

# 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
<b>Cooked</b> <i>frozen ready to heat &amp; eat</i>	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>	Chicken Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					

WEEK 1 continued...

(DF) Dairy Free (GF) Gluten Free (V) Vegetarian

## DINNER

	Soup			Qty	Main meal – all served with seasonal vegetables			Qty	Dessert			Qty
MONDAY	(GF) (DF)	Chicken & vegetable	\$4.00		(DF)	BBQ Chicken with Mash Potato & Greens	\$8.00			Apple Crumble	\$4.30	
	(GF) (DF)	Beef & vegetable	\$4.00		(NF)	Chicken Carbonara	\$8.50		(GF)	Chocolate Mousse	\$4.30	
	(GF)	Leek & potato	\$4.00		(V) (DF)	Spinach Vegetable Pasta	\$8.00			Bread & Butter Pudding	\$4.30	
	(GF) (DF)	Minestrone	\$4.00		(GF) (DF)	Lemon Basa (fish) with Sweet Potato	\$8.00					
	(GF) (DF)	Pea & ham	\$4.00		(GF) (NF)	Pulled Beef with Potato	\$10.00					
	(GF) (DF)	Pumpkin & Cinnamon	\$4.00			Pulled Beef Ragu	\$10.00					
TUESDAY		Chicken & vegetable	\$4.00			Spaghetti Bolognese	\$8.00			Lemon Cheesecake	\$4.30	
		Beef & vegetable	\$4.00		(GF)	Cottage Pie	\$8.00		(GF)	Chocolate Mousse	\$4.30	
		Leek & potato	\$4.00		(V)	Vegetable Curry	\$8.50			Stewed Rhubarb & Apple Custard	\$4.30	
		Minestrone	\$4.00		(DF)	Chicken Pad Thai	\$8.50					
		Pea & ham	\$4.00		(GF)	Barramundi with Pumkin & Green Beans	\$8.00					
		Pumpkin & cinnamon	\$4.00			Mongolian Beef	\$10.00					
WEDNESDAY		Chicken & vegetable	\$4.00			Sausages with Mash & Green Peas	\$8.00			Apple Crumble	\$4.30	
		Beef & vegetable	\$4.00			Roast Lamb with Vegetables	\$7.00			Peaches & custard	\$4.30	
		Leek & potato	\$4.00		(GF) (NF) (DF)	Beef stroganoff	\$10.00			Plum Pudding & Brandy sauce	\$4.30	
		Minestrone	\$4.00		(V)	Spinach Quiche with Vegetables & Mash	\$6.30					
		Pea & ham	\$4.00		(GF)	Beef Massaman with Mash & Peas	\$8.00					
		Pumpkin & Cinnamon	\$4.00		(V)	Sri Lankan Vegetable Curry	\$8.50					
THURSDAY		Chicken & vegetable	\$4.00			Butter Chicken with Rice	\$8.50			Stewed Rhubarb & Apple Custard	\$4.30	
		Beef & vegetable	\$4.00		(V)	Curried Vegetables with Potato	\$6.30			Chocolate Mud Cake	\$4.30	
		Leek & potato	\$4.00			Beef Stir Fry with Asian Vegetables & Rice	\$7.00			Lemon Cheesecake	\$4.30	
		Minestrone	\$4.00		(DF)	BBQ Chicken with Mash Potato & Green Vegetables	\$8.00					
		Pea & ham	\$4.00		(GF)(DF)	Lemon Basa (Fish) with Carrot & Broccoli	\$8.00					
		Pumpkin & cinnamon	\$4.00		(GF)(NF)(DF)	Moroccon Lamb	\$10.00					
FRIDAY		Chicken & vegetable	\$4.00			Chicken Schnitzel with Roast Vegetables & Gravy	\$7.00			Bread & Butter Pudding	\$4.30	
		Beef & vegetable	\$4.00		(V)	Vegetable Hokkien Noodles with Mash Potato	\$6.30			Stewed Rhubarb & Apple Custard	\$4.30	
		Leek & potato	\$4.00		(GF)(DF)	Lemon Basa (Fish) with Sweet Potato	\$8.00			Sticky Date pudding	\$4.30	
		Minestrone	\$4.00		(NF)	Pulled Beef with Potato	\$10.00					
		Pea & ham	\$4.00		(GF)(NF)	Pulled Beef Ragu	\$10.00					
		Pumpkin & Cinnamon	\$4.00		(DF)	Chicken Pad Thai	\$8.50					

