

Meals on Wheels Spring Summer Menu 2021 **WEEK 1**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Potato & Leek Soup GF		Mushroom Soup GF		Minestrone Soup GF		Spring Vegetable Soup GF		Tomato & Basil Soup GF		Frozen Soup	
Grilled Chicken with Scallop & Prawn Sauce		Battered Pork with Sweet & Sour Sauce and Rice		Roast Lamb & Gravy with Mint Jelly GF		Egg & Bacon Pie/Tart GF		Crumbed Flounder, Tartare Sauce & Lemon Wedge GF		Frozen Main	
Lamb Rissoles & Gravy		Beef & Mushroom Goulash GF		Salmon Patties		Beef & Coconut Curry & Rice GF		Sweet Lamb Hot Pot GF		Frozen Dessert	
Sliced Pork GF		Sliced Silverside GF		Battered Fish		Sliced Turkey GF		Sliced Chicken GF		SUNDAY	QTY
Cauliflower & Cheese Pie/Tart GF		Tofu Stir-fry & Vegetables GF		Pumpkin & Haloumi Quiche GF		Cheese & Tomato Omelette GF		Spinach, Tomato & Chickpea Pasta GF		Frozen Soup	
Pork Salad GF		Silverside Salad GF		Tuna Salad GF		Turkey Salad GF		Chicken Salad GF		Frozen Main	
Ham Salad GF		Ham Salad GF		Ham Salad GF		Ham Salad GF		Ham Salad GF		Frozen Dessert	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		FOR OFFICE USE ONLY Quantity of meals: _____ Date entered: _____ Entered by: _____	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Pavlova & Berry Coulis GF		Apricot Crumble & Custard		Sticky Date Pudding & Custard		French Vanilla Cheesecake		Chocolate Brownie with White Chocolate Sauce			
Fruit Only		Jelly & Custard		Fruit & Custard		Jelly		Fresh Fruit			

Main courses are served with five vegetables to give you a better variety, if there is a vegetable you do not wish to eat please discard.

GF = Gluten Free. Mashed potato is available instead of rice.

We take all

due care to make sure your meal is Gluten Free but can't guarantee this.

Meals on Wheels Spring Summer Menu 2021 **WEEK 2**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Chicken & Vegetable Soup GF		Cream of Pumpkin Soup GF		Tomato Soup GF		Cream of Asparagus Soup GF		Beef & Tomato Soup GF		Frozen Soup	
Corned Silverside & Mustard Sauce (GF = No Sauce)		Thai Chicken & Stir-fried Vegetables GF		Roast Beef & Gravy GF		Grilled Pork Sausages & Apple Gravy GF		Lemon & Paprika Grilled Barramundi GF		Frozen Main	
Grilled Beef Sausages GF		Savoury Mince GF		Grilled Chicken with Diane Sauce GF		Chicken & Mushroom Pie/Tart GF		Beef Schnitzel & Mushroom Sauce		Frozen Dessert	
Sliced Pork GF		Sliced Lamb GF		Crumbed Whiting & Tartare Sauce		Sliced Beef GF		Sliced Chicken GF		SUNDAY	QTY
Chickpea & Pumpkin Curry GF		Vegetable Patties & Tomato Chutney		Tempura Mushrooms		Haloumi, Pear & Walnut Salad GF		Vegetarian Lasagne GF		Frozen Soup	
Pork Salad GF		Lamb Salad GF		Flaked Salmon Salad GF		Beef Salad GF		Chicken Salad GF		Frozen Main	
Ham Salad GF		Ham Salad GF		Ham Salad GF		Ham Salad GF		Ham Salad GF		Frozen Dessert	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches			
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Bread & Butter Pudding & Custard		Lemon Meringue Pie GF		Carrot Cake & Custard		Tiramisu & Cream		Apple & Berry Crumble with Custard			
Fruit Only		Jelly & Custard		Fruit & Custard		Jelly		Fresh Fruit			

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Meals on Wheels Spring Summer Menu 2021 **WEEK 3**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Cream of Tomato Soup GF		Pea & Ham Soup GF		Chicken & Corn Soup GF		Cream of Mushroom Soup GF		Minestrone Soup GF		Frozen Soup	
Peppered Beef Hot Pot GF		Grilled Pork Steak & Plum Sauce GF		Roast Turkey, Gravy & Cranberry Sauce GF		Lamb & Mint Casserole GF		Battered Flake, Tartare Sauce & Lemon		Frozen Main	
Chicken Macaroni & Cheese GF		Lamb Rissoles & Onion Gravy		Beef Pastie & Chutney		Beef Schnitzel & Pepper Sauce		Chicken & Vegetable Casserole GF		Frozen Dessert	
Sliced Pickled Pork GF		Sliced Beef GF		Curried Prawns & Rice		Sliced Chicken GF		Sliced Beef GF		SUNDAY	QTY
Chickpea & Coriander Burger with Tomato Relish		Vegetable Pad Thai GF		Roasted Vegetable Quiche GF		Basil Pesto Gnocchi with Parmesan Cheese		Asian Vegetable and Tofu Curry GF		Frozen Soup	
Pickled Pork Salad GF		Beef Salad GF		Ham Salad GF		Chicken Salad GF		Beef Salad GF		Frozen Main	
Ham Salad GF		Ham Salad GF		Ham Salad GF		Ham Salad GF		Ham Salad GF		Frozen Dessert	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches			
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Apricot Danish & Custard		Sticky Date Pudding & Custard		Pavlova & Berry Coulis GF		Apple & Cinnamon Crumble with Cream		Chocolate Mud Cake with Sweet White Sauce			
Fruit Only		Jelly & Custard		Fruit & Custard		Jelly		Fresh Fruit			

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Meals on Wheels Spring Summer Menu 2021 **WEEK 4**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Tomato & Vegetable Soup GF		Cream of Cauliflower Soup GF		Beef & Vegetable Soup GF		Cream of Chicken Soup GF		Pumpkin Soup GF		Frozen Soup	
Tuna Patties with Dijon Sauce		Braised Beef & Vegetables GF		Roast Chicken & Gravy GF		Lamb Korma Curry GF		Beer Battered Flathead with Tartare Sauce & Lemon Wedge		Frozen Main	
Butter Chicken & Rice GF		Tuna Pasta Mornay GF		Beef Chow Mien		Salmon Quiche GF		Chicken Parmigiana		Frozen Dessert	
Sliced Beef GF		Sliced Chicken GF		Curried Sausages & Rice GF		Sliced Turkey GF		Sliced Lamb GF		SUNDAY	QTY
Mushroom Risotto GF		Ratatouille GF		Three Cheese Omelette GF		Satay Sweet Potato Curry GF		Tempura Cauliflower & Sesame Mayo		Frozen Soup	
Beef Salad GF		Chicken Salad GF		Ham Salad GF		Turkey Salad GF		Lamb Salad GF		Frozen Main	
Ham Salad GF		Ham Salad GF		Ham Salad GF		Ham Salad GF		Ham Salad GF		Frozen Dessert	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches			
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Apple Danish & Custard		Berry Cheesecake		Lemon Meringue Slice GF		Berry Trifle & Cream		Chocolate Cream Bavarian			
Fruit Only		Jelly & Custard		Fruit & Custard		Jelly		Fresh Fruit			

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