



# Meals on Wheels

## FRESH MENU MODIFIED MEALS



### Special Cut, Textured, Blended

Please note main meals ONLY modified on 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
	Ham & cheese croissant	\$6.00					
<b>Yoghurt</b>	Yoghurt with muesli & fruit compote	\$3.50					
<b>Milk</b>	Full cream UHT milk (1 litre)	\$2.35					
	Skim UHT milk (1 litre)	\$2.35					
<b>Juice</b>	Orange	\$2.45					
	Apple	\$2.45					

LUNCH			Mon	Tue	Wed	Thu	Fri
<b>Sandwiches</b>	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					
<b>Salad</b>	Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					

**DINNER**

MONDAY	Soup		Qty	Main meal – all served with seasonal vegetables			Qty	Dessert		Qty
	Chicken & vegetable	\$4.00		Roast Lamb & Vegetables	\$5.70		Apple Crumble	\$4.30		
	Beef & vegetable	\$4.00		Roast Chicken Laksa & Vegetables	\$5.70		Chocolate mousse	\$4.30		
	Leek & potato	\$4.00		Singapore Noodles Vegetables & rice	\$5.70		Bread and Butter Pudding	\$4.30		
	Minestrone	\$4.00		Grilled Fish	\$5.70					
	Pea & ham	\$4.00								

TUESDAY	Chicken & vegetable	\$4.00		Roast Veal & Vegetables	\$5.70		Lemon Cheesecake	\$4.30	
	Beef & vegetable	\$4.00		Lamb Korma	\$5.70		Chocolate Mousse	\$4.30	
	Leak & potato	\$4.00		Vegetarian Lasagne vegetables & mash potato	\$5.70		Stewed Rhubarb & Apple Custard	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							

WEDNESDAY	Chicken & vegetable	\$4.00		Roast Lamb & Vegetables	\$5.70		Apple crumble	\$4.30	
	Beef & vegetable	\$4.00		Fish Steak & Mild chilli sauce	\$5.70		Peaches & custard	\$4.30	
	Leak & potato	\$4.00		Spinach Quiche vegetables & mash potato	\$5.70		Plum pudding & brandy sauce	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							

THURSDAY	Chicken & vegetable	\$4.00		Roast Chicken & Vegetables	\$5.70		Stewed Rhubarb & Apple Custard	\$4.30	
	Beef & vegetable	\$4.00		Beef Stir Fry & Asian vegetables	\$5.70		Chocolate mud cake	\$4.30	
	Leak & potato	\$4.00		Roast Potato & Vegetables curried	\$5.70		Lemon cheesecake	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							

FRIDAY	Chicken & vegetable	\$4.00		Roast Veal & Vegetables	\$5.70		Bread & butter pudding	\$4.30	
	Beef & vegetable	\$4.00		Chicken Breast Schnitzel with roast potato & vegetables	\$5.70		Stewed Rhubarb & Apple Custard	\$4.30	
	Leak & potato	\$4.00		Vegetable Hokkien Noodles mash potato	\$5.70		Sticky date pudding	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							

Name: \_\_\_\_\_ Suburb: \_\_\_\_\_

## WEEK 2

BREAKFAST			Mon	Tue	Wed	Thu	Fri
	Ham & cheese croissant	\$6.00					
<b>Yoghurt</b>	Yoghurt with muesli & fruit compote	\$3.50					
<b>Milk</b>	Full cream UHT milk (1 litre)	\$2.35					
	Skim UHT milk (1 litre)	\$2.35					
<b>Juice</b>	Orange	\$2.45					
	Apple	\$2.45					

LUNCH			Mon	Tue	Wed	Thu	Fri
<b>Sandwiches</b>	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					
<b>Salad</b>	Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					

**DINNER**

MONDAY	Soup		Qty		Main meal – all served with seasonal vegetables		Qty		Dessert		Qty	
		Chicken & vegetable	\$4.00			Roast Lamb & Vegetables	\$5.70			Bread & butter pudding	\$4.30	
	Beef & vegetable	\$4.00			Tempura Fish & fresh vegetables	\$5.70			Chocolate mousse	\$4.30		
	Leak & potato	\$4.00			Vegetable Moussaka Vegetables & Mash Potato	\$5.70			Sticky date pudding	\$4.30		
	Minestrone	\$4.00			Grilled Fish	\$5.70						
	Pea & ham	\$4.00										

