

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



CLIENT NAME: _____ BRANCH: _____



TUESDAY	QTY	THURSDAY	QTY
Creamy Chicken Noodle Soup		Potato & Bacon Soup	
Spaghetti Bolognese		Chicken Casserole	
Battered Flathead & Tartare Sauce		Satay Beef & Rice	
Sliced Chicken & Gravy		Sliced Pickled Pork	
Asian Omelette		Sweet & Sour Cauliflower	
Chicken Salad		Ham Salad	
Mixed White Sandwiches		Mixed White Sandwiches	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches	
Chocolate Cream Bavarian		Carrot Cake & Cream	
Jelly & Custard		Jelly	

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.**

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



CLIENT NAME: _____ BRANCH: _____



TUESDAY	QTY	THURSDAY	QTY
Pumpkin Soup		Hearty Beef Soup	
Shepherd's Pie		Chicken Parmigiana	
Tuna Patties		Zucchini & Bacon Slice	
Sliced Chicken & Gravy		Sliced Lamb & Gravy	
Pumpkin & Fetta Fritter		Fried Haloumi & Greek Peperonata	
Chicken Salad		Lamb Salad	
Mixed White Sandwiches		Mixed White Sandwiches	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches	
Pavlova, Berries & Cream		Cheesecake, Lemon Curd & Cream	
Jelly & Custard		Jelly	
<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.**

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



CLIENT NAME: _____ BRANCH: _____



TUESDAY	QTY	THURSDAY	QTY
Tomato & Bacon Soup		Cream of Pumpkin Soup	
Egg & Bacon Slice		Grilled Beef Sausages & Onion Gravy	
Beef & Potato Pie		Mongolian Lamb & Asian Vegetables	
Sliced Turkey & Gravy		Sliced Chicken & Gravy	
Vegetarian Dumpling Casserole		Vegetarian Quiche & Tomato Sauce	
Turkey Salad		Chicken Salad	
Mixed White Sandwiches		Mixed White Sandwiches	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches	
Cheesecake & Raspberry Coulis		Chocolate Brownie & Cream	
Jelly & Custard		Jelly	
<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.**

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



CLIENT NAME: _____ BRANCH: _____



TUESDAY	QTY	THURSDAY	QTY
Cream of Cauliflower & Bacon Soup		Chicken & Sweet Corn Soup	
Beef Lasagne		Silverside & White Sauce	
Apricot Chicken		Chicken, Bacon & Cheese Pasta	
Sliced Pork & Gravy		Sliced Beef & Gravy	
Creamy Pumpkin Pasta Bake		Curried Lentil & Vegetable Pie	
Pork Salad		Beef Salad	
Mixed White Sandwiches		Mixed White Sandwiches	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches	
Fruit Trifle & Whipped Cream		Chocolate Cake, Cream & Chocolate Sauce	
Jelly & Custard		Jelly	
<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.