



Meals on Wheels

Tasmania

PLEASE PHONE 1800696 325 IF YOU REQUIRE ASSISTANCE

## New Norfolk 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 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.



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



# New Norfolk Meals on Wheels Autumn Winter Menu **WEEK 1**

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		<b>SUNDAY</b>	<b>QTY</b>
Vegan Mushroom Cacciatore Pasta		Cauliflower and Chickpea Bake		Macaroni & Cheese		Frozen Soup	
Lamb Salad		Flaked Salmon Salad		Chicken Salad		Frozen Main	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Frozen Dessert	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		FOR OFFICE USE ONLY Quantity of meals: _____ Date entered: _____ Entered by: _____	
Raspberry & White Chocolate Cake with Custard		French Cheesecake with Lemon Curd		Bread and Butter Pudding & Cream			
Fruit Only		Fruit & Custard		Fresh Fruit			
<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.**



# New Norfolk Meals on Wheels Autumn Winter Menu **WEEK 2**



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		<b>SUNDAY</b>	QTY
Tofu and Asian Veg Stir-fry with Rice		Vegetarian Lasagna		Vegetarian Nasi Goreng		Frozen Soup	
Chicken Salad		Chicken Caesar Salad		Pork Salad		Frozen Main	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Frozen Dessert	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Pavlova, Seasonal Fruit & Cream		Chocolate Bavarian		Apricot Danish & Custard			
Fruit Only		Fruit & Custard		Fresh Fruit			
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available everyday.</i>							

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# New Norfolk Meals on Wheels Autumn Winter Menu **WEEK 3**



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		<b>SUNDAY</b>	QTY
Bean & Vegetable Casserole		Honey Soy Tofu & Rice		Lentil Burger & Stir Fried Vegetables		Frozen Soup	
Lamb Salad		Salmon Salad		Pork Salad		Frozen Main	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Frozen Dessert	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Passionfruit Cheesecake		Chocolate Self Saucing Pudding & Cream		Pear & Apple Crumble with Cream			
Fruit Only		Fruit & Custard		Fresh Fruit			
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# New Norfolk Meals on Wheels Autumn Winter Menu **WEEK 4**



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		<b>SUNDAY</b>	QTY
Pumpkin & Cottage Cheese in Filo		Leek & Mushroom Pie		Mushroom, Cheese & Onion Omelette		Frozen Soup	
Chicken Salad		Tuna Salad		Lamb Salad		Frozen Main	
Mixed White Sandwiches		Mixed White Sandwiches		Mixed White Sandwiches		Frozen Dessert	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches			
Tiramisu & Cream		Chocolate Brownie with Ganache Sauce & Cream		Apple Pie & Custard			
Fruit Only		Fruit & Custard		Fresh Fruit			
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