



**COAST CUISINE**

Your trusted Home Care Package Meal Provider



# Home Care Package Menu 2021-2022

4357 8444

[www.ccmealplans.com.au](http://www.ccmealplans.com.au)



In support of  
**Meals on Wheels**  
Central Coast

# Value Pasta Meals .90c



**110-01**

**Beef Lasagne**

Beef lasagne topped with bechamel sauce



**110-04**

**Vegetable Lasagne**

Vegetable lasagne topped with bechamel sauce



**110-03**

**Cottage Pie**

Minced beef & vegetables topped with mashed potato



**110-05**

**Chicken Fettuccine**

Chicken pieces with fettuccine & a creamy sauce



**110-06**

**Spaghetti & Meatballs**

Spaghetti in a napolitana sauce, with beef meatballs

## Meals on Wheels Central Coast Outlets

Tuggerah: 4357 8402

Budgewoi: 4357 8417

Green Point: 4363 7111

Woy Woy: 4341 6699

**Order Day**

**Next Available Delivery Day**

Monday

Thursday

Tuesday

Friday

Wednesday

Monday

Thursday

Tuesday

Friday

Wednesday

*Please note that our order and delivery schedule may change in the case of public holidays. We do not deliver on weekends or public holidays.*

# Value Plated Meals \$1.40



LF

**110-08**

**Roast Chicken**

Roast chicken served with roast vegetables & gravy



**110-12**

**BBQ Mixed Grill**

Beef pattie, sausages with BBQ Sauce & vegetables



**110-10**

**Chicken Parmigiana**

Chicken Parmigiana served with potato wedges & vegetables



**110-11**

**Chicken Kiev**

Chicken Kiev served with mashed potato & vegetables



**110-13**

**Slow Cooked Lamb**

Lamb shank served with mashed potato & vegetables



**110-17**

**Roast Pork**

Roast pork with roast vegetables, peas & gravy



**110-18**

**Beer Battered Fish & Chips**

Fish & Chips served with tartare sauce



**110-22**

**Roast Lamb**

Tender lamb with roast potatoes, gravy, carrots & peas



**110-24**

**Beef Rissoles**

Beef rissoles with onion gravy, mash, peas & carrots

## MENU KEY:



Low Fat



Dairy Free



Low Salt



Lactose Free



No Gluten Detected



Vegetarian



Microwave only

All meals in our menu are sourced from Australian suppliers. Images may differ from the actual products. Vegetables that accompany meals may change seasonally.

# Snacks

## Muffins .70c



114-12  
Choc Chip



114-11  
Blueberry

## Fruit Cups .50c



Fruit Salad

115-21

Two Fruits

115-22

(Peaches & Pears)

## Soups .80c



113-03

Pumpkin Soup

A traditional creamy pumpkin soup



113-04

Pea & Ham

An old favourite made from peas and diced ham



113-18

Chicken & Sweet Corn

A delicious chicken & creamed corn soup



113-19

Chicken & Vegetable Soup

A warming chicken and vegetable soup



113-30

Potato & Leek

Soup made from a blend of leeks and potatoes

# Small Meals \$1.55

## Small Beef Meals



**111-01**

### Cottage Pie

Minced beef topped with mashed potato, with mixed vegetables



**111-02**

### Roast Beef

Roast beef with potato, mixed vegetables & gravy



**111-56**

### Banger & Mash

Homestyle Aussie sausage with mash, peas & onion gravy



**111-09**

### Meat Pie

Aussie meat pie served with mashed potato, gravy & mixed vegetables



**111-10**

### Corned Silverside

Silverside, parsley sauce, & mixed vegetables



**111-11**

### Steak & Kidney Pie

Steak & kidney pie with mashed potato and mixed vegetables



**111-55**

### Beef Bourguignon

Beef slow cooked in a tomato, red wine & bacon sauce, served with mash & vegetables



