravy			Roast Chicken & Gravy					
Sausages & Gravy			Sweet & Sour Chicken with Rice					
Savoury Mince								
Spaghetti Bolognaise								
Steak & Kidney								
Steak & Mushroom Pie								

VEGETARIAN	Main	Mini
Gnocchi with Creamy Tomato Sauce		
Pumpkin & Spinach Frittata		
Spinach & Cheese Canneloni		
Vegetable Parcel		
Veggie Pesto Pasta		
Vegetable Patties	limited stock	
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						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
Vanilla Malt - Protein 500ml	limited stock

NIPPY'S \$2.50	Qty
Apple Blackcurrent Juice 250ml	limited stock

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