TUESDAY	Chicken & vegetable	\$4.00			Roast Veal & Vegetables	\$5.70			Chocolate mousse	\$4.30		
	Beef & vegetable	\$4.00			Pork Casserole & Vegetables boiled rice	\$5.70			Lemon cheesecake	\$4.30		
	Leak & potato	\$4.00			Vegetarian Cannelloni, Béchamel/tomato sauce, veggies	\$5.70			Strawberry Pavlova	\$4.30		
	Minestrone	\$4.00			Grilled Fish	\$5.70						
	Pea & ham	\$4.00										

WEDNESDAY	Chicken & vegetable	\$4.00			Roast Lamb & Vegetables	\$5.70			Stewed Rhubarb & Apple Custard	\$4.30		
	Beef & vegetable	\$4.00			Grilled Breast Chicken & fresh vegetables	\$5.70			Peaches & custard	\$4.30		
	Leak & potato	\$4.00			Spinach & feta ravioli with tomato sauce & veg veggies	\$5.70			Strawberry pavlova	\$4.30		
	Minestrone	\$4.00			Grilled Fish	\$5.70						
	Pea & ham	\$4.00										

THURSDAY	Chicken & vegetable	\$4.00			Roast Chicken & Vegetables	\$5.70			Apple Crumble	\$4.30		
	Beef & vegetable	\$4.00			Sweet Lamb curried & Vegetables	\$5.70			Plum pudding & brandy sauce	\$4.30		
	Leak & potato	\$4.00			Vegetable Tortilla with vegetables & mash potato	\$5.70			Chocolate mud cake	\$4.30		
	Minestrone	\$4.00			Grilled Fish	\$5.70						
	Pea & ham	\$4.00										

FRIDAY	Chicken & vegetable	\$4.00			Roast Veal & Vegetables	\$5.70			Stewed Rhubarb & Apple Custard	\$4.30		
	Beef & vegetable	\$4.00			Chicken Florentine with roast potato & vegetables	\$5.70			Lemon pudding	\$4.30		
	Leak & potato	\$4.00			Spinach & feta ravioli with tomato sauce & veggies	\$5.70			Apple Crumble	\$4.30		
	Minestrone	\$4.00			Grilled Fish	\$5.70						
	Pea & ham	\$4.00										

Name: \_\_\_\_\_ Suburb: \_\_\_\_\_

## WEEK 3

BREAKFAST			Mon	Tue	Wed	Thu	Fri
	Ham & cheese croissant	\$6.00					
<b>Yoghurt</b>	Yoghurt with muesli & fruit compote	\$2.35					
<b>Milk</b>	Full cream UHT milk (1 litre)	\$2.45					
	Skim UHT milk (1 litre)	\$2.45					
<b>Juice</b>	Orange	\$4.85					
	Apple	\$6.00					

LUNCH			Mon	Tue	Wed	Thu	Fri
<b>Sandwiches</b>	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					
<b>Salad</b>	Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					

**DINNER**

	Soup		Qty	Main meal – all served with seasonal vegetables		Qty	Dessert		Qty
<b>MONDAY</b>	Chicken & vegetable	\$4.00		Roast Lamb & Vegetables	\$5.70		Apple Crumble	\$4.30	
	Beef & vegetable	\$4.00		Roast Chicken Laksa & Vegetables	\$5.70		Chocolate mousse	\$4.30	
	Leak & potato	\$4.00		Singapore Noodles vegetables & rice	\$5.70		Bread and Butter Pudding	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							
<b>TUESDAY</b>	Chicken & vegetable	\$4.00		Roast Veal & Vegetables	\$5.70		Lemon Cheesecake	\$4.30	
	Beef & vegetable	\$4.00		Lamb Korma	\$5.70		Chocolate Mousse	\$4.30	
	Leak & potato	\$4.00		Vegetarian Lasagne vegetables & mash potato	\$5.70		Stewed Rhubarb & Apple Custard	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							
<b>WEDNESDAY</b>	Chicken & vegetable	\$4.00		Roast Lamb & Vegetables	\$5.70		Apple crumble	\$4.30	
	Beef & vegetable	\$4.00		Fish Steak & Mild chilli sauce	\$5.70		Peaches & custard	\$4.30	
	Leak & potato	\$4.00		Spinach Quiche vegetables & mash potato	\$5.70		Plum pudding & brandy sauce	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							
<b>THURSDAY</b>	Chicken & vegetable	\$4.00		Roast Chicken & Vegetables	\$5.70		Stewed Rhubarb & Apple Custard	\$4.30	
	Beef & vegetable	\$4.00		Beef Stir Fry & Asian vegetables	\$5.70		Chocolate mud cake	\$4.30	
	Leak & potato	\$4.00		Roast Potato & Vegetables curried	\$5.70		Lemon cheesecake	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							
<b>FRIDAY</b>	Chicken & vegetable	\$4.00		Roast Veal & Vegetables	\$5.70		Bread & butter pudding	\$4.30	
	Beef & vegetable	\$4.00		Chicken Breast Schnitzel with roast potato & vegetables	\$5.70		Stewed Rhubarb & Apple Custard	\$4.30	
	Leak & potato	\$4.00		Vegetable. Hokkien Noodles mash potato	\$5.70		Sticky date pudding	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							

