

# Meals on Wheels FRESH MENU MODIFIED MEALS



# Special Cut, Textured, Blended

Please note main meals ONLY modified on menu

lame:	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	Ham & cheese croissant \$6.0  Yoghurt Yoghurt with muesli & fruit compote \$3.5  Milk Full cream UHT milk (1 litre) \$2.5  Skim UHT milk (1 litre) \$2.5				Wed	Thu	Fri
	Ham & cheese croissant	\$6.00					
Yoghurt	•	\$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	Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					

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	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
MONDAY	Beef & vegetable	\$4.00		Roast Chicken Laksa & Vegetables	\$5.70		Chocolate mousse	\$4.30
Z	Leek & potato	\$4.00		Singapore Noodles Vegetables & rice	\$5.70		Bread and Butter Pudding	\$4.30
Σ	Minestrone	\$4.00		Grilled Fish	\$5.70			
	Pea & ham	\$4.00						
	Chicken & vegetable	\$4.00		Roast Veal & Vegetables	\$5.70		Lemon Cheesecake	\$4.30
TUESDAY	Beef & vegetable	\$4.00		Lamb Korma	\$5.70		Chocolate Mousse	\$4.30
ESI	Leak & potato	\$4.00		Vegetarian Lasagne vegetables & mash potato			Stewed Rhubarb & Apple Custard	\$4.30
1	Minestrone	\$4.00		Grilled Fish	\$5.70			
	Pea & ham	\$4.00						
	Chicken & vegetable	\$4.00		Roast Lamb & Vegetables	\$5.70		Apple crumble	\$4.30
Α		+		Fish Steak & Mild chilli sauce			Peaches & custard	\$4.30
ESI	Leak & potato			Spinach Quiche vegetables & mash potato			Plum pudding & brandy sauce	
WEDNESDAY	Minestrone			Grilled Fish			padanig aranan jadas	Ψσ
Ž	Pea & ham	<u> </u>			,		-	
		I .		D 101:1- 0.V 111-	I .		<u>-</u> T	T .
	Chicken & vegetable	\$4.00		Roast Chicken & Vegetables	\$5.70		Stewed Rhubarb & Apple Custard	\$4.30
THURSDAY	Beef & vegetable	\$4.00		Beef Stir Fry & Asian vegetables	\$5.70		Chocolate mud cake	\$4.30
JRS	Leak & potato	\$4.00		Roast Potato & Vegetables curried	Ψ σ σ		Lemon cheesecake	\$4.30
돈	Minestrone	\$4.00		Grilled Fish	\$5.70			
•	Pea & ham	\$4.00						
	Chicken & vegetable	\$4.00		Roast Veal & Vegetables	\$5.70		Bread & butter pudding	\$4.30
	Beef & vegetable			Chicken Breast Schnitzel with roast potato &vegetables			Stewed Rhubarb & Apple Custard	\$4.30
FRIDAY	Leak & potato	<del> </del>		Vegetable Hokkien Noodles mash potato	· ·		Sticky date pudding	
FR	Minestrone	-		Grilled Fish			, , ,	<u> </u>
	Pea & ham	+			,		1	

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## WEEK 2

BREAKFAS	BREAKFAST					Thu	Fri
	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					
1	Ham, cheese, tomato	\$4.30					
	Roast turkey & salad	\$4.30					
	Grilled chicken & salad	\$4.30					
Salad	Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					

