

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.***

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



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Tomato & Bacon Soup		Cream of Cauliflower Soup		Pea & Ham Soup		Hearty Beef & Vegetable Soup		Chicken & Corn Soup		Frozen Soup	
Beef Mince Curry & Rice		Glazed Honey Pork Steaks		Roast Lamb, Gravy and Mint Jelly		Curried Chicken & Rice		Grilled Salmon with Herb Glaze		Frozen Main	
Chicken Ala King		Crumbed Whiting & Lemon Wedge		Beef & Potato Pie		Grilled Beef Sausages & Onion Gravy		Beef Rissoles & Gravy		Frozen Dessert	
Sliced Lamb & Gravy		Sliced Beef & Gravy		Salmon Patties, Lemon & Herb Mayo		Sliced Pork & Gravy		Sliced Chicken & Gravy		SUNDAY	QTY
Vegan Mushroom Cacciatore Pasta		Quinoa & Sweet Potato Fritter		Cauliflower and Chickpea Bake		Roasted Vegetables and Vegetarian Sausages		Macaroni & Cheese		Frozen Soup	
Lamb Salad		Beef Salad		Tuna Salad		Ham Salad		Chicken Salad		Frozen Main	
Raspberry & White Chocolate Cake with Custard		Sticky Date Pudding & Butterscotch Sauce		French Cheesecake with Lemon Curd		Carrot Cake & Cream		Bread and Butter Pudding & Cream		Frozen Dessert	

Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available everyday.

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.

FOR OFFICE USE ONLY
 Quantity of meals: _____
 Date entered: _____
 Entered by: _____

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



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Potato & Leek Soup		Cauliflower Cheese Soup		Thick Vegetable Soup		Cream of Pumpkin Soup		Minestrone Soup		Frozen Soup	
Mongolian Lamb Meatballs		Sweet & Sour Chicken with Rice		Roast Seasoned Beef & Gravy		Pickled Pork & Mustard Sauce		Tempura Flathead with Lemon Wedge & Tartare Sauce		Frozen Main	
Pork & Vegetable Casserole		Salmon Patties & Lemon Wedge		Lamb Koftas & Rice		Apricot Chicken		Lamb Rissolle & Onion Gravy		Frozen Dessert	
Sliced Chicken & Gravy		Sliced Lamb & Gravy		Curried Prawns & Rice		Sliced Beef & Gravy		Sliced Pork & Gravy		SUNDAY	QTY
Tofu and Asian Veg Stir-fry with Rice		Chickpea & Pumpkin Curry with Couscous		Vegetarian Lasagna		Crumbed Vegetable Patties & Tomato Sauce		Vegetarian Nasi Goreng		Frozen Soup	
Chicken Salad		Lamb Salad		Tuna Salad		Beef Salad		Ham Salad		Frozen Main	
Orange & Almond Cake with Custard		Lemon & Honey Cake with Cream		Chocolate Bavarian		Apple Crumble & Custard		Apricot Danish & Custard		Frozen Dessert	
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Meals on Wheels Autumn Winter Menu **WEEK 3 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Beef & Vegetable Soup		Chicken & Sweetcorn Soup		Tomato & Bacon Soup		Barley & Vegetable Soup		Cream of Broccoli Soup		Frozen Soup	
Honey Soy Chicken & Basmati Rice		Corned Silverside & Parsley Sauce		Roast Pork Loin, Gravy & Apple Sauce		Moroccan lamb & Vegetable Hot Pot		Grilled Barramundi with Lemon Wedge & Tartare Sauce		Frozen Main	
Beef Lasagne		Pork Riblets & BBQ Sauce		Shepherd's Pie		Creamy Fish Pie & Rice		Sweet & Sour Beef Meatballs		Frozen Dessert	
Sliced Lamb & Gravy		Sliced Chicken & Gravy		Crumbed Whiting & Tartare Sauce		Corned Silverside & White Sauce		Sliced Pork & Gravy		SUNDAY	QTY
Bean & Vegetable Casserole		Pumpkin & Fetta Frittata		Honey Soy Tofu & Rice		Sweet Potato & Ricotta Fritter		Lentil Burger & Stir Fried Vegetables		Frozen Soup	
Lamb Salad		Chicken Salad		Salmon Salad		Beef Salad		Ham Salad		Frozen Main	
Passionfruit Cheesecake		Apple & Rhubarb Cake with Custard		Chocolate Brownie, Chocolate Sauce & Cream		Date & Honey Loaf		Pear & Apple Crumble with Cream		Frozen Dessert	

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



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Pea & Ham Soup		Cream of Cauliflower & Bacon Soup		Chicken & Vegetable Soup		Beef & Tomato Soup		Thick Vegetable Soup		Frozen Soup	
Pork Stroganoff & Rice		Irish Stew		Roast Turkey & Gravy		Chicken Parmigiana		Crumbed Whiting & Lemon Wedge		Frozen Main	
Meatloaf		Baked Snapper & Parsley Sauce		Satay Beef & Rice		Cheese, Bacon & Mushroom Omelette		Chicken & Bacon Pasta Carbonara		Frozen Dessert	
Sliced Chicken & Gravy		Pickled Pork & Sauce		Tuna Pasta Bake		Sliced Beef & Gravy		Sliced Lamb & Gravy		SUNDAY	QTY
Pumpkin & Cottage Cheese in Filo		Lentil & Vegetable Curry & Jasmine Rice		Leek & Mushroom Pie		Spinach & Ricotta Ravioli with Tomato Coulis		Mushroom, Cheese & Onion Omelette		Frozen Soup	
Chicken Salad		Pickled Pork Salad		Tuna Salad		Beef Salad		Lamb Salad		Frozen Main	
Tiramisu & Cream		Orange Delicious Pudding & Cream		Chocolate Brownie with Ganache Sauce & Cream		Lemon Self Saucing Pudding		Apple Pie & Custard		Frozen Dessert	

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