



Meals on Wheels FRESH MENU



Name: _____

Suburb: _____

- Please fill in weeks 1, 2, 3 and 4.
- Our volunteers deliver meals between 10 am – 1 pm Monday to Friday.
- If you are not going to be home for your delivery, please call 02 6285 8420 before 10 am the previous working day.
- As we don't deliver on weekends, please select extra meals from Thursday or Friday for the weekend.

WEEK 1

BREAKFAST			Mon	Tue	Wed	Thu	Fri
Cooked <i>(delivered frozen ready to heat and eat)</i>	Spinach & Fetta Omelette (V) (GF)	\$4.70					
	Ham & Cheese Croissant	\$4.70					
	Bubble & squeak with Sausages	\$4.70					
	Pancakes with Berry Compote	\$4.70					
Cereal <i>(single portion)</i>	Weet-Bix (30 gram serve)	\$1.00					
	Corn Flakes (25 gram serve)	\$1.00					
Yoghurt	Yoghurt with muesli & fruit compote	\$3.40					
Milk	Full cream UHT milk (1 litre)	\$2.10					
	Skim UHT milk (1 litre)	\$2.10					
Juice	Orange	\$1.75					
	Apple	\$2.45					

LUNCH			Mon	Tue	Wed	Thu	Fri
Sandwiches	Egg, mayo, lettuce	\$4.20					
	Tuna, capsicum, onion, lettuce and Mayonnaise	\$4.20					
	Ham, cheese, tomato	\$4.20					
	Roast turkey & salad	\$4.20					
	Grilled chicken & salad	\$4.20					
	Salad	Chicken Caesar salad	\$5.60				
Asian chicken salad		\$5.60					
Greek salad		\$5.60					
Fresh fruit salad		\$5.60					

DINNER

	Soup			Qty	Main meal – all served with seasonal vegetables			Qty	Dessert			Qty
	(GF) (DF)				(DF)				(GF)			
MONDAY	(GF) (DF)	Chicken & vegetable	\$3.50		(DF)	BBQ Chicken with Mash Potato & Greens	\$8.00			Blueberry sponge crumble	\$2.50	
	(GF) (DF)	Beef & vegetable	\$3.50			Creamy Bacon & Mushroom Pasta	\$8.00		(GF)	Mango mousse	\$2.50	
	(GF)	Leek & potato	\$3.50		(V)	Spinach Vegetable Pasta	\$8.00			Bread & Butter Pudding	\$2.50	
	(GF) (DF)	Minestrone	\$3.50		(GF) (DF)	Lemon Basa (fish) with Sweet Potato	\$8.00					
	(GF) (DF)	Pea & ham	\$3.50		(GF) (DF)	Pulled Pork with Sweet Bake Potato	\$8.00					
	(GF) (DF)	Pumpkin& Cinnamon	\$3.50			Beef Ragu with Pappardelle Pasta	\$8.00					
TUESDAY		Chicken & vegetable	\$3.50			Spaghetti Bolognese	\$8.00			Carrot cake	\$2.50	
		Beef & vegetable	\$3.50		(GF)	Cottage Pie	\$8.00		(GF)	Chocolate mousse	\$2.50	
		Leek & potato	\$3.50		(V)	Seasonal Vegetable Curry	\$8.00		(GF)	Stewed Apple and Custard	\$2.50	
		Minestrone	\$3.50		(DF)	Harissa Chicken with Spinach Rice	\$8.00					
		Pea & ham	\$3.50		(GF)	Barramundi with Pumkin & Green Beans	\$10.00					
	Pumpkin & cinnamon	\$3.50			Lamb Roast with Vegetables	\$8.00						
WEDNESDAY		Chicken & vegetable	\$3.50			Sausages with Mash & Green Peas	\$8.00			Apple & rhubarb crumble	\$2.50	
		Beef & vegetable	\$3.50			Roast Lamb with Vegetables	\$7.00		(GF)	Peaches & custard	\$2.50	
		Leek & potato	\$3.50			Beef Lasagna	\$8.00			Plum Pudding & Brandy sauce	\$3.30	
		Minestrone	\$3.50		(V)	Spinach Quiche with Vegetables & Mash	\$6.30					
		Pea & ham	\$3.50		(GF)	Beef Massaman with Mash & Peas	\$8.00					
	Pumpkin& Cinnamon	\$3.50			Seasonal Vegetable Curry	\$8.00						
THURSDAY		Chicken & vegetable	\$3.50			Butter Chicken with Rice	\$8.00		(GF)	Creamed rice & apricots	\$2.50	
		Beef & vegetable	\$3.50		(V)	Curried Vegetables with Potato	\$6.30			Chocolate mud cake	\$3.30	
		Leek & potato	\$3.50			Beef Stir Fry with Asian Vegetables & Rice	\$700			Lemon cheesecake	\$3.30	
		Minestrone	\$3.50		(DF)	BBQ Chicken with Mash Potato & Green Vegetables	\$8.00					
		Pea & ham	\$3.50		(GF)(DF)	Lemon Basa (Fish) with Carrot & Broccoli	\$8.00					
	Pumpkin & cinnamon	\$3.50		(GF)	Lamb Shanks with Vegetables	\$8.00						
FRIDAY		Chicken & vegetable	\$3.50			Chicken Schnitzel with Roast Vegetables & Gravy	\$7.00			Bread & butter pudding	\$2.50	
		Beef & vegetable	\$3.50		(V)	Vegetable Hokkien Noodles with Mash Potato	\$6.30		(GF)	Stewed apple & custard	\$2.50	
		Leek & potato	\$3.50		(GF)(DF)	Lemon Basa (Fish) with Sweet Potato	\$8.00			Sticky Date pudding	\$3.30	
		Minestrone	\$3.50			Beef Ragu with Pappardelle Pasta	\$8.00					
		Pea & ham	\$3.50			Pulled Pork with Sweet Baked Potato	\$8.00					
	Pumpkin& Cinnamon	\$3.50			Harissa Chicken with Spinach Rice	\$8.00						