**111-15**

### Beef Stroganoff

Beef stroganoff, served with rice, carrots & peas

# Small Meals \$1.55 (cont.)

## Small Chicken Meals



**111-05**  
**Chicken & Asparagus Mornay**

Chicken and asparagus mornay with mixed vegetables



**111-06**  
**Chicken Wing & BBQ Sauce**

Marinated chicken wing served with fried rice



**111-12**  
**Chicken & Vegetable Pie**

Chicken and vegetables in a puff pastry pie



**111-82**  
**Butter Chicken**

Mildly spiced creamy butter chicken curry with rice



**111-81**

**Honey Mustard Chicken**

Chicken in a honey wholegrain mustard sauce, with roast potatoes & vegetables



**111-80**

**Hearty Roast Chicken**

Tender roast chicken served with gravy, roast potatoes & vegetables

## Small Lamb and Pork Meals



**111-03**

**Roast Lamb**

Roast lamb with roast potato & mixed vegetables



**111-04**

**Roast Pork**

Roast pork with gravy, roast potato & vegetables



**111-27**

**Sweet & Sour Pork**

Chinese Sweet & Sour pork with rice

# Small Meals \$1.55 (cont.)

## Small Seafood Meals



**111-58**

### Crumbed Fish Fillets

Crumbed fish fillets,  
potato wedges & vegetables

## Small Vegetarian Meals



**111-08**

### Spinach & Fetta Omelette

Spinach and fetta  
cheese omelette



**111-73**

### Vegetable Risotto

Risotto with a mix of  
spring vegetables



**111-68**

### Pasta & Vegetable Bake

Penne & vegetables baked in a  
creamy parmesan sauce

## Pies & Sausage Rolls

### Pies \$1.10

Beef Mince Pie (700-50)

Beef, Cheese & Bacon Pie (700-48)

Gourmet Chicken Pie (700-46)

### Sausage Rolls .80c

Sausage Roll (700-58)



