

Richmond 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.***

Richmond Meals on Wheels Autumn Winter Menu **WEEK 1 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



TUESDAY	QTY	THURSDAY	QTY
Cream of Cauliflower Soup		Hearty Beef & Vegetable Soup	
Glazed Honey Pork Steaks		Curried Chicken & Rice	
Crumbed Whiting & Lemon Wedge		Grilled Beef Sausages & Onion Gravy	
Sliced Beef & Gravy		Sliced Pork & Gravy	
Quinoa & Sweet Potato Fritter		Roasted Vegetables and Vegetarian Sausages	
Beef Salad		Ham Salad	
Sticky Date Pudding & Butterscotch Sauce		Carrot Cake & Cream	
<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.

Richmond Meals on Wheels Autumn Winter Menu **WEEK 2 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



TUESDAY	QTY	THURSDAY	QTY
Cauliflower Cheese Soup		Cream of Pumpkin Soup	
Sweet & Sour Chicken with Rice		Pickled Pork & Mustard Sauce	
Salmon Patties & Lemon Wedge		Apricot Chicken	
Sliced Lamb & Gravy		Sliced Beef & Gravy	
Chickpea & Pumpkin Curry with Couscous		Crumbed Vegetable Patties & Tomato Sauce	
Lamb Salad		Beef Salad	
Lemon & Honey Cake with Cream		Apple Crumble & Custard	
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Richmond Meals on Wheels Autumn Winter Menu **WEEK 3 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



TUESDAY	QTY	THURSDAY	QTY
Chicken & Sweetcorn Soup		Barley & Vegetable Soup	
Corned Silverside & Parsley Sauce		Moroccan lamb & Vegetable Hot Pot	
Pork Ribslets & BBQ Sauce		Creamy Fish Pie & Rice	
Sliced Chicken & Gravy		Corned Silverside & White Sauce	
Pumpkin & Fetta Frittata		Sweet Potato & Ricotta Fritter	
Chicken Salad		Beef Salad	
Apple & Rhubarb Cake with Custard		Date & Honey Loaf	
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available everyday.</i>			

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Richmond Meals on Wheels Autumn Winter Menu **WEEK 4 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



TUESDAY	QTY	THURSDAY	QTY
Cream of Cauliflower & Bacon Soup		Beef & Tomato Soup	
Irish Stew		Chicken Parmigiana	
Baked Snapper & Parsley Sauce		Cheese, Bacon & Mushroom Omelette	
Pickled Pork & Sauce		Sliced Beef & Gravy	
Lentil & Vegetable Curry & Jasmine Rice		Spinach & Ricotta Ravioli with Tomato Coulis	
Pickled Pork Salad		Beef Salad	
Orange Delicious Pudding & Cream		Lemon Self Saucing Pudding	
<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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