WEEK 2

BREAKFAST			Mon	Tue	Wed	Thu	Fri
Cooked <i>(delivered frozen ready to heat and eat)</i>	Spinach & fetta omelette (V) (GF)	\$4.70					
	Ham & cheese Croissant	\$4.70					
	Bubble & squeak with sausages	\$4.70					
	Pancakes with Berry Compote	\$4.70					
Cereal <i>(single portion)</i>	Weet-Bix (30 gram serve)	\$1.00					
	Corn Flakes (25 gram serve)	\$1.00					
Yoghurt	Yoghurt with muesli & fruit compote	\$3.40					
Milk	Full cream UHT milk (1 litre)	\$2.10					
	Skim UHT milk (1 litre)	\$2.10					
Juice	Orange	\$1.75					
	Apple	\$2.45					

LUNCH			Mon	Tue	Wed	Thu	Fri
Sandwiches	Egg, mayo, lettuce	\$4.20					
	Tuna, capsicum, onion, lettuce and Mayonnaise	\$4.20					
	Ham, cheese, tomato	\$4.20					
	Roast turkey & salad	\$4.20					
	Grilled chicken & salad	\$4.20					
Salad	Chicken Caesar salad	\$5.60					
	Asian chicken salad	\$5.60					
	Greek salad	\$5.60					
	Fresh fruit salad	\$5.60					

WEEK 3

BREAKFAST			Mon	Tue	Wed	Thu	Fri
Cooked <i>(delivered frozen ready to heat and eat)</i>	(V)(GF) Spinach & fetta omelette	\$4.70					
	Ham & cheese croissant	\$4.70					
	Bubble & squeak with sausages	\$4.70					
	Pancakes with Berry Compote	\$4.70					
Cereal <i>(single portion)</i>	Weet-Bix (30 gram serve)	\$1.00					
	Corn Flakes (25 gram serve)	\$1.00					
Yoghurt	Yoghurt with muesli & fruit compote	\$3.40					
Milk	Full cream UHT milk (1 litre)	\$2.10					
	Skim UHT milk (1 litre)	\$2.10					
Juice	Orange	\$1.75					
	Apple	\$2.45					

LUNCH			Mon	Tue	Wed	Thu	Fri
Sandwiches	Egg, mayo, lettuce	\$4.20					
	Tuna, capsicum, onion, lettuce and Mayonnaise	\$4.20					
	Ham, cheese, tomato	\$4.20					
	Roast turkey & salad	\$4.20					
	Grilled chicken & salad	\$4.20					
	Salad	Chicken Caesar salad	\$5.60				
Asian chicken salad		\$5.60					
Greek salad		\$5.60					
Fresh fruit salad		\$5.60					

WEEK 3 continued...

