

MEALS
ON WHEELS®

YOUR CHOICE

Frozen Meals Menu



Soups



Broccoli & Cheddar

(V, GF)

Allergens: Milk

A creamy soup made with broccoli and finished with an Australian cheddar cheese.

Chicken & Leek

(GF)

Allergens: Milk

Sauteed leeks simmered with diced chicken and fresh vegetables in stock.

Chicken Noodle

Allergens: Gluten, Milk

A rich, homestyle soup with tender chicken, vegetables, and fine angel hair pasta in a savoury broth.

Cream of Cauliflower

(V, GF)

Allergens: Milk

A smooth cauliflower soup simmered in vegetable stock and finished with cream.

Cream of Mushroom

(V, GF)

Allergens: Milk

Contains Mushrooms

A rich and delicate soup made with fresh mushrooms and cream.

Minestrone

(V, DF)

Contains Tomato

A rustic Mediterranean soup made with kidney beans, tomatoes and vegetables.

Pea & Ham

(GF, DF)

Allergens: Sulphites

A hearty blend of green split peas with ham, potatoes, carrots, and onions for a wholesome soup.

Potato, Bacon & Corn

(GF, DF)

Allergens: Soybean, Sulphites

A delicious blend of bacon, corn and potato make this soup particularly satisfying.

Potato & Leek

(V, GF, DF)

Allergens: Soybean, Sulphites

A pureed soup made with sauteed leeks and potatoes finished with a touch of cracked pepper.

Pumpkin

(V, GF, DF)

Allergens: Soybean, Sulphites

A classic pumpkin soup mildly flavoured with a touch of nutmeg.

Pumpkin, Sour Cream & Chives

(V, GF)

Allergens: Milk, Sulphites

Velvety pumpkin soup topped with creamy sour cream and fresh chives.

Scotch Broth

(DF)

Allergens: Gluten, Sulphites

A warming mix of beef, barley, and hearty root vegetables.

Sweet Potato & Carrot

(V, GF)

Allergens: Milk, Sulphites

Sweet potato and carrots simmered then blended until silky smooth and finished with cream.

Tomato

(V, GF, DF)

Allergens: None

Contains Tomato

A rich tomato soup with celery, onion, and a hint of oregano.

Tomato & Basil

(V, GF, DF)

Allergens: None

Contains Tomato

A sweet and zesty soup made with ripened tomatoes and fresh sweet basil.



V - Vegetarian
GF - Gluten Free
DF - Dairy Free

Mains

Apricot Chicken

(GF, DF)

Allergens: None

Succulent pieces of chicken thigh simmered with juicy apricots in a sweet tangy sauce. Served with steamed rice, carrots and baby beans.

Bangers & Mash

(GF)

Allergens: Soybean, Sulphites

Comforting homestyle Aussie beef sausages served with creamy mashed potato, peas, baked pumpkin and gravy.

Beef with Creamy Peppercorn Sauce

(GF)

Allergens: Milk, Soybean, Sulphites

Diced beef braised in a peppercorn sauce, finished with cream. Served with mashed potato, pumpkin and peas.



Butter Chicken

(GF)

Allergens: Milk, Soybean

Contains Capsicum and Tomato

Mild curry with authentic Indian flavours served with with basmati rice, broccoli, carrots, cauliflower, beans and capsicum.

Buttered Leek & Cheddar Quiche

(V)

Allergens: Egg, Gluten, Milk and Soybean

A creamy egg mixture, filled with buttery leeks and tasty cheddar cheese and oven baked. Served with roasted sweet potato pieces and steamed broccoli.

Cheesy Vegetable & Spinach Bake

(V, GF)

Allergens: Milk, Soybean, Sulphites

Contains Mushrooms

A selection of seasonal vegetables layered with white sauce and cheese, oven baked and served with roast potatoes, roasted pumpkin and peas.

Chicken Schnitzel & Gravy

Allergens: Soybean, Sulphites

Golden crumbed chicken breast and rich gravy. Served with mashed potato, sliced carrots and garden peas.

Creamy Mushroom Stroganoff

(V, GF)

Allergens: Milk, Soybean, Sulphites

Contains Chilli (Paprika), Mushrooms, Tomato

A vegetarian take on the classic stroganoff recipe, made with a selection of mushrooms in a creamy sauce, served with mashed potato, roasted pumpkin and peas.

Eggplant & Potato Moussaka

(V, GF)

Allergens: Milk, Soybean, Sulphites

Contains Tomato

A vegetarian Greek eggplant bake with potatoes and brown lentils, topped off with a creamy sauce and served with whole baby beans.

Fish & Wedges

(GF, DF)

Allergens: Fish, Soybean, Sulphites

A crispy crumbed fish fillet served alongside golden potato wedges and a wholesome mix of carrots, cauliflower and broccoli.



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Grilled Beef Steak

(GF, DF)

Allergens: Soybean, Sulphites

Tender grilled steak topped with caramelised onion gravy. Served with baked potato wedges, roasted carrots and whole baby beans.



Indian Butter Chickpeas

(V, GF)

Allergens: Milk

Contains Tomato, Capsicum and Chilli

Mild curry with authentic Indian flavours, cooked in a delicious blend of cream, yoghurt and aromatic spices. Served with steamed basmati rice, broccoli, carrot, cauliflower, beans and red capsicum.

Lamb with Red Wine & Rosemary

(GF, DF)

Allergens: Soybean, Sulphites

Lamb braised in a red wine gravy with sprigs of rosemary. Served with mashed sweet potato, broccoli and cauliflower.

