

Huon Valley Meals on Wheels Spring Summer Menu **WEEK 1 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY
Tomato Soup		Creamy Chicken Soup		Beef & Vegetable Soup		Potato & Bacon Soup		Pea & Ham Soup	
Chicken & Vegetable Curry with Basmati Rice		Pasta Bolognese		Roast Beef with Red Wine Gravy		Chicken Casserole		Crunchy Crumbed Flathead Fillets, Lemon & Tartare Sauce	
Ham Steak & Pineapple		Steamed Flathead & Tartare Sauce		Chicken & Pork Fried Rice		Satay Beef & Rice		Tomato, Cheese & Bacon Omelette	
Sliced Beef & Gravy		Sliced Chicken & Gravy		Crumbed Whiting & Tartare Sauce		Sliced Pickled Pork		Sliced Lamb & Gravy	
Grilled Tofu and Roasted Vegetables		Asian Omelette		Roasted Pumpkin, Spinach & Feta Fritter		Sweet & Sour Cauliflower		Curried Vegetables & Brown Rice	
Baked Custard, Peaches & Cream		Chocolate Cake & Cream		Apricot Strudel & Custard		Carrot Cake & Cream		Apple Pie & Custard	

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.

While we do take all due care to ensure our meals are Gluten Free, we cannot guarantee that they are.

FOR OFFICE USE ONLY
Quantity of meals:

Date entered:

Huon Valley Meals on Wheels Spring Summer Menu **WEEK 2 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY
Cream of Chicken & Vegetable Soup		Pumpkin Soup		Tomato & Vegetable Soup		Hearty Beef Soup		Cream of Cauliflower & Bacon Soup	
Beef & Mushroom Casserole		Shepherd's Pie		Roast Pork, Apple Sauce & Gravy		Chicken Tenders Parmigiana		Baked Snapper & Citrus Sauce	
Lamb Meatballs & Sweet Tomato Sauce		Tuna Patties		Curried Chicken Sausages & Rice		Zucchini & Bacon Slice		Chicken Tenders & Sweet Chilli Sauce	
Sliced Turkey & Gravy		Sliced Chicken & Gravy		Tuna Pasta Bake		Sliced Lamb & Gravy		Sliced Beef & Gravy	
Falafel Ball Parmigiana		Pumpkin & Fetta Fritter		Vegetarian Pad Thai		Fried Haloumi & Greek Peperonata		Vegetarian Shepherd's Pie & Cheesy Mash	
Date Loaf & Custard		Pavlova, Berries & Cream		Apple, Rhubarb Crumble & Custard		Cheesecake, Lemon Curd & Cream (No Base)		Strawberry Sponge & Custard	

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Huon Valley Meals on Wheels Spring Summer Menu **WEEK 3 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY
Lamb & Vegetable Soup		Tomato & Bacon Soup		Spring Vegetable & Chicken Soup		Cream of Pumpkin Soup		French Onion Soup	
Grilled Chicken & Mushroom Sauce		Egg & Bacon Slice		Roast Lamb, Gravy & Mint Jelly		Grilled Beef Sausages & Onion Gravy		Grilled Whiting, Lemon & Tartare Sauce	
Sweet & Sour Pork with Rice		Beef & Potato Pie		Satay Chicken & Rice		Mongolian Lamb & Asian Vegetables		Cheese, Bacon & Onion Omelette	
Sliced Beef & Gravy		Sliced Turkey & Gravy		Salmon & Vegetable Patties		Sliced Chicken & Gravy		Sliced Silverside	
Vegetable Quiche		Vegetarian Dumpling Casserole		Vegetarian Lasagne		Vegetarian Quiche & Tomato Sauce		Teriyaki Vegetarian Falafel Balls	
Orange & Almond Cake & Cream		Cheesecake & Raspberry Coulis (No Base)		Date Loaf & Cream		Chocolate Brownie & Cream		Stewed Apricots & Custard	

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Huon Valley Meals on Wheels Spring Summer Menu **WEEK 4 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY
Potato & Leek Soup		Cream of Cauliflower & Bacon Soup		Tomato & Vegetable Soup		Chicken & Sweet Corn Soup		Beef & Tomato Soup	
Irish Stew		Beef Lasagne		Roast Chicken & Gravy		Silverside & White Sauce		Grilled Salmon & Citrus Sauce	
Savoury Meatloaf & Tomato Coulis		Apricot Chicken		Pork Riblets & BBQ Sauce		Chicken, Bacon & Cheese Pasta		Honey Braised Lamb Casserole	
Sliced Chicken & Gravy		Sliced Pork & Gravy		Curried Mince		Sliced Beef & Gravy		Sliced Turkey & Gravy	
Vegetarian Sausage Roll & Chutney		Creamy Pumpkin Pasta Bake		Mushroom in Red Wine Sauce with Mashed Potato		Curried Lentil & Vegetable Pie		Buttered Cauliflower & Paneer	
Citrus Tart & Whipped Cream		Jelly, Fruit & Custard		Pear & Walnut Crumble		Chocolate Cake, Cream & Chocolate Sauce		Pavlova, Cream & Tropical Fruit	

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