

# Meals on Wheels GLUTEN FREE Spring Summer Menu 2024



Meals on Wheels

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.***

**While we do take all due care to ensure our meals are Gluten Free, we cannot guarantee that they are.**

# Meals on Wheels Spring Summer Menu **WEEK 1**



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



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Pea & Ham Soup		Tomato & Bacon Soup		Cauliflower Cheese Soup		Minestrone Soup		Moroccan Pumpkin Soup		Frozen Soup	
Pork Chow Mein		Chicken Schnitzel, Seeded Mustard & Cream Sauce		Roast Beef & Gravy		Sweet & Sour Chicken with Rice		Grilled Salmon & Herb Glaze		Frozen Main	
Beef Meatballs & Honey Mustard Sauce		Salmon & Vegetable Patty & Tarragon Cream Sauce		Mongolian Lamb Casserole		Juniper Berry Beef Casserole		Chicken with Pear & Lemon Sauce		Frozen Dessert	
Sliced Chicken & Gravy		Sliced Lamb & Gravy		Curried Prawns & Rice		Sliced Pork & Gravy		Sliced Beef & Gravy		<b>SUNDAY</b>	QTY
Vegetable Moussaka		Zucchini & Three Cheese Slice		Spiced Cauliflower & Potato Fritter		Caramelised Onion & Cheese Omelette		Sweet Potato & Ricotta Tart		Frozen Soup	
Chicken Salad		Lamb Salad		Tuna Salad		Pork Salad		Beef Salad		Frozen Main	
Chocolate Berry Tart & Cream		Apple & Rhubarb Crumble & Custard		Pavlova, Tropical Fruit & Cream		Sticky Date Pudding & Butterscotch Sauce		Apricot & Coconut Crumble & Custard		Frozen Dessert	

*Fruit only, Fresh Fruit, and Jelly also available everyday.*

**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.**

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



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



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Spring Vegetable Soup		French Onion Soup		Creamy Mushroom & Spring Onion Soup		Potato & Leek Soup		Chicken & Vegetable Soup		Frozen Soup	
Lamb Rissoles & Mint Gravy		Satay Chicken & Rice		Roast Turkey, Gravy & Cranberry Sauce		Pickled Pork & Mustard Sauce		Steamed Flathead, Lemon Wedge & Tartare Sauce		Frozen Main	
Five Spice Pork & Honey Steaks		Tuna Patties		Harissa Braised Lamb		Honey Soy Marinated Chicken		Beef Stroganoff		Frozen Dessert	
Sliced Pork & Gravy		Corned Silverside & Parsley Sauce		Grilled Whiting, Lemon Wedge & Tartare Sauce		Sliced Lamb & Gravy		Sliced Chicken & Gravy		<b>SUNDAY</b>	QTY
Thai Green Vegetable Curry & Rice		Pumpkin, Spinach & Ricotta Pasta		Braised Mushroom, Cream Cheese & Chive Quiche		Spiced Chickpea & Vegetable Fritter		Spinach & Feta Rolls with Relish		Frozen Soup	
Pork Salad		Beef Salad		Salmon Salad		Lamb Salad		Chicken Salad		Frozen Main	
Cheesecake with Passionfruit Syrup		Blueberry Cake & Cream		Coffee Cheesecake & Cream		Apple Rhubarb Crumble & Custard		Chocolate Mud Cake, Ganache & Cream		Frozen Dessert	

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



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



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Pumpkin Soup		Creamy Tomato Soup		Potato & Bacon Soup		Lamb & Vegetable Soup		Cream of Chicken Soup		Frozen Soup	
Butter Chicken		Corned Silverside & Parsley Sauce		Roast Pork & Gravy		Shepherd's Pie		Lemon Myrtle Barramundi, White Wine Cream Sauce		Frozen Main	
Beef Sausages in Onion Gravy		Baked Pork Loin & Capsicum Sauce		Moroccan Lamb Casserole		Chicken Ala King		Lamb Meatball, Caramelised Onion Gravy		Frozen Dessert	
Sliced Lamb & Gravy		Sliced Turkey & Gravy		Tuna Patties & Lemon Cream Sauce		Sliced Beef & Gravy		Sliced Chicken & Gravy		<b>SUNDAY</b>	QTY
Matar Paneer & Spinach		Vegetable Pad Thai		Spinach, Cheese & Tomato Omelette		Vegetable Lasagne		Sweet Potato, Caramelised Onion & Ricotta Fritter		Frozen Soup	
Lamb Salad		Turkey Salad		Tuna Salad		Beef Salad		Chicken Salad		Frozen Main	
Apple Slice & Custard		Berry Friande & Cream		Chocolate Brownie, Ganache & Cream		Orange & Almond Cake with Cream		Cheesecake with Berry Coulis		Frozen Dessert	

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



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



MONDAY	QTY	TUESDAY	QTY	WEDNESDAY	QTY	THURSDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Cauliflower Cheese Soup		Potato, Chive & Bacon Soup		Hearty Beef Soup		Chicken & Corn Soup		Spring Vegetable Soup		Frozen Soup	
Pork Scallopini with Leak & Mushroom Sauce		Lamb, Honey & Mint Casserole		Roast Lamb, Gravy & Mint Sauce		Beef Rissole & Onion Gravy		Grilled Salmon with Herb Glaze		Frozen Main	
Chicken Parmigiana		Curried Sausages		Beef Lasagne		Cheese, Bacon & Mushroom Omelette		Chicken, Spinach Penne Pasta with Basil Pesto		Frozen Dessert	
Sliced Beef & Gravy		Sliced Pork & Gravy		Battered Flathead, Lemon Wedge & Tartare Sauce		Sliced Chicken & Gravy		Sliced Lamb & Gravy		<b>SUNDAY</b>	QTY
Vegetable Chow Mein & Rice		Vegetable Cottage Pie		Leek, Cheese, Onion & Potato Tart with Tomato Relish		Mediterranean Eggplant Parmigiana		Pumpkin, Spinach & Feta Fritter		Frozen Soup	
Beef Salad		Pork Salad		Salmon Salad		Chicken Ceaser Salad		Lamb Salad		Frozen Main	
Apricot Danish & Cream		Fruit Salad & Cream		Banana Cinnamon Cake & Salted Caramel Sauce		Tropical Fruit Trifle & Cream		Pear & Apple Crumble with Custard		Frozen Dessert	

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