# Main Meals \$1.75

## Main Beef Meals



100-02

### Beef Bourguignon

Beef in tomato, red wine & bacon sauce, with mash & veg



100-03

### Rissole & Onion Gravy

Beef rissole with mixed vegetables & gravy



100-04

### Honey Mustard Beef

Beef marinated in honey mustard with vegetables



100-05

### Roast Beef

Beef, potatoes, vegetables with red wine pepper gravy



100-11

### Bangers & Mash

Sausages with mash, peas & onion gravy



100-52

### Beef Pie

Beef pie and gravy with mashed potatoes & peas



110-45

### Steak & Kidney Pie

Steak and kidney pie with vegetables



100-50

### Beef Goulash

Beef cooked in a tomato & onion sauce, with veg



100-43

### Beef Stroganoff

Beef with a creamy mushroom sauce, with veg



100-53

### Cottage Pie

Minced beef topped with mashed potato, with veg



100-56

### Meatloaf & Gravy

Meatloaf with gravy, served with vegetables



100-54

### Savoury Mince

Mince cooked with an assortment of vegetables



# Main Meals \$1.75 (cont.)

## Main Chicken Meals



101-01

### Chicken & Asparagus Mornay

Chicken and asparagus mornay with mixed vegetables



101-02

### Chicken & Vegetable Pie

Chicken pie, served with mixed vegetables



101-04

### Butter Chicken

Chicken in a mild creamy curry sauce with rice



101-05

### Chicken Schnitzel

Chicken Schnitzel served with seasonal vegetables



101-09

### Chicken Parmigiana

Classic chicken parmigiana with wedges & broccoli



101-10

### Hearty Roast Chicken

Roast chicken with gravy, roast potatoes & vegetables



101-40

### Honey Soy Chicken

Honey soy chicken with rice & vegetables



101-42

### Rosemary Chicken

Rosemary chicken with lemon & mustard, and vegetables



101-43

### Lemon Chicken

Lemon chicken with mashed potato & vegetables



101-44

### Chicken Chowmein

Crunchy noodles with chicken & Chinese vegetables



101-52

### Chicken & Mushroom Potato Pie

Chicken & mushroom potato pie with vegetables



101-53

### Roast Turkey

Roast Turkey served with seasonal vegetables

# Main Meals \$1.75 (cont.)

## Main Lamb Meals



102-01

### Lamb Schnitzel

Lamb schnitzel, roast potatoes, vegetables & gravy



102-02

### Lamb Rissolle

Lamb rissolle with mash, vegetables & gravy



102-17

### Lamb Casserole

Lamb casserole with sweet potato mash & vegetables



102-18

### Lamb & Cauliflower Casserole

Slow cooked lamb & cauliflower casserole



102-19

### Irish Lamb Stew

Lamb stew served with potato & vegetables



102-20

### Lamb Curry

A spicy lamb curry with rice and vegetables



102-24

### Roast Lamb

Roast lamb with gravy, roast potato & vegetables

Fancy a sweet treat after your meal? Take a look at our dessert selection on pages 15 and 16

### MENU KEY:



Low Fat



Low Salt



Gluten Not Detected



Vegetarian



Dairy Free



Lactose Free



Microwave only

# Main Meals \$1.75 (cont.)

## Main Pork Meals



**103-25**

### **Pork Meatballs with Mushroom Sauce**

Pork meatballs with mushroom sauce & vegetables



**103-27**

### **Roast Pork & Gravy**

Roast Pork, gravy & vegetables



**103-29**

### **Sweet & Sour Pork**

Chinese sweet and sour pork served with jasmine rice



**107-01**

### **Ham & Cheese Omelette**

Ham and cheese omelette served with rice



**102-25**

### **Quiche Lorraine**

Quiche with cheese and ham



**102-27**

### **Bacon & Potato Slice**

Layers of potato, vegetables & bacon

## Main Seafood Meals



Mild curried prawns with rice and mixed vegetables

**104-03**

### **Curried Prawns**



Crumbed fish with wedges & vegetables

**104-24**

### **Fish & Wedges**



Sweet and sour fish served with rice

**104-25**

### **Sweet & Sour Fish**



Tuna patties with sweet chilli sauce & vegetables

**104-27**

### **Tuna Patties**

# Main Meals \$1.75 (cont.)

## Main Vegetarian Meals



### 105-09 Pasta & Vegetable Bake

Penne & vegetables baked in a creamy parmesan sauce



### 105-11 Vegetable Risotto

Creamy risotto with a delicious mix of spring vegetables



### 102-26 Spinach Pie

Spinach and cheese encased in flaky filo pastry



### 105-42 Macaroni Cheese

Macaroni cheese, oven baked, with vegetables



### 105-33 Vegetarian Cottage Pie

Mixed vegetables topped with mashed potato



### 105-34 Vegetable Pasta Bake

Vegetable pasta baked in a rich tomato sauce

# Modified Meals \$2.05

## Pureed Meals

*Smooth, moist meals, with a lump free texture and added gravy*

|         |        |
|---------|--------|
| Chicken | 108-33 |
| Beef    | 108-34 |
| Pork    | 108-35 |
| Seafood | 108-36 |
| Lamb    | 108-37 |

## Minced Meals

*Soft, moist meals which are easily mashed with a fork*

|         |        |
|---------|--------|
| Chicken | 109-29 |
| Beef    | 109-30 |
| Pork    | 109-31 |
| Seafood | 109-32 |
| Lamb    | 109-33 |

# Premium Meals \$2.20



**100-01**

## Beef & Bacon Casserole

Braised beef & bacon casserole with mixed vegetables



**100-40**

## Vienna Schnitzel

Crumbed veal with gravy & mixed vegetables



**100-41**

## Veal Parmigiana

Veal steak topped with a napolitana sauce and cheese, served with mashed potato and mixed vegetables