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יואוט	ILIX								
	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	
MONDAY	Beef & vegetable	\$4.00		Tempura Fish & fresh vegetables	\$5.70		Chocolate mousse	\$4.30	
O	Leak & potato	\$4.00		Vegetable Moussaka Vegetables & Mash Potato	\$5.70		Sticky date pudding	\$4.30	
Σ	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							
									_
	Chicken & vegetable	\$4.00		Roast Veal & Vegetables			Chocolate mousse	\$4.30	
¥	Beef & vegetable	\$4.00		Pork Casserole & Vegetables boiled rice	\$5.70		Lemon cheesecake	\$4.30	
TUESDAY	Leak & potato	\$4.00		Vegetarian Cannelloni, Béchamel/tomato sauce, veggies	\$5.70		Strawberry Pavlova	\$4.30	
T.	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00					]		
	1	T	1 1	Depart Laws 9 Variation		1	T		
≿	Chicken & vegetable			Roast Lamb & Vegetables	\$5.70	-	Stewed Rhubarb & Apple Custard		
SD/A	Beef & vegetable	\$4.00		Grilled Breast Chicken & fresh vegetables	\$5.70		Peaches & custard	\$4.30	
WEDNESDAY	Leak & potato	\$4.00		Spinach & feta ravioli with tomato sauce & veg veggies	\$5.70		Strawberry pavlova	\$4.30	
Æ	Minestrone	\$4.00		Grilled Fish	\$5.70				
>	Pea & ham	\$4.00							
	Objeten 0	T # 4 00		Roast Chicken & Vegetables	<b>ФГ 70</b>	1	Annala Consentia	t 4 00	
>	Chicken & vegetable			Troast officient a vegetables	\$5.70		Apple Crumble	\$4.30	
THURSDAY	Beef & vegetable	\$4.00		Sweet Lamb curried & Vegetables	\$5.70		Plum pudding & brandy sauce	\$4.30	
JRS	Leak & potato	\$4.00		Vegetable Tortilla with vegetables & mash potato	\$5.70		Chocolate mud cake	\$4.30	
ヹ	Minestrone	\$4.00		Grilled Fish	\$5.70			<u>'</u>	
	Pea & ham	\$4.00							
	Chialian O	Φ4 OO	1 1	Deast Vac 19 Variables	ФE 70	<u> </u>	Otania d Dhahada C A . I. Oristani	ф4 20 <sup>Т</sup>	
	Chicken & vegetable			Roast Veal & Vegetables Chicken Florentine with roast potato & vegetables	\$5.70	+		\$4.30	
¥	Beef & vegetable				\$5.70	1		\$4.30	
FRIDAY	Leak & potato		+ +	Spinach & feta ravioli with tomato sauce & veggies	\$5.70	+	Apple Crumble	\$4.30	
出	Minestrone	ļ <u>'</u>		Grilled Fish	\$5.70		4		
	Pea & ham	\$4.00							

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## WEEK 3

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

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

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	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	
MONDAY	Beef & vegetable	\$4.00		Roast Chicken Laksa & Vegetables	\$5.70		Chocolate mousse	\$4.30	
N O	Leak & potato	\$4.00		Singapore Noodles vegetables & rice	\$5.70		Bread and Butter Pudding	\$4.30	
Ž	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							
	I	1		Roast Veal & Vegetables	T		· 		
	Chicken & vegetable			Roast Veal & Vegetables	Ψ σ σ		Lemon Cheesecake	\$4.30	<u> </u>
TUESDAY	Beef & vegetable	+		Lamb Korma	\$5.70		Chocolate Mousse	\$4.30	
ESC	Leak & potato	\$4.00		Vegetarian Lasagne vegetables & mash potato	\$5.70		Stewed Rhubarb & Apple Custard	\$4.30	
1	Minestrone	\$4.00		Grilled Fish	\$5.70				
	Pea & ham	\$4.00							
	Chicken & vegetable	\$4.00		Roast Lamb & Vegetables	\$5.70		Apple crumble	\$4.30	
¥	Beef & vegetable				φσ.7 σ		Peaches & custard	\$4.30	
SE	Leak & potato	+		Fish Steak & Mild chilli sauce Spinach Quiche vegetables & mash potato			Plum pudding & brandy sauce	\$4.30	
WEDNESDAY	Minestrone			Grilled Fish	Ψ0.7 0		Trum padding & Standy Sauce	ψ-1.00	
WE	Pea & ham	+ -		Offined Fish	ΨΟ.7 Ο		-		
	1 04 4 114111	Ψσσ							
	Chicken & vegetable	\$4.00		Roast Chicken & Vegetables	\$5.70		Stewed Rhubarb & Apple Custard	\$4.30	
Α	Beef & vegetable	\$4.00		Beef Stir Fry & Asian vegetables	\$5.70		Chocolate mud cake	\$4.30	
RSE	Leak & potato	\$4.00		Roast Potato & Vegetables curried	\$5.70		Lemon cheesecake	\$4.30	
THURSDAY	Minestrone	\$4.00		Grilled Fish	\$5.70				
_	Pea & ham	\$4.00							
	Chicken & vegetable	\$4.00		Roast Veal & Vegetables	\$5.70		Bread & butter pudding	\$4.30	
	Beef & vegetable			Chicken Breast Schnitzel with roast potato &vegetables	ψσσ		Stewed Rhubarb & Apple Custard		
A				Vegetable. Hokkien Noodles mash potato	Ψ0				
FRIDAY	Leak & potato				ψ0.7 0		Sticky date pudding	\$4.30	
	Minestrone			Grilled Fish	\$5.70		-		
	Pea & ham	\$4.00							

