

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**



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	WEDNESDAY	QTY
Pea & Ham Soup		Cauliflower Cheese Soup	
Pork Chow Mein		Roast Beef & Gravy	
Beef Meatballs & Honey Mustard Sauce		Mongolian Lamb Casserole	
Sliced Chicken & Gravy		Curried Prawns & Rice	
Vegetable Moussaka		Spiced Cauliflower & Potato Fritter	
Chicken Salad		Tuna Salad	
Mixed White Sandwiches		Mixed White Sandwiches	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches	
Chocolate Bavarian & Cream		Pavlova, Tropical Fruit & Cream	
Fruit Only		Fruit & Custard	
<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.**

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



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	WEDNESDAY	QTY
Spring Vegetable Soup		Creamy Mushroom & Spring Onion Soup	
Lamb Rissoles & Mint Gravy		Roast Turkey, Gravy & Cranberry Sauce	
Five Spice Pork & Honey Steaks		Harissa Braised Lamb	
Sliced Pork & Gravy		Crumbed Whiting, Lemon Wedge & Tartare Sauce	
Thai Green Vegetable Curry & Rice		Braised Mushroom, Cream Cheese & Chive Quiche	
Pork Salad		Salmon Salad	
Mixed White Sandwiches		Mixed White Sandwiches	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches	
Passionfruit Cheesecake		Tiramisu & Cream	
Fruit Only		Fruit & Custard	
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available everyday.</i>			

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Mashed potato is available instead of rice.**

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



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	WEDNESDAY	QTY
Pumpkin Soup		Potato & Leek Soup	
Chicken Schnitzel & Lemon Sauce		Roast Pork & Gravy	
Beef Sausages in Onion Gravy		Moroccan Lamb Casserole	
Sliced Lamb & Gravy		Tuna Patties & Lemon Cream Sauce	
Matar Paneer & Spinach		Spinach, Cheese & Tomato Omelette	
Lamb Salad		Tuna Salad	
Mixed White Sandwiches		Mixed White Sandwiches	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches	
Apple Danish & Custard		Chocolate Brownie, Ganache & Cream	
Fruit Only		Fruit & Custard	
<i>Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available everyday.</i>			

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Mashed potato is available instead of rice.**

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



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	WEDNESDAY	QTY
Cauliflower Cheese Soup		Hearty Beef Soup	
Pork Scallopini with Leak & Mushroom Sauce		Roast Lamb, Gravy & Mint Sauce	
Chicken Parmigiana		Beef Lasagne	
Sliced Beef & Gravy		Battered Flathead, Lemon Wedge & Tartare Sauce	
Vegetable Chow Mein & Rice		Leek, Cheese, Onion & Potato Tart with Tomato Relish	
Beef Salad		Salmon Salad	
Mixed White Sandwiches		Mixed White Sandwiches	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches	
Apricot Danish & Cream		Banana Cinnamon Cake & Salted Caramel Sauce	
Fruit Only		Fruit & Custard	
<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.**