Name: \_\_\_\_\_ Suburb: \_\_\_\_\_

## WEEK 4

BREAKFAST			Mon	Tue	Wed	Thu	Fri
	Ham & cheese croissant	\$6.00					
<b>Yoghurt</b>	Yoghurt with muesli & fruit compote	\$3.50					
<b>Milk</b>	Full cream UHT milk (1 litre)	\$2.35					
	Skim UHT milk (1 litre)	\$2.35					
<b>Juice</b>	Orange	\$2.45					
	Apple	\$2.45					

LUNCH			Mon	Tue	Wed	Thu	Fri
<b>Sandwiches</b>	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					
<b>Salad</b>	Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					

**DINNER**

MONDAY	Soup		Qty	Main meal – all served with seasonal vegetables			Qty	Dessert			Qty
	Chicken & vegetable	\$4.00		Roast Lamb & Vegetables	\$5.70		Bread & butter pudding	\$4.30			
	Beef & vegetable	\$4.00		Tempura Fish & fresh vegetables	\$5.70		Chocolate mousse	\$4.30			
	Leak & potato	\$4.00		Vegetable Moussaka Vegetables & Mash Potato	\$5.70		Sticky date pudding	\$4.30			
	Minestrone	\$4.00		Grilled Fish	\$5.70						
	Pea & ham	\$4.00									

TUESDAY	Chicken & vegetable	\$4.00		Roast Veal & Vegetables	\$5.70		Chocolate mousse	\$4.30	
	Beef & vegetable	\$4.00		Pork Casserole & Vegetables boiled rice	\$5.70		Lemon cheesecake	\$4.30	
	Leak & potato	\$4.00		Vegetarian Cannelloni, Béchamel/tomato sauce, veggies	\$5.70		Strawberry Pavlova	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							

WEDNESDAY	Chicken & vegetable	\$4.00		Roast Lamb & Vegetables	\$5.70		Stewed Rhubarb & Apple Custard	\$4.30	
	Beef & vegetable	\$4.00		Grilled Breast Chicken & fresh Vegetables & Roast Potato	\$5.70		Peaches & Custard	\$4.30	
	Leak & potato	\$4.00		Spinach & Feta Ravioli with Tomato Sauce & Veggies	\$5.70		Strawberry Pavlova	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							

THURSDAY	Chicken & vegetable	\$4.00		Roast Chicken & Vegetables	\$5.70		Apple Crumble	\$4.30	
	Beef & vegetable	\$4.00		Sweet Lamb Curried & Vegetables	\$5.70		Plum pudding & brandy sauce	\$4.30	
	Leak & potato	\$4.00		Vegetable Tortilla with Vegetables & Mash Potato	\$5.70		Chocolate mud cake	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							

FRIDAY	Chicken & vegetable	\$4.00		Roast Pork & Vegetables	\$5.70		Stewed Rhubarb & Apple Custard	\$4.30	
	Beef & vegetable	\$4.00		Chicken Florentine with Roast Potato & Vegetables	\$5.70		Lemon pudding	\$4.30	
	Leak & potato	\$4.00		Spinach & feta Ravioli with Tomato Sauce & Veggies	\$5.70		Apple Crumble	\$4.30	
	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							