DINNER

	Soup	Qty	Main meal – all served with seasonal vegetables	Qty	Dessert	Qty
MONDAY	(GF)(DF) Chicken & vegetable	\$3.50	(DF) BBQ Chicken with Mash Potato & Green Vegetables	\$8.00	Blueberry sponge crumble	\$2.50
	(GF) (DF) Beef & vegetable	\$3.50	Creamy Bacon & Mushroom Pasta	\$8.00	(GF) Mango mousse	\$2.50
	(GF) Leek & potato	\$3.50	(V) Spinach Vegetable Pasta	\$8.00	Bread & Butter Pudding	\$2.50
	(GF) (DF) Minestrone	\$3.50	(GF) (DF) Lemon Basa (fish) with Sweet Potato	\$8.00		
	(GF) (DF) Pea & ham	\$3.50	(GF) (DF) Pulled Pork with Sweet Bake Potato	\$8.00		
	(GF) (DF) Pumpkin& Cinnamon	\$3.50	Beef Ragu with Pappardelle Pasta	\$8.00		
TUESDAY	Chicken & vegetable	\$3.50	Spaghetti Bolognese	\$8.00	Carrot cake	\$2.50
	Beef & vegetable	\$3.50	(GF) Cottage Pie	\$8.00	(GF) Chocolate mousse	\$2.50
	Leek & potato	\$3.50	(V) Seasonal Vegetable Curry	\$8.00	(GF) Stewed Apple and Custard	\$2.50
	Minestrone	\$3.50	(DF) Harissa Chicken with Spinach Rice	\$8.00		
	Pea & ham	\$3.50	(GF) Barramundi with Pumkin & Green Beans	\$10.00		
	Pumpkin & cinnamon	\$3.50	Lamb Roast with Vegetables	\$8.00		
WEDNESDAY	Chicken & vegetable	\$3.50	Sausages with Mash & Green Peas	\$8.00	Apple & rhubarb crumble	\$2.50
	Beef & vegetable	\$3.50	Roast Lamb with Vegetables	\$7.00	(GF) Peaches & custard	\$2.50
	Leek & potato	\$3.50	Beef Lasagna	\$8.00	Plum Pudding & Brandy sauce	\$3.30
	Minestrone	\$3.50	(V) Spinach Quiche with Vegetables & Mash	\$6.30		
	Pea & ham	\$3.50	(GF) Beef Massaman with Mash & Peas	\$8.00		
	Pumpkin& Cinnamon	\$3.50	Seasonal Vegetable Curry	\$8.00		
THURSDAY	Chicken & vegetable	\$3.50	Butter Chicken with Rice	\$8.00	(GF) Creamed rice & apricots	\$2.50
	Beef & vegetable	\$3.50	(V) Curried Vegetables with Potato	\$6.30	Chocolate mud cake	\$3.30
	Leek & potato	\$3.50	Beef Stir Fry with Asian Vegetables & Rice	\$7.00	Lemon cheesecake	\$3.30
	Minestrone	\$3.50	(DF) BBQ Chicken with Mash Potato & Green Vegetables	\$8.00		
	Pea & ham	\$3.50	(GF)(DF) Lemon Basa (Fish) with Carrot & Broccoli	\$8.00		
	Pumpkin & cinnamon	\$3.50	(GF) Lamb Shanks with Vegetables	\$8.00		
FRIDAY	Chicken & vegetable	\$3.50	Chicken Schnitzel with Roast Vegetables & Gravy	\$7.00	Bread & butter pudding	\$2.50
	Beef & vegetable	\$3.50	(V) Vegetable Hokkien Noodles with Mash Potato	\$6.30	(GF) Stewed apple & custard	\$2.50
	Leek & potato	\$3.50	(GF)(DF) Lemon Basa (Fish) with Sweet Potato	\$8.00	Sticky Date pudding	\$3.30
	Minestrone	\$3.50	Beef Ragu with Pappardelle Pasta	\$8.00		
	Pea & ham	\$3.50	Pulled Pork with Sweet Baked Potato	\$8.00		
	Pumpkin& Cinnamon	\$3.50	Harissa Chicken with Spinach Rice	\$8.00		

WEEK 4

BREAKFAST

			Mon	Tue	Wed	Thu	Fri
Cooked <i>(delivered frozen ready to heat and eat)</i>	(V) (GF)Spinach & fetta omelette	\$4.70					
	Ham & cheese croissant	\$4.70					
	Bubble & squeak with sausages	\$4.70					
	Pancakes with berry compote	\$4.70					
Cereal <i>(single portion)</i>	Weet-Bix (30 gram serve)	\$1.00					
	Corn Flakes (25 gram serve)	\$1.00					
Yoghurt	Yoghurt with muesli & fruit compote	\$3.40					
Milk	Full cream UHT milk (1 litre)	\$2.10					
	Skim UHT milk (1 litre)	\$2.10					
Juice	Orange	\$1.75					
	Apple	\$2.45					
	Pineapple	\$2.45					
	Apple, mango & banana	\$1.75					

LUNCH

			Mon	Tue	Wed	Thu	Fri
Sandwiches	Egg, mayo, lettuce	\$4.20					
	Tuna, capsicum, onion, lettuce and Mayonnaise	\$4.20					
	Ham, cheese, tomato	\$4.20					
	Roast turkey & salad	\$4.20					
	Grilled chicken & salad	\$4.20					
Salad	Chicken Caesar salad	\$5.60					
	Asian chicken salad	\$5.60					
	Greek salad	\$5.60					
	Fresh fruit salad	\$5.60					

WEEK 4 continued...

