

# Colebrook Meals on Wheels Autumn Winter Menu 2024



Meals on Wheels

PLEASE PHONE 1800 696 325 IF YOU REQUIRE ASSISTANCE

Please mark all meals, soups, sweets and sandwiches 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



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 with 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                      |     |
| Mixed White Sandwiches                   |     | Mixed White Sandwiches                 |     | Mixed White Sandwiches            |     | Mixed White Sandwiches                  |     |
| Mixed Wholemeal Sandwiches               |     | Mixed Wholemeal Sandwiches             |     | Mixed Wholemeal Sandwiches        |     | Mixed Wholemeal Sandwiches              |     |
| Sticky Date Pudding & Butterscotch Sauce |     | Lemon & Honey Cake with Cream          |     | Apple Strudel & Custard           |     | Orange Delicious Pudding & Cream        |     |
| Jelly & Custard                          |     | Jelly & Custard                        |     | Jelly & Custard                   |     | Jelly & Custard                         |     |

**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.**