

(V-Vegetarian, GF-Gluten free)

Please be aware that all care is taken when catering for special requirements. Please be advised that our kitchen handles nuts, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi and dairy products. Clients' requests will be catered for to the best of our ability, but the decision to consume a meal is the responsibility of the individual.

### HOW TO ORDER

Fill out this order form and give it to your Meals on Wheels driver or return it to us at the centre. You are also welcome to phone in your order to the office on 07 5494 6948.

### DELIVERY

Meals can be delivered every Monday, Wednesday and Friday (depending on area). If it is more convenient, your order can be picked up from our office.

Special arrangements are made for public holidays.

### PAYMENT

You will be invoiced for your meals.

Accounts can be settled in person, by mail or over the phone.

Invoices can be paid by cash, credit card or cheque.

Direct debit can be arranged if preferred.

**Ph: 07 5494 6948**



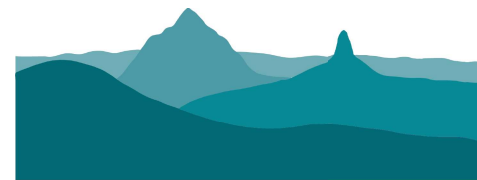
#### Office address:

352 Peachester Road  
Beerwah Q 4519

#### Office hours:

Mon, Tue, Thu, Fri: 8am-4pm  
Wed: 9am-4pm

GLASSHOUSE  
COUNTRY MEALS  
OUR KITCHEN TO YOURS



*Order form*

**OCTOBER 2025**

NAME:

DELIVERY DATE:

☐ PICK UP

**Ph: 07 5494 6948**

OCTOBER SPECIAL \$3 funded, \$4.50 full price		QTY
SM5	Spiced pineapple carrot cake with sour cream and citrus frosting (V)	

## FROZEN MEALS SM \$6 funded, \$8.50 full price LG \$8 funded, \$12 full price

ROASTS		SM	LG
R1	Roast chicken (GF)		
R2	Roast beef (GF)		
R3	Roast pork (GF)		
R4	Medley of roast vegetables (V, GF)		
FROM THE SEA		SM	LG
A10	Barramundi with lemon & parsley sauce (GF)		
A11	Salmon & barramundi baked fish mornay		
A TASTE OF ASIA		SM	LG
A12	Chicken tikka masala (GF)		
A14	Mongolian beef (GF)		
A15	Chickpea & dahl vegetable curry (V, GF)		
PASTA		SM	LG
A17	Tuscan chicken linguine		
A22	Penne carbonara		
A28	Linguine prima vera (V)		
FAMILY FAVOURITES		SM	LG
A29	Juicy beef rissoles (GF)		
A30	Braised lamb shank (GF)		
A31	Mustard Diane pork loin steak (GF)		
A32	Beef silverside (GF)		
A33	Side of vegetables (V) \$5.50 funded, \$7 full price		
PIES AND PASTRIES <small>\$6 funded, \$8.50 full price</small>		QTY	
C3	Pepper steak pie		
C4	Beef mince pie with bacon and cheese		
C5	Curried chicken pie		
C7	Vegetarian quiche (V)		

SOUPS (frozen) <small>\$3 funded, \$4 full price</small>		QTY
B1	Chunky chicken & corn chowder	
B2	Rich pea & ham soup	
B3	Hearty beef & vegetable soup	
B4	Creamy pumpkin soup (V)	
B5	Vegetable & barley soup (V)	
DESSERTS (frozen) <small>\$3 funded, \$4.50 full price</small>		
F1	Peach & apricot crumble cake (V)	
F2	Passionfruit cheesecake (GF)	
F4	Trio of velvety mousse (V, GF)	

## FRESH OPTIONS

SALADS    \$8 funded, \$12 full price				QTY
D1	Garden salad (V, GF)			
D2	Garden salad with ham (GF)			
D3	Garden salad with chicken (GF)			
D6	Turkey waldorf slaw (GF)			
SANDWICHES    \$5.50 funded, \$7.50 full price		WHITE	WMEAL	QTY
E2	Ham, cheese & tomato			
E3	Chicken, mayo & lettuce			
E6	Egg & lettuce (V)			
WRAPS    \$5.50 funded, \$7.50 full price				QTY
E8	Sweet chilli chicken wrap			
E9	Grilled vegetable salad wrap (V)			
SNACK BOX    \$3 funded, \$4.50 full price				QTY
S1	With kabana			
S2	Without kabana (V)			