

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 16th 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 | | SUNDAY | 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 | | SUNDAY | 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 | |
| <i>Fruit only, Fresh Fruit, and Jelly also available everyday.</i> | | | | | | | | | | | |

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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 | | SUNDAY | 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 | | SUNDAY | 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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