

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



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Tomato Soup		Creamy Chicken Noodle Soup		Beef & Vegetable Soup		Potato & Bacon Soup		Pea & Ham Soup		Frozen Soup	
Chicken & Vegetable Curry with Basmati Rice		Spaghetti Bolognese		Roast Beef with Red Wine Gravy		Chicken Casserole		Tempura Battered Flake, Lemon Wedge & Tartare Sauce		Frozen Main	
Ham Steak & Pineapple		Battered 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
Vegetarian Sausages & Roasted Vegetables		Asian Omelette		Roasted Sweet Potato, Spinach & Feta Fritter		Sweet & Sour Cauliflower		Curried Vegetables & Brown Rice		Frozen Soup	
Beef Salad		Chicken Salad		Salmon Salad		Ham Salad		Lamb 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 Cream		Chocolate Cream Bavarian		Apricot Strudel & Custard		Carrot Cake & Cream		Apple Pie & Custard			
Fruit Only		Jelly & Custard		Fruit & Custard		Jelly		Fresh Fruit			
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.**

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



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Cream of Chicken & Vegetable Soup		Pumpkin Soup		Minestrone Soup		Hearty Beef Soup		Cream of Cauliflower & Bacon Soup		Frozen Soup	
Beef & Mushroom Casserole		Shepherd's Pie		Roast Pork, Apple Sauce & Gravy		Chicken 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
Vegetarian 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	
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			
Steamed Fruit Pudding & Custard		Pavlova, Berries & Cream		Apple, Rhubarb Crumble & Custard		Cheesecake, Lemon Curd & Cream		Berry Sponge & Custard			
Fruit Only		Jelly & Custard		Fruit & Custard		Jelly		Fresh Fruit			

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.**

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



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		Crumbed Whiting, Lemon & Tartare Sauce		Frozen Main	
Sweet & Sour Pork with 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 Meatballs		Frozen Soup	
Beef Salad		Turkey Salad		Chicken Caesar Salad		Chicken Salad		Silverside 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		Cheesecake & Raspberry Coulis		Sticky Date Pudding & Cream		Chocolate Brownie & Cream		Apricot Crumble & Custard			
Fruit Only		Jelly & Custard		Fruit & Custard		Jelly		Fresh Fruit			

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.**

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



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Potato & Leek Soup		Cream of Cauliflower & Bacon Soup		Minestrone 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 & Barley		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	
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			
Apricot & Coconut Slice with Custard		Fruit Trifle & Whipped Cream		Apple Danish & Custard		Chocolate Cake, Cream & Chocolate Sauce		Pavlova, Cream & Tropical Fruit			
Fruit Only		Jelly & Custard		Fruit & Custard		Jelly		Fresh Fruit			

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.**