## WEEK 2

BREAKFAST			Mon	Tue	Wed	Thu	Fri
<b>Cooked</b> <i>(frozen ready to heat &amp; eat)</i>	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					
<b>Salad</b>	Grilled chicken & salad	\$4.30					
	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		
MONDAY	(GF) (DF)	Chicken & vegetable	\$4.00	(DF)	BBQ Chicken with Mash Potato & Green Vegetables	\$8.00			Bread & Butter Pudding	\$4.30		
	(GF) (DF)	Beef & vegetable	\$4.00	(DF)	Pulled Beef with Potato	\$10.00	(GF)	Chocolate Mousse	\$4.30			
	(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						
TUESDAY		Chicken & vegetable	\$4.00		Spaghetti Bolognese	\$8.00	(GF)	Chocolate Mousse	\$4.30			
		Beef & vegetable	\$4.00		Roast Veal with Vegetables	\$7.00		Lemon Cheesecake	\$4.30			
		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						
WEDNESDAY		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			
		Leek & potato	\$4.00	(GF)(DF)	Lemon Basa (Fish) with Sweet Potato	\$8.00		Strawberry Pavlova	\$4.30			
		Minestrone	\$4.00	(V)	Spinach & Feta Ravioli with Tomato Sauce & Vegetables	\$6.30						
		Pea & ham	\$4.00	(GF)	Moroccan Lamb	\$10.00						
		Pumpkin &	\$4.00	(DF)	Mongolian Beef	\$10.00						
THURSDAY		Chicken & vegetable	\$4.00	(GF)	Butter Chicken with Rice	\$8.50		Apple Crumble	\$4.30			
		Beef & vegetable	\$4.00		Sweet Lamb Curry with Vegetables & Rice	\$7.00		Plum Pudding & Brandy Sauce	\$4.30			
		Leek & potato	\$4.00	(V)	Vegetable Tortilla with Mash Potato	\$6.30		Chocolate Mud Cake	\$4.30			
		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						
FRIDAY		Chicken & vegetable	\$4.00		Roast Veal with Vegetables	\$7.00		Stewed Rhubarb Apple & Custard	\$4.30			
		Beef & vegetable	\$4.00	(V)	Ravioli with Tomato, Mash Potato & Vegetables	\$6.30		Lemon Pudding	\$4.30			
		Leek & potato	\$4.00	(DF)	Vegetable Curry	\$8.50		Apple Crumble	\$4.30			
		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

BREAKFAST			Mon	Tue	Wed	Thu	Fri
<b>Cooked</b> <i>(frozen ready to heat &amp; eat)</i>	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>	Chicken Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					

WEEK 3 continued...

