

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

BREAKFAS	Т		Mon	Tue	Wed	Thu	Fri
Cooked frozen ready to heat & eat	Ham & Cheese Croissant	\$6.00					
Yoghurt	Yoghurt with muesli & fruit compote	\$3.50					
Milk	Full cream UHT milk (1 litre)	\$2.35					
	Skim UHT milk (1 litre)	\$2.35					
Juice	Orange	\$2.45					
	Apple	\$2.45					

LUNCH			Mon	Tue	Wed	Thu	Fri
Sandwiches	Egg, mayo, lettuce	\$4.30					
	Tuna, capsicum, onion, lettuce and Mayonnaise	\$4.30					
	Ham, cheese, tomato	\$4.30					
	Roast turkey & salad	\$4.30					
	Grilled chicken & salad	\$4.30					
Salad	Chicken Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					

Ph: 02 6285 8420

WEEK 1 continued... DINNER

DIM	I				
	Soup	Qty	Main meal – all served with seasonal vegetables		Qty Dessert Qty
>	(GF) (DF) Chicken & vegetal	le \$4.00	(DF) BBQ Chicken with Mash Potato & Greens	\$8.00	Apple Crumble \$4.30
ΔDA	(GF) (DF) Beef & vegeta	le \$4.00	(NF) Chicken Carbonara	\$8.50	(GF) Chocolate Mousse \$4.30
MONDAY	(GF) Leek & pota	to \$4.00	(V) (DF) Spinach Vegetable Pasta	\$8.00	Bread & Butter Pudding \$4.30
2	(GF) (DF) Minestro	ne \$4.00	(GF) (DF) Lemon Basa (fish) with Sweet Potato	\$8.00	
	(GF) (DF) Pea & ha	n \$4.00	(GF) (NF) Pulled Beef with Potato	\$10.00	
	(GF) (DF) Pumpkin& Cinnam	on \$4.00	Pulled Beef Ragu	\$10.00	
	Chicken & vegeta	le \$4.00	Spaghetti Bolognaise	\$8.00	Lemon Cheesecake \$4.30
≯	Beef & vegeta	ole \$4.00	(GF) Cottage Pie	\$8.00	(GF) Chocolate Mousse \$4.30
TUESDAY	Leek & pota	to \$4.00	(V) Vegetable Curry	\$8.50	Stewed Rhubarb & Apple Custard \$4.30
1	Minestro	ne \$4.00	(DF) Chicken Pad Thai	\$8.50	
	Pea & ha	m \$4.00	(GF) Barramundi with Pumkin & Green Beans	\$8.00	
	Pumpkin & cinnam	on \$4.00	Mongolian Beef	\$10.00	
	Chicken & vegeta	ole \$4.00	Sausages with Mash & Green Peas	\$8.00	Apple Crumble \$4.30
₹	Beef & vegeta	le \$4.00	Roast Lamb with Vegetables	\$7.00	Peaches & custard \$4.30
WEDNESDAY	Leek & pota	to \$4.00	(GF) (NF) (DF) Beef stroganoff	\$10.00	Plum Pudding & Brandy sauce \$4.30
EDN	Minestro	ie \$4.00	(V) Spinach Quiche with Vegetables & Mash	\$6.30	
>	Pea & ha	m \$4.00	(GF) Beef Massaman with Mash & Peas	\$8.00	
	Pumpkin& Cinnam	on \$4.00	(V) Sri Lankan Vegetable Curry	\$8.50	
	Chicken & vegeta	ole \$4.00	Butter Chicken with Rice	\$8.50	Stewed Rhubarb & Apple Custard \$4.30
ΑΥ	Beef & vegeta	ole \$4.00	(V) Curried Vegetables with Potato	\$6.30	Chocolate Mud Cake \$4.30
THURSDAY	Leek & pota	to \$4.00	Beef Stir Fry with Asian Vegetables & Rice	\$7.00	Lemon Cheesecake \$4.30
王	Minestro	ne \$4.00	(DF) BBQ Chicken with Mash Potato & Green Vegetables	\$8.00	
	Pea & h	m \$4.00	(GF)(DF) Lemon Basa (Fish) with Carrot & Broccoli	\$8.00	
	Pumpkin & cinnam	on \$4.00	(GF)(NF)(DF) Moroccon Lamb	\$10.00	
	Chicken & vegeta	ole \$4.00	Chicken Schnitzel with Roast Vegetables & Gravy	\$7.00	Bread & Butter Pudding \$4.30
>	Beef & vegeta	le \$4.00	(V) Vegetable Hokkien Noodles with Mash Potato	\$6.30	Stewed Rhubarb & Apple Custard \$4.30
FRIDAY	Leek & pot	to \$4.00	(GF)(DF) Lemon Basa (Fish) with Sweet Potato	\$8.00	Sticky Date pudding \$4.30
芷	Minestro	ne \$4.00	(NF) Pulled Beef with Potato	\$10.00	
	Pea & h	m \$4.00	(GF)(NF) Pulled Beef Ragu	\$10.00	
	Pumpkin& Cinnam	on \$4.00	(DF) Chicken Pad Thai	\$8.50	

