

Colebrook Meals on Wheels Autumn Winter Menu 2024 GLUTEN FREE



PLEASE PHONE 1800 696 325 IF YOU REQUIRE ASSISTANCE

Please mark all meals, soups, and sweets that you require for the days you need them.

Mark the box to the right of each item with the quantity that you require.

Please complete all 4 weeks of the menu and return completed menu as soon as possible by giving it to your delivery person or leaving it in your eski, it will then be brought back to the office.

PLEASE NOTE ALL CHANGES WILL TAKE AT LEAST 5 WORKING DAYS TO COME INTO EFFECT.

If you do NOT complete the menu you will receive the first choice option as per your previous delivery schedule.

THIS MENU COMMENCES MONDAY 4th MARCH 2024.

***This is a 4 week rotating menu and only needs to be completed once.
When week 4 has finished the menu will start again at week 1.***

Colebrook Meals on Wheels Autumn Winter Menu GLUTEN FREE



CLIENT NAME: _____ BRANCH: _____



TUESDAY (Week 1)	QTY	TUESDAY (Week 2)	QTY	TUESDAY (Week 3)	QTY	TUESDAY (week 4)	QTY
Cream of Cauliflower Soup		Cauliflower Cheese Soup		Chicken & Sweetcorn Soup		Cream of Cauliflower & Bacon Soup	
Glazed Honey Pork Steaks		Sweet & Sour Chicken with Rice		Corned Silverside & Parsley Sauce		Irish Stew	
Crumbed Whiting & Lemon Wedge		Salmon Patties & Lemon Wedge		Pork Riblets & BBQ Sauce		Baked Snapper & Parsley Sauce	
Sliced Beef & Gravy		Sliced Lamb & Gravy		Sliced Chicken & Gravy		Pickled Pork & Sauce	
Quinoa & Sweet Potato Fritter		Chickpea & Pumpkin Curry with Couscous		Pumpkin & Fetta Frittata		Lentil & Vegetable Curry & Jasmine Rice	
Beef Salad		Lamb Salad		Chicken Salad		Pickled Pork Salad	
Sticky Date Pudding & Butterscotch Sauce		Lemon & Honey Cake with Cream		Apple & Rhubarb Cake with Custard		Orange Delicious Pudding & Cream	

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.