

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



CLIENT NAME: _____ BRANCH: _____



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

Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available.

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: _____
 Entered by: _____

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



CLIENT NAME: _____ BRANCH: _____



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

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



CLIENT NAME: _____ BRANCH: _____



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

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



CLIENT NAME: _____ BRANCH: _____



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

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