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## **WEEK 4**

BREAKFAS	т		Mon	Tue	Wed	Thu	Fri
	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						
	Tuna, capsicum, onion, lettuce and mayonnaise	\$4.30					
	Ham, cheese, tomato	\$4.30					
	Roast turkey & salad	\$4.30					
	Grilled chicken & salad	\$4.30					
Salad	Caesar salad	\$5.75					
	Asian chicken salad	\$5.75					
	Greek salad	\$5.75					
	Fresh fruit salad	\$5.75					·

Page **7** of **9** 

	Soup		Qty	Main meal – all served with seasonal vegetables		Qty	Dessert		Qt
	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	
5	Leak & potato	\$4.00		Vegetable Moussaka Vegetables & Mash Potato	\$5.70		Sticky date pudding	\$4.30	
•	Minestrone	\$4.00		Grilled Fish	\$5.70				1
	Pea & ham	\$4.00							
	Chicken & vegetable	\$4.00		Roast Veal & Vegetables	\$5.70		Chocolate mousse	\$4.30	
-	Beef & vegetable			Pork Casserole & Vegetables boiled rice	\$5.70		Lemon cheesecake	\$4.30	
בר ה ה ה	Leak & potato			Vegetarian Cannelloni, Béchamel/tomato sauce, veggies	\$5.70		Strawberry Pavlova	\$4.30	
5	Minestrone	\$4.00		Grilled Fish	\$5.70			l	
	Pea & ham	\$4.00					]		
	Chicken & vegetable	\$4.00		Roast Lamb & Vegetables	\$5.70		Stewed Rhubarb & Apple Custard	\$4.30	
(	Beef & vegetable			Grilled Breast Chicken & fresh Vegetables & Roast Potato	\$5.70		Peaches & Custard		
	Leak & potato	\$4.00		Spinach & Feta Ravioli with Tomato Sauce & Veggies	\$5.70		Strawberry Pavlova	\$4.30	
ה ה	Minestrone	\$4.00		Grilled Fish	\$5.70				
>	Pea & ham	\$4.00							
	Chicken & vegetable	\$4.00		Roast Chicken & Vegetables	\$5.70		Apple Crumble	\$4.30	T
I HURSDAT	Beef & vegetable			Sweet Lamb Curried & Vegetables	\$5.70		Plum pudding & brandy sauce		-
	Leak & potato			Vegetable Tortilla with Vegetables & Mash Potato	\$5.70		Chocolate mud cake		
2	Minestrone	\$4.00		Grilled Fish	\$5.70				1
•	Pea & ham	\$4.00							
	Chialan 9 va t-l-l-	¢4.00		Roast Pork & Vegetables	\$5.70		Otana d Dhahard O Anala Ora-tarad	<b>#4.20</b>	
	Chicken & vegetable			Chicken Florentine with Roast Potato & Vegetables	ψ0.7 0		Stewed Rhubarb & Apple Custard		-
=	Beef & vegetable			Spinach & feta Ravioli with Tomato Sauce & Veggies	ψ0.7 0		Lemon pudding		_
FRIDAT	Leak & potato  Minestrone			Grilled Fish	\$5.70 \$5.70		Apple Crumble	\$4.30	
	Pea & ham	<u> </u>		Grilled Fish	φ5.70		-		