



Meals on Wheels

FRESH MENU MODIFIED MEALS



Special Cut, Textured, Blended

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					
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	Caesar salad	\$5.60					
	Asian chicken salad	\$5.60					
	Greek salad	\$5.60					
	Fresh fruit salad	\$5.60					

DINNER

MONDAY	Soup		Qty		Main meal – all served with seasonal vegetables		Qty		Dessert		Qty	
		Chicken & vegetable	\$3.50			Roast Lamb & Vegetables	\$5.70			Blueberry sponge crumble	\$2.50	
	Beef & vegetable	\$3.50			Roast Chicken Laksa & Vegetables	\$5.70			Mango mousse	\$2.50		
	Leek & potato	\$3.50			Singapore Noodles vegetables & rice	\$5.70			Bread and Butter Pudding	\$2.50		
	Minestrone	\$3.50			Grilled Fish	\$5.70						
	Pea & ham	\$3.50										

TUESDAY	Chicken & vegetable	\$3.50			Roast Veal & Vegetables	\$5.70			Carrot cake	\$2.50		
	Beef & vegetable	\$3.50			Lamb Korma	\$5.70			Chocolate mousse	\$2.50		
	Leak & potato	\$3.50			Vegetarian Lasagne vegetables & mash potato	\$5.70			Stewed apple and custard	\$2.50		
	Minestrone	\$3.50			Grilled Fish	\$5.70						
	Pea & ham	\$3.50										

WEDNESDAY	Chicken & vegetable	\$3.50			Roast Lamb & Vegetables	\$5.70			Apple & rhubarb crumble	\$2.50		
	Beef & vegetable	\$3.50			Fish Steak & Mild chilli sauce	\$5.70			Peaches & custard	\$2.50		
	Leak & potato	\$3.50			Spinach Quiche vegetables & mash potato	\$5.70			Plum pudding & brandy sauce	\$3.30		
	Minestrone	\$3.50			Grilled Fish	\$5.70						
	Pea & ham	\$3.50										

THURSDAY	Chicken & vegetable	\$3.50			Roast Chicken & Vegetables	\$5.70			Creamed rice & apricots	\$2.50		
	Beef & vegetable	\$3.50			Beef Stir Fry & Asian vegetables	\$5.70			Chocolate mud cake	\$3.30		
	Leak & potato	\$3.50			Roast Potato & Vegetables curried	\$5.70			Lemon cheesecake	\$3.30		
	Minestrone	\$3.50			Grilled Fish	\$5.70						
	Pea & ham	\$3.50										

FRIDAY	Chicken & vegetable	\$3.50			Roast Veal & Vegetables	\$5.70			Bread & butter pudding	\$2.50		
	Beef & vegetable	\$3.50			Chicken Breast Schnitzel with roast potato & vegetables	\$5.70			Stewed apple & custard	\$2.50		
	Leak & potato	\$3.50			Vegetable Hokkien Noodles mash potato	\$5.70			Sticky date pudding	\$3.30		
	Minestrone	\$3.50			Grilled Fish	\$5.70						
	Pea & ham	\$3.50										

Name: _____ Suburb: _____

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					
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	Caesar salad	\$5.60					
	Asian chicken salad	\$5.60					
	Greek salad	\$5.60					
	Fresh fruit salad	\$5.60					

DINNER

MONDAY	Soup		Qty	Main meal – all served with seasonal vegetables		Qty	Dessert		Qty
	Chicken & vegetable	\$3.50		Roast Lamb & Vegetables	\$5.70		Bread & butter pudding	\$2.50	
	Beef & vegetable	\$3.50		Tempura Fish & fresh vegetables	\$5.70		Mango mousse	\$2.50	
	Leak & potato	\$3.50		Vegetable Moussaka Vegetables & Mash Potato	\$5.70		Sticky date pudding	\$3.30	
	Minestrone	\$3.50		Grilled Fish	\$5.70				
	Pea & ham	\$3.50							