**100-42**

## Corned Silverside with Parsley Sauce

Silverside with soft parsley sauce, served with vegetables



**102-15**

## Mongolian Lamb

Marinated lamb served with rice & mixed vegetables



**102-16**

## Lamb Chop

Lamb chop served with gravy & mixed vegetables

# Gourmet Meals \$2.50

|   |   |        |
|---|---|--------|
| Chicken Breast Schnitzel with Gravy & Mashed Potato*                  |    | 700-71 |
| Chicken Breast Parmigiana with Mashed Potato*                         |    | 700-72 |
| Apricot Chicken with Mashed Potato*                                   |   | 700-73 |
| Butter Chicken with Rice  |   | 700-24 |
| Roast Turkey Breast, Gravy & Baked Potato*                            |     | 700-64 |
| Roast Pork with Gravy & Baked Potato*                                 |      | 700-61 |
| Sweet & Sour Pork with Steamed Rice*                                  |     | 700-74 |
| Lambs Fry & Bacon with Onion Gravy & Mashed Potato*                   |   | 700-75 |
| BBQ Pulled Pork with Potato Gratin*                                   |    | 700-60 |
| Roast Lamb with Gravy & Baked Potato*                                 |      | 700-59 |
| Slow Cooked Lamb Shanks with Creamy Mash*                             |    | 700-80 |
| Curry Sausages with Mashed Potato*                                    |   | 700-76 |
| Grilled Sausages with Onion Gravy & Steamed Potato*                   |     | 700-77 |
| Beef Stroganoff with Macaroni*  |   | 700-65 |
| Beef & Red Wine Casserole & Mashed Potato*                            |   | 700-66 |
| Beef Spaghetti Bolognese*   |   | 700-68 |
| Beef Lasagne*   |   | 700-69 |
| Steak & Bacon Casserole with a Pastry Top*                            |   | 700-82 |
| Crumbed Fish with Baked Potato Wedges*                                |   | 700-67 |
| Grilled Fish Fillet & White Wine Cream Sauce*                         |   | 700-78 |
| Vegetable Lasagne with Bechamel Sauce*                                |   | 700-70 |
| <i>*Meals marked with an asterisk (*) include seasonal vegetables</i> |   |        |

# Desserts .90c



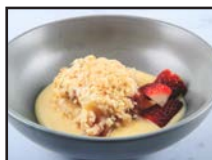
**114-03**  
Sticky Date Pudding



**114-06**  
Blueberry Sponge Crumble



**114-28**  
Carrot Cake



**114-29**  
Apple & Rhubarb Crumble



**114-30**  
Banana Cake



**114-31**  
Stewed Apple & Custard



**114-05**  
Wine Trifle with Cream



**114-41**  
Chocolate Mousse



**114-40**  
Bread & Butter Pudding with Custard



**114-32**  
Peaches & Custard



**115-12**  
Baked Rice Pudding



**114-34**  
Creamed Rice & Apricots

# Desserts (cont.)

## Icecream .99c



115-14 Vanilla

115-16 Strawberry

## Premium Desserts \$1.05



114-35  
Apple Pie



115-18  
Apricot Pie



114-01  
Vanilla Slice



114-02  
Tropical Pavlova



114-16  
Baked Cheesecake



114-07  
Tiramisu



# Becoming a Client

## Home Care Package Clients

We can provide the best cost effective meal solution through your Home Care Package. The Government's Home Care Package Program has been implemented to assist older Australians to live independently in their own homes for longer. Changes were made to the Program giving people the ability to allocate funds to meal delivery services. Under Government legislation, customers who are in receipt of a Home Care Package have more choice and flexibility as to how their care is delivered and what company they would like to engage to assist them with their needs.

Along with your meal delivery, you will receive a friendly chat as well as a health and wellbeing check from our wonderful volunteers. Talk to your Home Care Package Provider to commence your meal deliveries from Coast Cuisine (in support of Meals on Wheels Central Coast).

You will receive an invoice from us for the cost of the meal ingredients as per the prices set out in this Menu. Please note, this is the cost for the actual meal ingredients and is not covered under your package. Your package provider will be invoiced directly for the preparation of your meals.

Please refer to our section on Paying for your Meals on page 18 for further information.

## Understanding our menu

Our meals are conveniently coded for easy use. An example of the item code is 100-05 for Roast Beef.

