

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	THURSDAY	QTY
Tomato & Bacon Soup		Minestrone Soup	
Chicken Schnitzel, Seeded Mustard & Cream Sauce		Sweet & Sour Chicken with Rice	
Salmon & Vegetable Patty & Tarragon Cream Sauce		Juniper Berry Beef Casserole	
Sliced Lamb & Gravy		Sliced Pork & Gravy	
Zucchini & Three Cheese Slice		Caramelised Onion & Cheese Omelette	
Lamb Salad		Pork Salad	
Mixed White Sandwiches		Mixed White Sandwiches	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches	
French Apple Cinnamon Cake & Custard		Sticky Date Pudding & Butterscotch Sauce	
Jelly & Custard		Jelly	

**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	THURSDAY	QTY
French Onion Soup		Potato & Leek Soup	
Satay Chicken & Rice		Pickled Pork & Mustard Sauce	
Tuna Patties		Honey Soy Marinated Chicken	
Corned Silverside & Parsley Sauce		Sliced Lamb & Gravy	
Pumpkin, Spinach & Ricotta Pasta		Spiced Chickpea & Vegetable Fritter	
Beef Salad		Lamb Salad	
Mixed White Sandwiches		Mixed White Sandwiches	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches	
Blueberry & White Chocolate Cake & Cream		Apple Rhubarb Crumble & Custard	
Jelly & Custard		Jelly	

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Mashed potato is available instead of rice.**

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



TUESDAY	QTY	THURSDAY	QTY
Tomato & Vegetable Soup		Lamb & Vegetable Soup	
Corned Silverside & Parsley Sauce		Shepherd's Pie	
Baked Pork Loin & Capsicum Sauce		Chicken Ala King	
Sliced Turkey & Gravy		Sliced Beef & Gravy	
Vegetable Pad Thai		Vegetable Lasagne	
Turkey Salad		Beef Salad	
Mixed White Sandwiches		Mixed White Sandwiches	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches	
Berry Self Saucing Pudding & Cream		Maple Syrup Cake & Cream	
Jelly & Custard		Jelly	

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



TUESDAY	QTY	THURSDAY	QTY
Potato, Chive & Bacon Soup		Chicken & Corn Soup	
Lamb, Honey & Mint Casserole		Beef Rissole & Onion Gravy	
Curried Sausages		Cheese, Bacon & Mushroom Omelette	
Sliced Pork & Gravy		Sliced Chicken & Gravy	
Vegetable Cottage Pie		Mediterranean Eggplant Parmigiana	
Pork Salad		Chicken Caesar Salad	
Mixed White Sandwiches		Mixed White Sandwiches	
Mixed Wholemeal Sandwiches		Mixed Wholemeal Sandwiches	
Fruit Salad & Cream		Tropical Fruit Trifle & Cream	
Jelly & Custard		Jelly	

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Mashed potato is available instead of rice.**