DINNER

	Soup		Qty	Main meal – all served with seasonal vegetables			Qty	Dessert			Qty	
	MONDAY	(GF)(DF)	Chicken & vegetable	\$4.00		(DF)	BBQ Chicken with Mash Potato & Green Vegetables	\$8.00			Apple Crumble	\$4.30
(GF) (DF)		Beef & vegetable	\$4.00			Chicken Carbonara	\$8.50		(GF)	Chocolate Mousse	\$4.30	
(GF)		Leek & potato	\$4.00		(V)	Spinach Vegetable Pasta	\$8.00			Bread & Butter Pudding	\$4.30	
(GF) (DF)		Minestrone	\$4.00		(GF) (DF)	Lemon Basa (fish) with Sweet Potato	\$8.00					
(GF) (DF)		Pea & ham	\$4.00		(GF) (DF)	Pulled Beef with Potato	\$10.00					
(GF) (DF)		Pumpkin & Cinnamon	\$4.00			Pulled Beef Ragu	\$10.00					
TUESDAY		Chicken & vegetable	\$4.00			Spaghetti Bolognese	\$8.00			Lemon Cheesecake	\$4.30	
		Beef & vegetable	\$4.00		(GF)	Cottage Pie	\$8.00		(GF)	Chocolate Mousse	\$4.30	
		Leek & potato	\$4.00		(V)	Vegetable Curry	\$8.50			Stewed Rhubarb & Apple Custard	\$4.30	
		Minestrone	\$4.00		(DF)	Chicken Pad Thai	\$8.50					
		Pea & ham	\$4.00			Barramundi with Pumpkin and Green Beans	\$10.00					
		Pumpkin & cinnamon	\$4.00			Mongolian Beef	\$10.00					
WEDNESDAY		Chicken & vegetable	\$4.00			Sausages with Mash & Green Peas	\$8.00			Apple Crumble	\$4.30	
		Beef & vegetable	\$4.00			Roast Lamb with Vegetables	\$7.00			Peaches & custard	\$4.30	
		Leek & potato	\$4.00			Beef Stroganoff	\$8.50			Plum Pudding & Brandy sauce	\$4.30	
		Minestrone	\$4.00		(V)	Spinach Quiche with Vegetables & Mash	\$6.30					
		Pea & ham	\$4.00		(GF)	Beef Massaman with Mash & Peas	\$8.00					
		Pumpkin & Cinnamon	\$4.00			Vegetable Curry	\$8.50					
THURSDAY		Chicken & vegetable	\$4.00			Butter Chicken with Rice	\$8.50			Stewed Rhubarb & Apple Custard	\$4.30	
		Beef & vegetable	\$4.00		(V)	Curried Vegetables with Potato	\$6.30			Chocolate Mud Cake	\$4.30	
		Leek & potato	\$4.00			Beef Stir Fry with Asian Vegetables & Rice	\$7.00			Lemon Cheesecake	\$4.30	
		Minestrone	\$4.00		(DF)	BBQ Chicken with Mash Potato & Green Vegetables	\$8.00					
		Pea & ham	\$4.00		(GF)(DF)	Lemon Basa (Fish) with Carrot & Broccoli	\$8.00					
		Pumpkin & cinnamon	\$4.00		(GF)	Moroccan Lamb	\$10.00					
FRIDAY		Chicken & vegetable	\$4.00			Chicken Schnitzel with Roast Vegetables & Gravy	\$7.00			Bread & Butter Pudding	\$4.30	
		Beef & vegetable	\$4.00		(V)	Vegetable Hokkien Noodles with Mash Potato	\$6.30			Stewed Rhubarb & Apple Custard	\$4.30	
		Leek & potato	\$4.00		(GF)(DF)	Lemon Basa (Fish) with Sweet Potato	\$8.00			Sticky Date pudding	\$4.30	
		Minestrone	\$4.00			Pulled Beef with Potato	\$10.00					
		Pea & ham	\$4.00			Pulled Beef Ragu	\$10.00					
		Pumpkin & Cinnamon	\$4.00			Chicken Pad Thai	\$8.50					

## WEEK 4

BREAKFAST			Mon	Tue	Wed	Thu	Fri
<b>Cooked</b> <i>(frozen ready to heat &amp; eat)</i>	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					
<b>Salad</b>	Grilled chicken & salad	\$4.30					
	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	Qty	Dessert	Qty
MONDAY	(GF) (DF) Chicken & vegetable	\$4.00	(DF) BBQ Chicken with Mash Potato & Green Vegetables	\$8.00	Bread & Butter Pudding	\$4.30
	(GF) (DF) Beef & vegetable	\$4.00	(DF) Pulled Beef with Potato	\$10.00	(GF) Chocolate Mousse	\$4.30
	(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		
TUESDAY	Chicken & vegetable	\$4.00	Spaghetti Bolognese	\$8.00	(GF) Chocolate Mousse	\$4.30
	Beef & vegetable	\$4.00	Roast Veal with Vegetables	\$7.00	Lemon Cheesecake	\$4.30
	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		
WEDNESDAY	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
	Leek & potato	\$4.00	(GF)(DF) Lemon Basa (Fish) with Sweet Potato	\$8.00	Strawberry Pavlova	\$4.30
	Minestrone	\$4.00	(V) Spinach & Feta Ravioli with Tomato Sauce & Vegetables	\$6.30		
	Pea & ham	\$4.00	(GF) Moroccan Lamb	\$10.00		
	Pumpkin &	\$4.00	(DF) Mongolian Beef	\$10.00		
THURSDAY	Chicken & vegetable	\$4.00	(GF) Butter Chicken with Rice	\$8.50	Apple Crumble	\$4.30
	Beef & vegetable	\$4.00	Sweet Lamb Curry with Vegetables & Rice	\$7.00	Plum Pudding & Brandy Sauce	\$4.30
	Leek & potato	\$4.00	(V) Vegetable Tortilla with Mash Potato	\$6.30	Chocolate Mud Cake	\$4.30
	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		
FRIDAY	Chicken & vegetable	\$4.00	Roast Veal with Vegetables	\$7.00	Stewed Rhubarb & Apple Custard	\$4.30
	Beef & vegetable	\$4.00	(V) Ravioli with Tomato, Mash Potato & Vegetables	\$6.30	Lemon Pudding	\$4.30
	Leek & potato	\$4.00	(DF) Vegetable Curry	\$8.50	Apple Crumble	\$4.30
	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		