DINNER

	Soup	Qty	Main meal – all served with seasonal vegetables	Qty	Dessert	Qty
MONDAY	(GF) (DF) Chicken & Vegetable	\$3.50	(DF) BBQ Chicken with Mash Potato & Green Vegetables	\$8.00	Bread & Butter Pudding	\$2.50
	(GF) (DF) Beef & Vegetable	\$3.50	(DF) Pulled Beef with Sweet Potato	\$8.00	(GF) Mango	\$2.50
	(GF) Leek & Potato	\$3.50	Tempura Fish with Vegetables & Mash Potato	\$7.00	Sticky Date Pudding	\$3.30
	(GF) (DF) Minestrone	\$3.50	(DF) Thai Chilli Basil Chicken with Rice & Vegetables	\$8.00		
	(GF) (DF) Pea & Ham	\$3.50	Vegetable Moussaka with Vegetables & Mash Potato	\$6.30		
	(GF) (DF) Pumpkin & Cinnamon	\$3.50	Beef Ragu with Pappardelle Pasta	\$8.00		
TUESDAY	Chicken & Vegetable	\$3.50	Spaghetti Bolognese	\$8.00	(GF) Chocolate Mousse	\$2.50
	Beef & Vegetable	\$3.50	Roast Veal with Vegetables	\$7.00	Lemon Cheesecake	\$3.30
	Leek & Potato	\$3.50	(DF) Harissa Chicken with Spinach	\$8.00	Apricot Pie	\$3.30
	Minestrone	\$3.50	(GF)(DF) Lemon Basa (Fish) with Sweet Potato	\$8.00		
	Pea & Ham	\$3.50	(V) Vegetable Cannelloni with Béchamel & Tomato Sauce	\$6.30		
	Pumpkin & Cinnamon	\$3.50	(DF) Seasonal Vegetable Curry	\$8.00		
WEDNESDAY	Chicken & Vegetable	\$3.50	(GF)(DF) Sausages with Mash & Green Peas	\$8.00	(GF) Creamed Rice & Apricots	\$2.50
	Beef & Vegetable	\$3.50	Grilled Breast Chicken with Vegetables & Gravy	\$7.00	(GF) Peaches & Custard	\$2.50
	Leek & Potato	\$3.50	(GF)(DF) Lemon Basa (Fish) with Sweet Potato	\$8.00	Strawberry Pavlova	\$3.30
	Minestrone	\$3.50	(V) Spinach & Feta Ravioli with Tomato Sauce & Vegetables	\$6.30		
	Pea & Ham	\$3.50	(GF) Lamb Shanks with Vegetables	\$8.00		
	Pumpkin & Cinnamon	\$3.50	(DF) Lamb Roast with vegetables	\$8.00		
THURSDAY	Chicken & Vegetable	\$3.50	(GF) Butter Chicken with Rice	\$8.00	Apple Sponge Cake	\$2.50
	Beef & Vegetable	\$3.50	Sweet Lamb Curry with Vegetables & Rice	\$7.00	Plum Pudding & Brandy Sauce	\$3.30
	Leek & Potato	\$3.50	(V) Vegetable Tortilla with Mash Potato	\$6.30	Chocolate Mud cake	\$3.30
	Minestrone	\$3.50	(GF) Barramundi with Pumkin & Green Beans	\$10.00		
	Pea & Ham	\$3.50	Steak Diane with Sweet Potato & Vegetables	\$8.00		
	Pumpkin & Cinnamon	\$3.50	Beef Lasagna	\$8.00		
FRIDAY	Chicken &	\$3.50	Roast Veal with Vegetables	\$7.00	(GF) Stewed Apple & Custard	\$2.50
	Beef & vegetable	\$3.50	(V) Ravioli with Tomato, Mash Potato & Vegetables	\$6.30	Lemon Pudding	\$3.30
	Leek & Potato	\$3.50	(DF) Seasonal Vegetable Curry	\$8.00	Apple Pie	\$3.00
	Minestrone	\$3.50	(GF)(DF) Thai Green Curry Chicken with Rice & Vegetables	\$8.00		
	Pea & Ham	\$3.50	Lemon Basa (fish) with Sweet Potato	\$8.00		
	Pumpkin & Cinnamon	\$3.50	(GF) Butter Chicken with Rice	\$8.00		