

Frozen Meals

SMALL \$6.00 funded \$8.50 full price
LARGE \$8.00 funded \$12.00 full price

ROAST with vegetables		SM	LG
A1	Roast chicken		
A2	Roast beef		
A20	Roast pork		
PASTA		SM	LG
A10	Vegetable lasagne		
A11	Salmon & spinach pasta bake		
A13	Spaghetti & meatballs		
TRADITIONAL		SM	LG
A14	Grilled chicken with potato bake		
A15	Chicken parmigiana & wedges		
A17	Pork sausages with hash browns & beans		
A22	Lamb rissoles		
A12	Fish cakes, parsley sauce & crispy diced potatoes		
A27	Lamb shank with mint sauce & mash		

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TAKEAWAY MEALS		SM	LG
A24	Mexican beef & bean bake, rice & corn chips		
A5	Chicken satay, steamed rice & veg		
PIES		QTY	
C3	Beef, cheese & onion pie with roast potatoes & peas		
C4	Chicken & mushroom pie with mash		

Salads

\$8.00 funded \$12.00 full price

SALADS (contain egg)		QTY
D1	Garden salad	
D2	Garden salad - Chicken	
D3	Garden salad - Ham	
D5	Greek salad with feta & croutons	
D6	Asian chicken salad with noodles & sesame dressing	

Soup

\$3.00 funded \$4.00 full price

SOUP		QTY
B1	Soup of the week with crusty bread roll	

Sandwiches

\$5.50 funded \$7.50 full price

SANDWICHES		QTY
E1	Chicken, mayo & lettuce	
E2	Ham, cheese & tomato	
E6	Egg & lettuce	
Circle one		White Wholemeal

Desserts

\$3.00 funded \$4.50 full price

DESSERTS		QTY
F1	Blueberry cheesecake	
F2	Choc-orange pudding with ice-cream	
F7	Sticky date pudding with custard	

Canapé Snack Box

\$3.00 funded \$4.50 full price

		QTY
S1	Carrot sticks, celery sticks, cheese, crackers & dip	

Monthly Special - October

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Frozen Meal		SM	LG
A3	Roast lamb		

Comments

How to order

Orders are taken one week in advance.

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.

Our Home Care Package clients can charge up to 70% of their meal delivery costs to their package. Speak with your Care Manager for more information.



Meals on Wheels

Order Form

Summer Menu

October 2023

Name:

Delivery Date:

Ph: 07 5494 6948

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