

Dodges Ferry 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.***

Dodges Ferry Meals on Wheels Autumn Winter Menu **WEEK 1 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	WEDNESDAY	QTY
Tomato & Bacon Soup		Pea & Ham Soup	
Beef Mince Curry & Rice		Roast Lamb, Gravy and Mint Jelly	
Chicken Ala King		Beef & Potato Pie	
Sliced Lamb & Gravy		Salmon Patties, Lemon & Herb Mayo	
Vegan Mushroom Cacciatore Pasta		Cauliflower and Chickpea Bake	
Lamb Salad		Tuna Salad	
Raspberry & White Chocolate Cake with Custard		French Cheesecake with Lemon Curd	
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available everyday.</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.

While we do take all due care to ensure our meals are Gluten Free, we cannot guarantee that they are.

Dodges Ferry Meals on Wheels Autumn Winter Menu **WEEK 2 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	WEDNESDAY	QTY
Potato & Leek Soup		Thick Vegetable Soup	
Mongolian Lamb Meatballs		Roast Seasoned Beef & Gravy	
Pork & Vegetable Casserole		Lamb Koftas & Rice	
Sliced Chicken & Gravy		Curried Prawns & Rice	
Tofu and Asian Veg Stir-fry with Rice		Vegetarian Lasagna	
Chicken Salad		Tuna Salad	
Orange & Almond Cake with Custard		Chocolate Bavarian	
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available everyday.</i>			

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Dodges Ferry Meals on Wheels Autumn Winter Menu **WEEK 3 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	WEDNESDAY	QTY
Beef & Vegetable Soup		Tomato & Bacon Soup	
Honey Soy Chicken & Basmati Rice		Roast Pork Loin, Gravy & Apple Sauce	
Beef Lasagne		Shepherd's Pie	
Sliced Lamb & Gravy		Crumbed Whiting & Tartare Sauce	
Bean & Vegetable Casserole		Honey Soy Tofu & Rice	
Lamb Salad		Salmon Salad	
Passionfruit Cheesecake		Chocolate Brownie, Chocolate Sauce & Cream	
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available everyday.</i>			

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Dodges Ferry Meals on Wheels Autumn Winter Menu **WEEK 4 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	WEDNESDAY	QTY
Pea & Ham Soup		Chicken & Vegetable Soup	
Pork Stroganoff & Rice		Roast Turkey & Gravy	
Meatloaf		Satay Beef & Rice	
Sliced Chicken & Gravy		Tuna Pasta Bake	
Pumpkin & Cottage Cheese in Filo		Leek & Mushroom Pie	
Chicken Salad		Tuna Salad	
Tiramisu & Cream		Chocolate Brownie with Ganache Sauce & Cream	
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available everyday.</i>			

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Mashed potato is available instead of rice.

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