

Meals on Wheels Autumn Winter Menu 2022



Meals on Wheels

PLEASE PHONE 1800 696 325 IF YOU REQUIRE ASSISTANCE

Please mark all meals, soups, sweets and sandwiches that you require for the days you need them.

Mark the box to the right of each item with the quantity that you require.

Please complete all 4 weeks of the menu and return completed menu as soon as possible by giving it to your delivery person or leaving it in your eski, it will then be brought back to the office.

PLEASE NOTE ALL CHANGES WILL TAKE AT LEAST 3 WORKING DAYS TO COME INTO EFFECT.

If you do NOT complete the menu you will receive the first choice option as per your previous delivery schedule.

THIS MENU COMMENCES MONDAY 07TH MARCH 2022.

***This is a 4 week rotating menu and only needs to be completed once.
When week 4 has finished the menu will start again at week 1.***

Meals on Wheels Autumn Winter Menu 2022 **WEEK 1**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Tomato Soup		Beef & Vegetable Soup		Pumpkin Soup		French Onion Soup		Cream of Chicken Soup		Frozen Soup	
Pickled Pork & Mustard Sauce		Poached Chicken Breast & Green Peppercorn Sauce		Roast Lamb & Gravy with Mint Jelly		Battered Sweet N Sour Chicken with Fried Rice		Battered Flathead Fillet, Tartare Sauce & Lemon Wedge		Frozen Main	
Beef & Vegetable Curry with Rice		Shepherds Pie		Ham Steak with Plum Glaze		Beef Rissoles & Gravy		Creamy Chicken Fettuccine		Frozen Dessert	
Sliced Chicken & Herb Gravy		Sliced Pork & Mustard Sauce		Crumbed Whiting & Tartare Sauce		Sliced Lamb & Mint Sauce		Sliced Beef & Gravy		SUNDAY	QTY
Tomato, Cheese & Mushroom Omelette		Haloumi & Pumpkin Tart		Tofu & Stir-fried Vegetables		Roasted Vegetable Casserole		Vegetable Patties & Tomato Relish		Frozen Soup	
Chicken Salad		Pork Salad		Tuna Salad		Lamb Salad		Beef Salad		Frozen Main	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Frozen Dessert	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		FOR OFFICE USE ONLY Quantity of meals: _____ Date entered: _____ Entered by: _____	
Bread & Butter Pudding with Custard		Pavlova with Berries & Cream		Apple Pie & Custard		Sticky Date Pudding & Caramel Sauce		Chocolate Bavarian with Cream			
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.

Mashed potato is available instead of rice.

Meals on Wheels Autumn Winter Menu 2022 **WEEK 2**



Meals on Wheels

CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Chicken & Vegetable Soup		Minestrone Soup		Tomato Soup		Cream of Cauliflower Soup		Spring Vegetable Soup		Frozen Soup	
Chicken & Mushroom Casserole		Irish Stew		Roast Pork Loin, Gravy & Apple Sauce		Beef Rissoles & Gravy		Grilled Barramundi with Citrus & Paprika Marinade		Frozen Main	
Silverside & Mustard Sauce		Egg & Bacon Pie with Chutney		Savoury Sausage Casserole		Sweet 'N' Sour Pork & Rice		Spaghetti Bolognese		Frozen Dessert	
Sliced Pork, Gravy & Apple Sauce		Sliced Lamb & Gravy		Salmon Patties & Lemon Wedge		Sliced Chicken & Gravy		Sliced Beef & Red Wine Sauce		SUNDAY	QTY
Honey Soy Asian Vegetable with Tofu		Three Cheese Omelette		Ricotta, Carrot & Pumpkin Fritters		Cauliflower & Cheese Pie		Tempura Mushrooms, Noodles & Garlic Aioli Sauce		Frozen Soup	
Pork Salad		Lamb Salad		Flaked Salmon Salad		Chicken Salad		Beef Salad		Frozen Main	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Frozen Dessert	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Raspberry Cheesecake & Cream		Apricot Crumble & Cream		Fruit Pudding & Custard		Lemon Meringue Pie & Cream		Chocolate Mud cake & White Chocolate Sauce			
Fruit Only		Jelly & Custard		Fruit & Custard		Jelly		Fresh Fruit			

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Mashed potato is available instead of rice.**

Meals on Wheels Autumn Winter Menu 2022 **WEEK 3**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Tomato Soup		Cream of Chicken Soup		Beef & Vegetable Soup		Spring Vegetable Soup		Roast Pumpkin Soup		Frozen Soup	
Lamb Korma with Basmati Rice		Grilled Pork Chipolatas with BBQ Glaze		Roast Beef & Red Wine Gravy		Chicken Parmigiana		Crumbed Whiting, Lemon & Tartare Sauce		Frozen Main	
Chicken Kiev & Garlic Butter Sauce		Italian Beef Pasta		Grilled Chicken Tenders & Seeded Mustard		Prawn Curry & Rice		Peppered Beef Casserole		Frozen Dessert	
Sliced Pork & Apple Sauce		Sliced Chicken & Gravy		Beer Battered Flathead & Lemon Wedge		Sliced Lamb, Gravy & Mint Jelly		Sliced Turkey, Gravy & Cranberry Sauce		SUNDAY	QTY
Tempura Cauliflower Bites with Beetroot Chutney		Pumpkin & Spinach Fritters		Cheese & Mushroom Omelette		Vegetable Chow Mien		Curried Chickpea & Potato Pie		Frozen Soup	
Pork Salad		Chicken Salad		Tuna Salad		Lamb Salad		Turkey Salad		Frozen Main	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Frozen Dessert	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Apple Crumble & Custard		Carrot Cake & Cream		Strawberry Cheesecake		Chocolate Cake & Whipped Cream		Pavlova, Cream & Berry Coulis			
Fruit Only		Jelly & Custard		Fruit & Custard		Jelly		Fresh Fruit			

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Meals on Wheels Autumn Winter Menu 2022 **WEEK 4**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Pea & Ham Soup		French Onion Soup		Cream of Chicken Soup		Potato & Leek Soup		Tomato & Vegetable Soup		Frozen Soup	
Pork Stroganoff & Pasta		Beef & Tomato Goulash		Roast Chicken, Gravy & Seasoning		Lamb Cacciatore		Grilled Salmon & Citrus Sauce		Frozen Main	
Beef & Vegetable Curry with Rice		Crumbed Chicken Tenders & Caramelised Onion Sauce		Lamb Fricassee		Sweet 'N' Sour Pork with Fried Rice		Beef Chow Mein		Frozen Dessert	
Sliced Chicken & Herb Gravy		Sliced Lamb & Gravy		Battered Whiting & Tartare Sauce		Sliced Beef & Gravy		Sliced Pork & Apple Sauce		SUNDAY	QTY
Sweet Potato Chickpea Curry with Asian Veg		Roasted Vegetable & Fetta Tart		Spinach & Ricotta Omelette		Vegetable Lasagne		Egg Plant Tempura & Sesame Mayo		Frozen Soup	
Chicken Salad		Lamb Salad		Caesar Salad		Beef Salad		Pork Salad		Frozen Main	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Frozen Dessert	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Tiramisu & Cream		Raspberry & White Chocolate Cake & Cream		Apple Danish & Custard		Chocolate Brownie & Vanilla Sauce		Passionfruit Cheesecake			
Fruit Only		Jelly & Custard		Fruit & Custard		Jelly		Fresh Fruit			

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