

Meals on Wheels Spring Summer Menu 2024



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 2nd September 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 Spring Summer Menu **WEEK 1**



TUESDAY	QTY
Tomato & Bacon Soup	
Chicken Schnitzel, Seeded Mustard & Cream Sauce	
Salmon & Vegetable Patty & Tarragon Cream Sauce	
Sliced Lamb & Gravy	
Zucchini & Three Cheese Slice	
Lamb Salad	
Mixed White Sandwiches	
Mixed Wholemeal Sandwiches	
French Apple Cinnamon Cake & 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.

Meals on Wheels Spring Summer Menu **WEEK 2**



TUESDAY	QTY
French Onion Soup	
Satay Chicken & Rice	
Tuna Patties	
Corned Silverside & Parsley Sauce	
Pumpkin, Spinach & Ricotta Pasta	
Beef Salad	
Mixed White Sandwiches	
Mixed Wholemeal Sandwiches	
Blueberry & White Chocolate Cake & Cream	
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.

Meals on Wheels Spring Summer Menu **WEEK 3**



TUESDAY	QTY
Tomato & Vegetable Soup	
Corned Silverside & Parsley Sauce	
Baked Pork Loin & Capsicum Sauce	
Sliced Turkey & Gravy	
Vegetable Pad Thai	
Turkey Salad	
Mixed White Sandwiches	
Mixed Wholemeal Sandwiches	
Berry Self Saucing Pudding & Cream	
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.

Meals on Wheels Spring Summer Menu **WEEK 4**



TUESDAY	QTY
Potato, Chive & Bacon Soup	
Lamb, Honey & Mint Casserole	
Curried Sausages	
Sliced Pork & Gravy	
Vegetable Cottage Pie	
Pork Salad	
Mixed White Sandwiches	
Mixed Wholemeal Sandwiches	
Fruit Salad & Cream	
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.**