WEEK 2

BREAKFAS	т	Mon	Tue	Wed	Thu	Fri	
Cooked (frozen ready to heat & eat)	Ham & cheese Croissant	\$6.00					
Yoghurt	Yoghurt with muesli & fruit compote	\$3.50					
Milk	Full cream UHT milk (1 litre)	\$2.35					
	Skim UHT milk (1 litre)	\$2.35					
Juice	Orange	\$2.45					
	Apple	\$2.45					

LUNCH			Mon	Tue	Wed	Thu	Fri
Sandwiches	Egg, mayo, lettuce	\$4.30					
	Tuna, capsicum, onion, lettuce and Mayonnaise	\$4.30					
	Ham, cheese, tomato	\$4.30					
	Roast turkey & salad	\$4.30					
	Grilled chicken & salad	\$4.30					
Salad	Chicken Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					

WEEK 2 continued...

DINNER

	Soup			Qty	Main meal – all served with seasonal vegetables		Qty	Dessert	Qty
>	(GF) (DF)	Chicken & vegetable	\$4.00		(DF) BBQ Chicken with Mash Potato & Green Vegetables	\$8.00		Bread & Butter Pudding \$4.30	
MONDAY	(GF) (DF)	Beef & vegetable	\$4.00		(DF) Pulled Beef with Potato	\$10.00		(GF) Chocolate Mousse \$4.30	
<u>S</u>	(GF)	Leek & potato	\$4.00		Tempura Fish with Vegetables & Mash Potato	\$7.00		Sticky Date Pudding \$4.30	
_	(GF) (DF)	Minestrone	\$4.00		(DF) Thai Chicken Curry with Rice & Vegetables	\$8.00			
	(GF) (DF)	Pea & ham	\$4.00		(V) Vegetable Moussaka with Vegetables & Mash Potato	\$6.30			
	(GF) (DF)	Pumpkin& Cinnamon	\$4.00		Pulled Beef Ragu	10.00			
		Chicken & vegetable	\$4.00		Spaghetti Bolognaise	\$8.00		(GF) Chocolate Mousse \$4.30	
¥		Beef & vegetable	\$4.00		Roast Veal with Vegetables	\$7.00		Lemon Cheesecake \$4.30	
TUESDAY		Leek & potato	\$4.00		(DF) Chicken Pad Thai	\$8.50		(GF) Strawberry Pavlova \$4.30	
₽		Minestrone	\$4.00		(GF)(DF) Lemon Basa (Fish) with Sweet Potato	\$8.00			
		Pea & ham	\$4.00		(V) Vegetable Cannelloni with Béchamel & Tomato Sauce	\$6.30			
		Pumpkin & Cinnamon	\$4.00		(DF) Vegetable Curry	\$8.50			
		Chicken & vegetable	\$4.00		(GF)(DF) Sausages with Mash & Green Peas	\$8.00		Stewed Rhubarb & Apple Custard \$4.30	
¥		Beef & vegetable	\$4.00		Grilled Breast Chicken with Vegetables & Gravy	\$7.00		Peaches & Custard \$4.30	
WEDNESDAY		Leek & potato	\$4.00		(GF)(DF) Lemon Basa (Fish) with Sweet Potato	\$8.00		Strawberry Pavlova \$4.30	
ÆD		Minestrone	\$4.00		(V Spinach & Feta Ravioli with Tomato Sauce & Vegetables	\$6.30			
5		Pea & ham	\$4.00		(GF) Moroccan Lamb	\$10.00			
		Pumpkin &	\$4.00		(DF) Mongolian Beef	\$10.00			
		Chicken & vegetable	\$4.00		(GF) Butter Chicken with Rice	\$8.50		Apple Crumble \$4.30	
λΑ		Beef & vegetable	\$4.00		Sweet Lamb Curry with Vegetables & Rice	\$7.00		Plum Pudding & Brandy Sauce \$4.30	
THURSDAY		Leek & potato	\$4.00		(V) Vegetable Tortilla with Mash Potato	\$6.30		Chocolate Mud Cake \$4.30	
王		Minestrone	\$4.00		(GF) Barramundi with Pumpkin & Green Beans	\$10			
		Pea & ham	\$4.00		Steak Diane with Sweet Potato & Vegetables	\$8.50			
		Pumpkin & Cinnamon	\$4.00		Beef Stroganoff	\$8.50			_
		Chicken & vegetable	\$4.00		Roast Veal with Vegetables	ļ <u> </u>		Stewed Rhubarb Apple & Custard \$4.30	
*		Beef & vegetable	\$4.00		(V) Ravioli with Tomato, Mash Potato & Vegetables	\$6.30		Lemon Pudding \$4.30	
FRIDAY		Leek & potato	\$4.00		(DF) Vegetable Curry			Apple Crumble \$4.30	
т.		Minestrone	\$4.00		(GF)(DF) Satay Chicken with Rice & Vegetables	\$8.00			
		Pea & ham	\$4.00		Lemon Basa (fish) with Sweet Potato	\$8.00			
		Pumpkin & Cinnamon	\$4.00		(GF) Butter Chicken with Rice	\$8.50			