Lamb Rissoles

Allergens: Egg, Gluten, Milk, Soybean

Lamb rissoles packed with juicy spring lamb, served with creamy mash, whole baby beans, carrots and gravy.

Lemon & Herb Barramundi with Creamy Dill Sauce

Allergens: Fish, Gluten, Milk, Soy, Sulphites

Oven baked lemon & herb crusted barramundi with a creamy dill sauce served with sauteed potatoes, steamed pumpkin and broccoli.

Lentil Cottage Pie

(V, GF)

Allergens: Milk, Soybean

Braised savoury lentils and vegetables, topped with a cheesy sweet potato mash, served with whole baby beans.

Lentil Eggplant & Sweet Potato Curry

(V, GF, DF)

Allergens: Sulphites

Contains Capsicum

Mild curry with aromatic spices, with roasted sweet potato and eggplant. Served with steamed basmati rice, broccoli, carrots, cauliflower, beans and red capsicum.

Pork in Plum Sauce

(DF)

Allergens: Gluten

Contains Capsicum

Succulent diced pork simmered in a sweet and tangy plum sauce. With broccoli, carrots, beans, cauliflower and capsicum served on a bed of rice.

Roast Chicken

(GF, DF)

Allergens: Sulphites

Tender roasted chicken thigh served with crispy potatoes, baked pumpkin, broccoli, and rich gravy.

Roast Pork

(GF, DF)

Allergens: Sulphites

Homestyle roast pork paired with golden roast potatoes, baked carrots, garden peas and a rich gravy.



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Shepherd's Pie

(GF)

Allergens: Milk, Sulphites

Contains Tomato

Aussie lamb mince and vegetables, topped with mashed potato and cheese and baked until golden brown. Served with carrot, cauliflower and broccoli.



Spaghetti Bolognese

Allergens: Gluten, Milk, Wheat, Sulphites

Contains Tomato

Spaghetti served with a classic bolognese sauce made with ground beef and tomatoes. Topped with parmesan cheese.

Spinach & Ricotta Tortellini

(V)

Allergens: Gluten, Milk, Soybean

Contains Capsicum and Tomato

A traditional Italian dish with parcels of spinach and ricotta wrapped in tortellini pasta covered with a rich tomato, eggplant, zucchini & capsicum ratatouille and finished with shaved parmesan cheese.

Sweet & Sour Chickpeas

(V, GF, DF)

Allergens: Soybean

Contains Capsicum and Tomato

Hearty chickpeas simmered in a sweet and tangy sauce, filled with red and green capsicums as well as juicy pineapple.

Vegetable Schnitzel & Gravy

(V)

Allergens: Gluten/Wheat, Milk, Soybean

A plant-based schnitzel, served with tasty gravy, mashed potatoes, roasted carrots and green beans.



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Sweets



Apple Cinnamon Cake

(V)

Allergens: Egg, Gluten, Milk, Soybean

The perfect balance of moist and fluffy cake with juicy apples and the warm, comforting flavour of cinnamon in every bite, served with full cream custard.

Apple Crumble

(V)

Allergens: Egg, Gluten, Milk, Soybean

Stewed granny smith apple topped with a classic crumble topping. Served with vanilla custard

Baked Cheesecake

(V)

Allergens: Gluten, Milk, Soybean

A classic favourite consisting of a rich creamy filling baked in the oven and topped with a caramel drizzle.

Carrot Cake with Frosting

(V)

Allergens: Egg, Gluten, Milk, Soybean

A moist cake made with fresh grated carrots and topped with smooth frosting.

Cheesecake with Mango Coulis

Allergens: Egg, Gluten, Milk, Soybean

Made with fresh Philadelphia cream cheese, accompanied with a mango coulis.

Chocolate Cake with Frosting

(V)

Allergens: Egg, Gluten, Milk, Soybean

A rich chocolate cake topped with whipped chocolate buttercream.

Baked Custard and Apple Flan

(V)

Allergens: Gluten, Milk

A biscuit-base flan filled with diced apples baked in a smooth vanilla custard

Orange Marmalade Pudding

(V)

Allergens: Egg, Gluten, Milk, Soybean

Light and fluffy cake, with hints of orange zest. Glazed with sweet orange marmalade.

Panna Cotta with Raspberry Coulis

(GF)

Allergens: Milk

A delicate Italian dessert made with milk and cream, served with a raspberry coulis.

Peach Crumble

(V)

Allergens: Gluten, Milk, Soybean

Diced poached peaches with a classic oat and coconut crumble topping. Served with full cream custard.

Pear and Ginger Shortcake

(V)

Allergens: Egg, Gluten, Milk, Soybean

A particularly delicious cake made with real butter, powdered and crystallised ginger, topped with sliced pears and served with full cream custard.



Set Peach Custard

(V)

Allergens: Milk, Sulphites

Diced Peaches folded through Vanilla Custard, set and garnished with a Rosette of Vanilla Mousse

Sultana Pudding with Custard

(V)

Allergens: Milk

A light pudding made with a generous amount of plump sultanas and a hint of cinnamon, served with vanilla custard.

Tiramisu

Allergens: Egg, Gluten, Milk

Layered lady sponge fingers drizzled with a rich coffee syrup, covered with whipped cream and dusted with cocoa.

Vanilla Cream Rice

(V)

Allergens: Milk

A simple yet satisfying dessert made with slow cooked rice, folded through whipped cream and a touch of vanilla and fruit.

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80 - 84 Sir Donald Bradman Drive, Hilton SA 5033
PO Box 406, Unley SA 5061
Free Call 1800 854 453

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Meals Subject to Availability

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