

# New Norfolk Meals on Wheels Spring Summer Menu **WEEK 1**



CLIENT NAME: \_\_\_\_\_ BRANCH: \_\_\_\_\_



MONDAY	QTY	WEDNESDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Tomato Soup		Beef & Vegetable Soup		Pea & Ham Soup		Frozen Soup	
Chicken & Vegetable Curry with Basmati Rice		Roast Beef with Red Wine Gravy		Tempura Battered Flake, Lemon Wedge & Tartare Sauce		Frozen Main	
Ham Steak & Pineapple		Chicken & Pork Fried Rice		Tomato, Cheese & Bacon Omelette		Frozen Dessert	
Sliced Beef & Gravy		Crumbed Whiting & Tartare Sauce		Sliced Lamb & Gravy		SUNDAY	QTY
Vegetarian Sausages & Roasted Vegetables		Roasted Sweet Potato, Spinach & Feta Fritter		Curried Vegetables & Brown Rice		Frozen Soup	
Beef Salad		Salmon Salad		Lamb Salad		Frozen Main	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Frozen Dessert	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		<b>FOR OFFICE USE ONLY</b> Quantity of meals: _____ Date entered: _____ Entered by: _____	
Bread & Butter Pudding with Cream		Apricot Strudel & Custard		Apple Pie & Custard			
Fruit Only		Fruit & Custard		Fresh Fruit			
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available.</i>							

**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.**

# New Norfolk Meals on Wheels Spring Summer Menu **WEEK 2**



CLIENT NAME: \_\_\_\_\_ BRANCH: \_\_\_\_\_



MONDAY	QTY	WEDNESDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Cream of Chicken & Vegetable Soup		Minestrone Soup		Cream of Cauliflower & Bacon Soup		Frozen Soup	
Beef & Mushroom Casserole		Roast Pork, Apple Sauce & Gravy		Baked Snapper & Citrus Sauce		Frozen Main	
Lamb Meatballs & Sweet Tomato Sauce		Curried Chicken Sausages & Rice		Chicken Tenders & Sweet Chilli Sauce		Frozen Dessert	
Sliced Turkey & Gravy		Tuna Pasta Bake		Sliced Beef & Gravy		SUNDAY	QTY
Vegetarian Parmigiana		Vegetarian Pad Thai		Vegetarian Shepherd's Pie & Cheesy Mash		Frozen Soup	
Turkey Salad		Tuna Salad		Beef Salad		Frozen Main	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Frozen Dessert	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Steamed Fruit Pudding & Custard		Apple, Rhubarb Crumble & Custard		Berry Sponge & Custard			
Fruit Only		Fruit & Custard		Fresh Fruit			
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available.</i>							

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Mashed potato is available instead of rice.**

# New Norfolk Meals on Wheels Spring Summer Menu WEEK 3



CLIENT NAME: \_\_\_\_\_ BRANCH: \_\_\_\_\_



MONDAY	QTY	WEDNESDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Lamb & Vegetable Soup		Spring Vegetable & Chicken Soup		French Onion Soup		Frozen Soup	
Grilled Chicken & Mushroom Sauce		Roast Lamb, Gravy & Mint Jelly		Crumbed Whiting, Lemon & Tartare Sauce		Frozen Main	
Sweet & Sour Pork with Rice		Satay Chicken & Rice		Cheese, Bacon & Onion Omelette		Frozen Dessert	
Sliced Beef & Gravy		Salmon & Vegetable Patties		Sliced Silverside		<b>SUNDAY</b>	QTY
Vegetable Quiche		Vegetarian Lasagne		Teriyaki Vegetarian Meatballs		Frozen Soup	
Beef Salad		Chicken Caesar Salad		Silverside Salad		Frozen Main	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Frozen Dessert	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Tiramisu & Cream		Sticky Date Pudding & Cream		Apricot Crumble & Custard			
Fruit Only		Fruit & Custard		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.**

# New Norfolk Meals on Wheels Spring Summer Menu **WEEK 4**



CLIENT NAME: \_\_\_\_\_ BRANCH: \_\_\_\_\_



MONDAY	QTY	WEDNESDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Potato & Leek Soup		Minestrone Soup		Beef & Tomato Soup		Frozen Soup	
Irish Stew		Roast Chicken & Gravy		Grilled Salmon & Citrus Sauce		Frozen Main	
Savoury Meatloaf & Tomato Coulis		Pork Ribslets & BBQ Sauce		Honey Braised Lamb & Barley		Frozen Dessert	
Sliced Chicken & Gravy		Curried Mince		Sliced Turkey & Gravy		SUNDAY	QTY
Vegetarian Sausage Roll & Chutney		Mushroom in Red Wine Sauce with Mashed Potato		Buttered Cauliflower & Paneer		Frozen Soup	
Chicken Salad		Tuna Salad		Turkey Salad		Frozen Main	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Frozen Dessert	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Apricot & Coconut Slice with Custard		Apple Danish & Custard		Pavlova, Cream & Tropical Fruit			
Fruit Only		Fruit & Custard		Fresh Fruit			
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available.</i>							

**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.**