TUESDAY	Chicken & vegetable	\$3.50		Roast Veal & Vegetables	\$5.70		Chocolate mousse	\$2.50	
	Beef & vegetable	\$3.50		Pork Casserole & Vegetables boiled rice	\$5.70		Lemon cheesecake	\$3.30	
	Leak & potato	\$3.50		Vegetarian Cannelloni, Béchamel/tomato sauce, veggies	\$5.70		Apricot pie	\$3.00	
	Minestrone	\$3.50		Grilled Fish	\$5.70				
	Pea & ham	\$3.50							

WEDNESDAY	Chicken & vegetable	\$3.50		Roast Lamb & Vegetables	\$5.70		Creamed rice & apricots	\$2.50	
	Beef & vegetable	\$3.50		Grilled Breast Chicken & fresh vegetables & roast potato	\$5.70		Peaches & custard	\$2.50	
	Leak & potato	\$3.50		Spinach & feta ravioli with tomato sauce & veggies	\$5.70		Strawberry pavlova	\$3.30	
	Minestrone	\$3.50		Grilled Fish	\$5.70				
	Pea & ham	\$3.50		Spinach & feta ravioli with tomato sauce & veggies					

THURSDAY	Chicken & vegetable	\$3.50		Roast Chicken & Vegetables	\$5.70		Apple Sponge Cake	\$2.50	
	Beef & vegetable	\$3.50		Sweet Lamb curried & Vegetables	\$5.70		Plum pudding & brandy sauce	\$3.30	
	Leak & potato	\$3.50		Vegetable Tortilla with vegetables & mash potato	\$5.70		Chocolate mud cake	\$3.30	
	Minestrone	\$3.50		Grilled Fish	\$5.70				
	Pea & ham	\$3.50							

FRIDAY	Chicken & vegetable	\$3.50		Roast Veal & Vegetables	\$5.70		Stewed apple & custard	\$2.50	
	Beef & vegetable	\$3.50		Chicken Florentine with roast potato & vegetables	\$5.70		Lemon pudding	\$3.30	
	Leak & potato	\$3.50		Spinach & feta ravioli with tomato sauce & veggies	\$5.70		Apple pie	\$3.00	
	Minestrone	\$3.50		Grilled Fish	\$5.70				
	Pea & ham	\$3.50							

Name: _____ Suburb: _____

WEEK 3

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					
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	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
MONDAY	Chicken & vegetable	\$3.50		Roast Lamb & Vegetables	\$5.70		Blueberry sponge crumble	\$2.50	
	Beef & vegetable	\$3.50		Roast Chicken Laksa & Vegetables	\$5.70		Mango mousse	\$2.50	
	Leak & potato	\$3.50		Singapore Noodles vegetables & rice	\$5.70		Bread & butter pudding	\$2.50	
	Minestrone	\$3.50		Grilled Fish	\$5.70				
	Pea & ham	\$3.50							
TUESDAY	Chicken & vegetable	\$3.50		Roast Veal & Vegetables	\$5.70		Carrot cake	\$2.50	
	Beef & vegetable	\$3.50		Lamb Korma	\$5.70		Chocolate mousse	\$2.50	
	Leak & potato	\$3.50		Vegetarian Lasagne vegetables & mash potato	\$5.70		Stewed custard and custard	\$2.50	
	Minestrone	\$3.50		Grilled Fish	\$5.70				
	Pea & ham	\$3.50							
WEDNESDAY	Chicken & vegetable	\$3.50		Roast Lamb & Vegetables	\$5.70		Apple & rhubarb crumble	\$2.50	
	Beef & vegetable	\$3.50		Fish Steak & Mild chilli sauce	\$5.70		Peaches & custard	\$2.50	
	Leak & potato	\$3.50		Spinach Quiche vegetables & mash potato	\$5.70		Plum pudding & brandy sauce	\$3.30	
	Minestrone	\$3.50		Grilled Fish	\$5.70				
	Pea & ham	\$3.50							
THURSDAY	Chicken & vegetable	\$3.50		Roast Chicken & Vegetables	\$5.70		Creamed rice & apricots	\$2.50	
	Beef & vegetable	\$3.50		Beef Stir Fry & Asian vegetables	\$5.70		Chocolate mud cake	\$3.30	
	Leak & potato	\$3.50		Roast Potato & Vegetables curried	\$5.70		Lemon cheesecake	\$3.30	
	Minestrone	\$3.50		Grilled Fish	\$5.70				
	Pea & ham	\$3.50							
FRIDAY	Chicken & vegetable	\$3.50		Roast Veal & Vegetables	\$5.70		Bread & butter pudding	\$2.50	
	Beef & vegetable	\$3.50		Chicken Breast Schnitzel with roast potato & vegetables	\$5.70		Stewed apple & custard	\$2.50	
	Leak & potato	\$3.50		Vegetable. Hokkien Noodles mash potato	\$5.70		Sticky date pudding	\$3.30	
	Minestrone	\$3.50		Grilled Fish	\$5.70				
	Pea & ham	\$3.50							