WEEK 3

BREAKFAS	Mon	Tue	Wed	Thu	Fri		
Cooked (frozen ready to heat & eat)	Ham & cheese croissant	\$6.00					
Yoghurt	Yoghurt with muesli & fruit compote	\$3.50					
Milk	Full cream UHT milk (1 litre)	\$2.35					
	Skim UHT milk (1 litre)	\$2.35					
Juice	Orange	\$2.45					
	Apple	\$2.45					

LUNCH			Mon	Tue	Wed	Thu	Fri
Sandwiches	Egg, mayo, lettuce	\$4.30					
	Tuna, capsicum, onion, lettuce and Mayonnaise	\$4.30					
	Ham, cheese, tomato	\$4.30					
	Roast turkey & salad	\$4.30					
	Grilled chicken & salad	\$4.30					
Salad	Chicken Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					

WEEK 3 continued...

DINNER

	Soup	1	Qty N	ain meal – all served with seasonal vegetables		Qty	Dessert		Qty
>	(GF)(DF) Chicken & vegetable	\$4.00	(DI) BBQ Chicken with Mash Potato & Green Vegetables	\$8.00		Apple Crumble	\$4.30	
MONDAY	(GF) (DF) Beef & vegetabl	\$4.00		Chicken Carbonara	\$8.50		(GF) Chocolate Mousse	\$4.30	
Q N	(GF) Leek & potat	\$4.00	(V	Spinach Vegetable Pasta	\$8.00		Bread & Butter Pudding	\$4.30	
2	(GF) (DF) Minestrone	\$4.00	(G	(DF) Lemon Basa (fish) with Sweet Potato	\$8.00				
	(GF) (DF) Pea & han	\$4.00	(GF	(DF) Pulled Beef with Potato	\$10.00				
	(GF) (DF) Pumpkin& Cinnamo	\$4.00		Pulled Beef Ragu	\$10.00				
	Chicken & vegetabl	\$4.00		Spaghetti Bolognaise	\$8.00		Lemon Cheesecake	\$4.30	
¥	Beef & vegetabl	\$4.00	(GF	Cottage Pie	\$8.00		(GF) Chocolate Mousse	\$4.30	
TUESDAY	Leek & potat	\$4.00	(V)	Vegetable Curry	\$8.50		Stewed Rhubarb & Apple Custard	\$4.30	
1	Minestron	\$4.00	1)	F) Chicken Pad Thai	\$8.50				
	Pea & har	\$4.00		Barramundi with Pumpkin and Green Beans	\$10.00				
	Pumpkin & cinnamo	\$4.00		Mongolian Beef	\$10.00				
	Chicken & vegetabl	\$4.00		Sausages with Mash & Green Peas	\$8.00		Apple Crumble	\$4.30	
¥	Beef & vegetabl	\$4.00		Roast Lamb with Vegetables	\$7.00		Peaches & custard	\$4.30	
