

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



CLIENT NAME: _____ BRANCH: _____

MONDAY	QTY	WEDNESDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Tomato & Bacon Soup		Pea & Ham Soup		Chicken & Corn Soup		Frozen Soup	
Beef Mince Curry & Rice		Roast Lamb, Gravy and Mint Jelly		Grilled Salmon with Herb Glaze		Frozen Main	
Chicken Ala King		Beef & Potato Pie		Beef Rissole & Gravy		Frozen Dessert	
Sliced Lamb & Gravy		Salmon Patties, Lemon & Herb Mayo		Sliced Chicken & Gravy		SUNDAY	QTY
Vegan Mushroom Cacciatore Pasta		Cauliflower and Chickpea Bake		Macaroni & Cheese		Frozen Soup	
Lamb Salad		Tuna Salad		Chicken Salad		Frozen Main	
Raspberry & White Chocolate Cake with Custard		French Cheesecake with Lemon Curd		Bread and Butter Pudding & Cream		Frozen Dessert	
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available everyday.</i>							

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

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.



New Norfolk on Wheels Autumn Winter Menu WEEK 2 GLUTEN FREE



CLIENT NAME: _____ BRANCH: _____

MONDAY	QTY	WEDNESDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Potato & Leek Soup		Thick Vegetable Soup		Minestrone Soup		Frozen Soup	
Mongolian Lamb Meatballs		Roast Seasoned Beef & Gravy		Tempura Flathead with Lemon Wedge & Tartare Sauce		Frozen Main	
Pork & Vegetable Casserole		Lamb Koftas & Rice		Lamb Rissole & Onion Gravy		Frozen Dessert	
Sliced Chicken & Gravy		Curried Prawns & Rice		Sliced Pork & Gravy		SUNDAY	QTY
Tofu and Asian Veg Stir-fry with Rice		Vegetarian Lasagna		Vegetarian Nasi Goreng		Frozen Soup	
Chicken Salad		Tuna Salad		Ham Salad		Frozen Main	
Orange & Almond Cake with Custard		Chocolate Bavarian		Apricot Danish & Custard		Frozen Dessert	
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New Norfolk Meals on Wheels Autumn Winter Menu **WEEK 3 GLUTEN FREE**



CLIENT NAME: _____ BRANCH: _____

MONDAY	QTY	WEDNESDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Beef & Vegetable Soup		Tomato & Bacon Soup		Cream of Broccoli Soup		Frozen Soup	
Honey Soy Chicken & Basmati Rice		Roast Pork Loin, Gravy & Apple Sauce		Grilled Barramundi with Lemon Wedge & Tartare Sauce		Frozen Main	
Beef Lasagne		Shepherd's Pie		Sweet & Sour Beef Meatballs		Frozen Dessert	
Sliced Lamb & Gravy		Crumbed Whiting & Tartare Sauce		Sliced Pork & Gravy		SUNDAY	QTY
Bean & Vegetable Casserole		Honey Soy Tofu & Rice		Lentil Burger & Stir Fried Vegetables		Frozen Soup	
Lamb Salad		Salmon Salad		Ham Salad		Frozen Main	
Passionfruit Cheesecake		Chocolate Brownie, Chocolate Sauce & Cream		Pear & Apple Crumble with Cream		Frozen Dessert	

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

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



CLIENT NAME: _____ BRANCH: _____

MONDAY	QTY	WEDNESDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Pea & Ham Soup		Chicken & Vegetable Soup		Thick Vegetable Soup		Frozen Soup	
Pork Stroganoff & Rice		Roast Turkey & Gravy		Crumbed Whiting & Lemon Wedge		Frozen Main	
Meatloaf		Satay Beef & Rice		Chicken & Bacon Pasta Carbonara		Frozen Dessert	
Sliced Chicken & Gravy		Tuna Pasta Bake		Sliced Lamb & Gravy		SUNDAY	QTY
Pumpkin & Cottage Cheese in Filo		Leek & Mushroom Pie		Mushroom, Cheese & Onion Omelette		Frozen Soup	
Chicken Salad		Tuna Salad		Lamb Salad		Frozen Main	
Tiramisu & Cream		Chocolate Brownie with Ganache Sauce & Cream		Apple Pie & Custard		Frozen Dessert	
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available everyday.</i>							

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