Name: _____ Suburb: _____

WEEK 4

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	\$4.00					
	Bubble & squeak with sausages	\$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	\$3.20					
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	Caesar salad	\$5.60					
	Asian chicken salad	\$5.60					
	Greek salad	\$5.60					
	Fresh fruit salad	\$5.60					

DINNER

MONDAY	Soup		Qty		Main meal – all served with seasonal vegetables		Qty		Dessert		Qty	
		Chicken & vegetable	\$3.50			Roast Lamb & Vegetables	\$5.70			Bread & butter pudding	\$2.50	
	Beef & vegetable	\$3.50			Tempura Fish & fresh vegetables	\$5.70			Mango mousse	\$2.50		
	Leak & potato	\$3.50			Vegetable Moussaka Vegetables & Mash Potato	\$5.70			Sticky date pudding	\$3.30		
	Minestrone	\$3.50			Grilled Fish	\$5.70						
	Pea & ham	\$3.50										

TUESDAY	Chicken & vegetable	\$3.50			Roast Veal & Vegetables	\$5.70			Chocolate mousse	\$2.50		
	Beef & vegetable	\$3.50			Pork Casserole & Vegetables boiled rice	\$5.70			Lemon cheesecake	\$3.30		
	Leak & potato	\$3.50			Vegetarian Cannelloni, Béchamel/tomato sauce, veggies	\$5.70			Apricot pie	\$3.00		
	Minestrone	\$3.50			Grilled Fish	\$5.70						
	Pea & ham	\$3.50										

WEDNESDAY	Chicken & vegetable	\$3.50			Roast Lamb & Vegetables	\$5.70			Creamed rice & apricots	\$2.50		
	Beef & vegetable	\$3.50			Grilled Breast Chicken & fresh vegetables & roast potato	\$5.70			Peaches & custard	\$2.50		
	Leak & potato	\$3.50			Spinach & feta ravioli with tomato sauce & veggies	\$5.70			Strawberry pavlova	\$3.30		
	Minestrone	\$3.50			Grilled Fish	\$5.70						
	Pea & ham	\$3.50										

THURSDAY	Chicken & vegetable	\$3.50			Roast Chicken & Vegetables	\$5.70			Apple Sponge Cake	\$2.50		
	Beef & vegetable	\$3.50			Sweet Lamb curried & vegetables	\$5.70			Plum pudding & brandy sauce	\$3.30		
	Leak & potato	\$3.50			Vegetable Tortilla with vegetables & mash potato	\$5.70			Chocolate mud cake	\$3.30		
	Minestrone	\$3.50			Grilled Fish	\$5.70						
	Pea & ham	\$3.50										

FRIDAY	Chicken & vegetable	\$3.50			Roast Pork & Vegetables	\$5.70			Stewed apple & custard	\$2.50		
	Beef & vegetable	\$3.50			Chicken Florentine with roast potato & vegetables	\$5.70			Lemon pudding	\$3.30		
	Leak & potato	\$3.50			Gnocchi with spinach sauce & vegetables & mash potato	\$5.70			Apple pie	\$3.00		
	Minestrone	\$3.50			Grilled Fish	\$5.70						
	Pea & ham	\$3.50										