WEDNESDAY	Leek & potat	\$4.00		Beef Stroganoff	\$8.50		Plum Pudding & Brandy sauce	\$4.30	
EDN	Minestron	\$4.00	(V)	Spinach Quiche with Vegetables & Mash	\$6.30				
>	Pea & har	\$4.00	(GI) Beef Massaman with Mash & Peas	\$8.00				
	Pumpkin& Cinnamo	\$4.00		Vegetable Curry	\$8.50				
	Chicken & vegetabl	\$4.00		Butter Chicken with Rice	\$8.50		Stewed Rhubarb & Apple Custard	\$4.30	
ΑΥ	Beef & vegetabl	\$4.00	(V)	Curried Vegetables with Potato	\$6.30		Chocolate Mud Cake	\$4.30	
THURSDAY	Leek & potat	\$4.00		Beef Stir Fry with Asian Vegetables & Rice	\$7.00		Lemon Cheesecake	\$4.30	
王	Minestron	\$4.00	(DI) BBQ Chicken with Mash Potato & Green Vegetables	\$8.00				
	Pea & har	\$4.00	(GF	(DF) Lemon Basa (Fish) with Carrot & Broccoli	\$8.00				
	Pumpkin & cinnamo	\$4.00	(G	Moroccan Lamb	\$10.00				
	Chicken & vegetabl	\$4.00		Chicken Schnitzel with Roast Vegetables & Gravy	\$7.00		Bread & Butter Pudding	\$4.30	
>	Beef & vegetabl	\$4.00	(V)	Vegetable Hokkien Noodles with Mash Potato	\$6.30		Stewed Rhubarb & Apple Custard	\$4.30	
FRIDAY	Leek & potat	\$4.00	(GF	(DF) Lemon Basa (Fish) with Sweet Potato	\$8.00		Sticky Date pudding	\$4.30	
ᄑ	Minestron	\$4.00		Pulled Beef with Potato	\$10.00				
	Pea & har	\$4.00		Pulled Beef Ragu	\$10.00				
	Pumpkin& Cinnamo	\$4.00		Chicken Pad Thai	\$8.50				

WEEK 4

BREAKFAS	т	Mon	Tue	Wed	Thu	Fri	
Cooked (frozen ready to heat & eat)	Ham & cheese croissant	\$6.00					
Yoghurt	Yoghurt with muesli & fruit compote	\$3.50					
Milk	Full cream UHT milk (1 litre)	\$2.35					
	Skim UHT milk (1 litre)	\$2.35					
Juice	Orange	\$2.45					
	Apple	\$2.45					

LUNCH			Mon	Tue	Wed	Thu	Fri
Sandwiches	Egg, mayo, lettuce	\$4.30					
	Tuna, capsicum, onion, lettuce and Mayonnaise	\$4.30					
	Ham, cheese, tomato	\$4.30					
	Roast turkey & salad	\$4.30					
	Grilled chicken & salad	\$4.30					
Salad	Chicken Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					

WEEK 4 continued...

