

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	FRIDAY	QTY	SATURDAY	QTY
Pea & Ham Soup		Cauliflower Cheese Soup		Moroccan Pumpkin Soup		Frozen Soup	
Pork Chow Mein		Roast Beef & Gravy		Grilled Salmon & Herb Glaze		Frozen Main	
Beef Meatballs & Honey Mustard Sauce		Mongolian Lamb Casserole		Chicken with Pear & Lemon Sauce		Frozen Dessert	
Sliced Chicken & Gravy		Curried Prawns & Rice		Sliced Beef & Gravy		SUNDAY	QTY
Vegetable Moussaka		Spiced Cauliflower & Potato Fritter		Sweet Potato & Ricotta Tart		Frozen Soup	
Chicken Salad		Tuna Salad		Beef 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: _____	
Chocolate Bavarian & Cream		Pavlova, Tropical Fruit & Cream		Apricot & Coconut Crumble & Custard			
Fruit Only		Fruit & Custard		Fresh Fruit			
Fruit only, Fruit and Custard, Fresh Fruit, Jelly or Jelly and custard also available everyday.							

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	FRIDAY	QTY	SATURDAY	QTY
Spring Vegetable Soup		Creamy Mushroom & Spring Onion Soup		Chicken & Vegetable Soup		Frozen Soup	
Lamb Rissoles & Mint Gravy		Roast Turkey, Gravy & Cranberry Sauce		Tempura Flathead, Lemon Wedge & Tartare Sauce		Frozen Main	
Five Spice Pork & Honey Steaks		Harissa Braised Lamb		Beef Stroganoff		Frozen Dessert	
Sliced Pork & Gravy		Crumbed Whiting, Lemon Wedge & Tartare Sauce		Sliced Chicken & Gravy		SUNDAY	QTY
Thai Green Vegetable Curry & Rice		Braised Mushroom, Cream Cheese & Chive Quiche		Spinach & Feta Rolls with Relish		Frozen Soup	
Pork Salad		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			
Passionfruit Cheesecake		Tiramisu & Cream		Chocolate Mud Cake, Ganache & Cream			
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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Mashed potato is available instead of rice.

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



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	WEDNESDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Pumpkin Soup		Potato & Leek Soup		Chicken Noodle Soup		Frozen Soup	
Chicken Schnitzel & Lemon Sauce		Roast Pork & Gravy		Lemon Myrtle Barramundi, White Wine Cream Sauce		Frozen Main	
Beef Sausages in Onion Gravy		Moroccan Lamb Casserole		Lamb Meatball, Caramelised Onion Gravy		Frozen Dessert	
Sliced Lamb & Gravy		Tuna Patties & Lemon Cream Sauce		Sliced Chicken & Gravy		SUNDAY	QTY
Matar Paneer & Spinach		Spinach, Cheese & Tomato Omelette		Sweet Potato, Caramelised Onion & Ricotta Fritter		Frozen Soup	
Lamb Salad		Tuna 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			
Apple Danish & Custard		Chocolate Brownie, Ganache & Cream		Cheesecake with Berry Coulis			
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.**

Meals on Wheels Spring Summer Menu WEEK 4



CLIENT NAME: _____ BRANCH: _____



MONDAY	QTY	WEDNESDAY	QTY	FRIDAY	QTY	SATURDAY	QTY
Cauliflower Cheese Soup		Hearty Beef Soup		Spring Vegetable Soup		Frozen Soup	
Pork Scallopini with Leak & Mushroom Sauce		Roast Lamb, Gravy & Mint Sauce		Grilled Salmon with Herb Glaze		Frozen Main	
Chicken Parmigiana		Beef Lasagne		Chicken, Spinach Penne Pasta with Basil Pesto		Frozen Dessert	
Sliced Beef & Gravy		Battered Flathead, Lemon Wedge & Tartare Sauce		Sliced Lamb & Gravy		SUNDAY	QTY
Vegetable Chow Mein & Rice		Leek, Cheese, Onion & Potato Tart with Tomato Relish		Pumpkin, Spinach & Feta Fritter		Frozen Soup	
Beef Salad		Salmon 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			
Apricot Danish & Cream		Banana Cinnamon Cake & Salted Caramel Sauce		Pear & Apple Crumble with Custard			
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.
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