



Meals on Wheels  
Tasmania

PLEASE PHONE 1800696 325 IF YOU REQUIRE ASSISTANCE

## Huon Valley Meals on Wheels Autumn / Winter Menu 2024

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 21 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 18th 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.

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# Huon Valley Meals on Wheels Autumn Winter Menu WEEK 1

CLIENT NAME: \_\_\_\_\_ BRANCH: \_\_\_\_\_

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

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

# Huon Valley Meals on Wheels Autumn Winter Menu WEEK 2



CLIENT NAME: \_\_\_\_\_ BRANCH: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	QTY
Potato & Leek Soup	Cauliflower Cheese Soup	Thick Vegetable Soup	Cream of Pumpkin Soup	Minestrone Soup	
Mongolian Lamb Meatballs	Sweet & Sour Chicken with Rice	Roast Seasoned Beef & Gravy	Pickled Pork & Mustard Sauce	Tempura Flathead with Lemon Wedge & Tartare Sauce	
Pork & Vegetable Casserole	Salmon Patties with Lemon Wedge	Lamb Koftas & Rice	Apricot Chicken	Lamb Rissole & Onion Gravy	
Sliced Chicken & Gravy	Sliced Lamb & Gravy	Curried Prawns & Rice	Sliced Beef & Gravy	Sliced Pork & Gravy	
Tofu and Asian Veg Stir-fry with Rice	Chickpea & Pumpkin Curry with Couscous	Vegetarian Lasagna	Crumbed Vegetable Patties & Tomato Sauce	Vegetarian Nasi Goreng	
Pavlova, Seasonal Fruit & Cream	Lemon & Honey Cake with Cream	Chocolate Bavarian	Apple Crumble & Custard	Apricot Danish & Custard	

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# Huon Valley Meals on Wheels Autumn Winter Menu WEEK 3

CLIENT NAME: \_\_\_\_\_ BRANCH: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef & Vegetable Soup	Chicken & Sweetcorn Soup	Tomato & Bacon Soup	Barley & Vegetable Soup	Cream of Broccoli 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
Beef Lasagne	Pork Riblets & BBQ Sauce	Shepherd's Pie	Creamy Fish Pie & Rice	Sweet & Sour Beef Meatballs
Sliced Lamb & Gravy	Sliced Chicken & Gravy	Crumbed Whiting & Tartare Sauce	Corned Silverside & White Sauce	Sliced Pork & Gravy
Bean & Vegetable Casserole	Pumpkin & Fetta Frittata	Honey Soy Tofu & Rice	Sweet Potato & Ricotta Fritter	Lentil Burger & Stir Fried Vegetables
Passionfruit Cheesecake	Apple Strudel & Custard	Chocolate Self Saucing Pudding & Cream	Fruit Trifle & Whipped Cream	Pear & Apple Crumble with Cream

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# Huon Valley Meals on Wheels Autumn Winter Menu WEEK 4



CLIENT NAME: \_\_\_\_\_ BRANCH: \_\_\_\_\_

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

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