### Placing an order

You will be provided with an order form to fill out with your details, delivery dates and meal selections using the item code. Order forms can be forwarded to us by the following means or handed to a Meals on Wheels Central Coast volunteer:

**Fax:** (02) 4357 8448

**Email:** [sales@ccmow.com.au](mailto:sales@ccmow.com.au)

Alternatively, you can place an order over the phone by calling **(02) 4357 8444** or through our website at **[www.ccmealplans.com.au](http://www.ccmealplans.com.au)**. To register for online ordering, email [marketing@ccmow.com.au](mailto:marketing@ccmow.com.au).

## Recurring orders

You can create a recurring order by advising us of the number of meals you would like to receive each week over your preferred number of weeks (i.e. four meals a week over three weeks). This order is then regenerated after your preferred number of weeks (i.e. every three weeks) to run in the same pattern. For more information, please contact your Client Service Officer. You are welcome to change your meals, the number of meals and the frequency of recurrence at any time.

## Paying for your Meals

Meal orders are to be paid fortnightly. There are no binding contracts.

Coast Cuisine encourages our clients to use Direct Debit, with payments for your meals deducted automatically from your bank account each fortnight. Direct Debit is the simplest and most convenient way to make sure your account is paid in full and on time. To update your bank details, please contact our Accounts team on **(02) 4357 8444** or email **accounts@ccmow.com.au**.

Coast Cuisine also accepts payment by cheque posted to:

One Direct Connect Limited  
Attn: Accounts  
PO Box 5260  
Chittaway Bay NSW 2261

Alternatively, you can pay by Electronic Funds Transfer (EFT) or Direct Deposit:

**Acct Name:** One Direct Connect  
**BSB:** 012-621  
**Acct No:** 284-243-986

*Please ensure you put your client number as a reference if paying via EFT or Direct Deposit.*

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## Service Terms

When you become a client of Coast Cuisine, you will be required to provide contact information (such as name, contact number and delivery address), emergency contact information and you may be required to provide financial information for billing purposes. If we have trouble processing or delivering an order, we will use this information to contact you.

If you are not home or contactable at the agreed time of delivery and/or we suspect that there may be a health or medical issue in need of attention, we may contact your emergency contact person, local hospitals and/or emergency services. This is to ensure your health and wellbeing.

## Delivery Policy

Meals are only delivered to registered clients on the Central Coast from Monday to Friday. You are required to be home to accept a delivery on a day previously agreed to by you and Coast Cuisine. Generally, we require a minimum of three business days notice for a delivery request. Coast Cuisine cannot give or adhere to a request for a specific delivery time.

Coast Cuisine accepts no liability for the loss or deterioration of any goods once they have been delivered. We will not be held liable for any financial or physical damages of any kind.

Coast Cuisine will not replace or provide a refund for any meals ordered by the client by mistake. Clients must notify Coast Cuisine if they have received an incorrect meal or are missing a meal within 24 hours of delivery by phone on (02) 4357 8444. Missing meal items will be delivered to the client on an alternative day agreed to by the client and Coast Cuisine.

## Privacy Policy

Coast Cuisine only collects personal information that is necessary for our work. We do not disclose the personal information of our clients or volunteers to third parties, unless we are provided with consent by our clients to do so, or if we are required to do so by law. Unless consent has been provided, we do not publish personal information in publications or on our website and social media. Coast Cuisine actively seeks to ensure that all personal information we collect is protected from misuse, unauthorised access, modification or disclosure.

We will only use your information for the purpose of evaluating and improving our service on the Central Coast and to provide statistics about our clients to the Federal and State governments to help plan and improve services across the region. This information, however, is anonymous and will not affect your entitlement to services. Any statistical information about clients which is made public will not identify individuals.

Individuals may request copies of personal information held by Coast Cuisine and request the correction of any inaccuracies.

*These terms are subject to change without notice. For the most up-to-date terms of service, please contact Coast Cuisine directly. Coast Cuisine Meals in support of Meals on Wheels Central Coast.*



## **COAST CUISINE**

Your trusted Home Care Package Meal Provider

In support of Meals on Wheels Central Coast

**P: 4357 8444 | F: 4357 8448**

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