DINNER

	Soup			Qty	Main meal – all served with seasonal vegetables		Q	y De	ssert		Qty
MONDAY	(GF) (DF)	Chicken & vegetable	\$4.00		DF) BBQ Chicken with Mash Potato & Green Vegeta	bles	\$8.00		Bread & Butter Pudding \$4	4.30	
	(GF) (DF)	Beef & vegetable	\$4.00		DF) Pulled Beef with Pot	ato	\$10.00	(G	F) Chocolate Mousse \$4	4.30	
	(GF)	Leek & potato	\$4.00		Tempura Fish with Vegetables & Mash Po	tato	\$7.00		Sticky Date Pudding \$4	4.30	
	(GF) (DF)	Minestrone	\$4.00		(DF) Thai Chicken Curry with Rice & Vegetab	les	\$8.00				
	(GF) (DF)	Pea & ham	\$4.00		(V) Vegetable Moussaka with Vegetables & Mash Pot	ato	\$6.30				
	(GF) (DF)	Pumpkin& Cinnamon	\$4.00		Pulled Beef Ra	agu	10.00				
TUESDAY		Chicken & vegetable	\$4.00		Spaghetti Bologn	aise	\$8.00	(GF	Chocolate Mousse \$4.	.30	
		Beef & vegetable	\$4.00		Roast Veal with Vegeta	bles	\$7.00		Lemon Cheesecake \$4.	.30	
		Leek & potato	\$4.00		DF) Chicken Pad 1	Γhai	\$8.50	(GF	Strawberry Pavlova \$4.	.30	
		Minestrone	\$4.00		(GF)(DF) Lemon Basa (Fish) with Sweet Pota	ato	\$8.00				
		Pea & ham	\$4.00		(V) Vegetable Cannelloni with Béchamel & Tomato Sa	uce	\$6.30				
		Pumpkin & Cinnamon	\$4.00		(DF) Vegetable Cu	ırry	\$8.50				
WEDNESDAY		Chicken & vegetable	\$4.00		(GF)(DF) Sausages with Mash & Green I	Peas	\$8.00		Stewed Rhubarb & Apple Custard \$4.30	0	
		Beef & vegetable	\$4.00		Grilled Breast Chicken with Vegetables & G	ravy	\$7.00		Peaches & Custard \$4.30	0	
		Leek & potato	\$4.00		GF)(DF) Lemon Basa (Fish) with Sweet Pot	ato	\$8.00		Strawberry Pavlova \$4.30	0	
		Minestrone	\$4.00		(V Spinach & Feta Ravioli with Tomato Sauce & Vegeta	bles	\$6.30				
		Pea & ham	\$4.00		GF) Moroccan La	amb	\$10.00				
		Pumpkin &	\$4.00		DF) Mongolian B	eef	\$10.00				
THURSDAY		Chicken & vegetable	\$4.00		GF) Butter Chicken with F		'		Apple Crumble \$4.30	0	
		Beef & vegetable	\$4.00		Sweet Lamb Curry with Vegetables &		,		Plum Pudding & Brandy Sauce \$4.30	0	
		Leek & potato	\$4.00		V) Vegetable Tortilla with Mash Po	tato	\$6.30		Chocolate Mud Cake \$4.30	0	
		Minestrone	\$4.00		GF) Barramundi with Pumpkin & Green Be		' -				
		Pea & ham	\$4.00		Steak Diane with Sweet Potato & Vegeta						
		Pumpkin & Cinnamon	\$4.00		Beef Stroga						
FRIDAY		Chicken & vegetable	\$4.00		Roast Veal with Vegeta				Stewed Rhubarb & Apple Custard \$4.30	0	
		Beef & vegetable	\$4.00		V) Ravioli with Tomato, Mash Potato & Vegetal	oles	\$6.30		Lemon Pudding \$4.30	0	
		Leek & potato	\$4.00		DF) Vegetable Cu				Apple Crumble \$4.30	0	
		Minestrone	\$4.00		GF)(DF) Satay Chicken with Rice & Vegetal						
		Pea & ham	\$4.00		Lemon Basa (fish) with Sweet Po	tato	\$8.00				
		Pumpkin & Cinnamon	\$4.00		(GF) Butter Chicken with	Rice	\$8.50				