

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 with vegetables | | SM | LG |
| A4 | Beef lasagne | | |
| A22 | Broccoli and bacon macaroni and cheese | | |
| A14 | Vegetable moussaka | | |
| TRADITIONAL with vegetables | | SM | LG |
| C3 | Lamb rissoles with potatoes & mint sauce | | |
| A5 | Pork medallions with cabbage & potatoes | | |
| A24 | Beef sausages with onion gravy | | |
| A15 | Chicken parmigiana, wedges & vegetables | | |
| A11 | Steamed fish with parsley sauce | | |
| A27 | Lamb shank with mint sauce and mash | | |

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| TAKEAWAY MEALS | | SM | LG |
|---------------------------------------|-----------------------------|-----------|-----------|
| A9 | Beef chow mein | | |
| A10 | Butter chicken rice | | |
| PIES with mash, peas and gravy | | SM | LG |
| C4 | Chicken, cheese & leek tart | | |
| C5 | Potato top pie | | |

Salads

\$8.00 funded \$12.00 full price

| SALADS (contain egg) | | QTY |
|-----------------------------|------------------------|------------|
| D1 | Garden salad | |
| D2 | Garden salad - Chicken | |
| D3 | Garden salad - Ham | |
| D4 | Garden salad - Beef | |
| D5 | Caesar salad - Chicken | |

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 |
|-------------------|-------------------|------------|
| E6 | Egg and lettuce | |
| E4 | Chicken and salad | |
| E5 | Ham and salad | |
| Circle one | White | Wholemeal |

Desserts

\$3.00 funded \$4.50 full price

| DESSERTS | | QTY |
|-----------------|-----------------------------------|------------|
| F4 | Summer fruit crumble with custard | |
| F3 | Cheesecake with berry coulis | |
| F1 | Lemon delicious with ice-cream | |

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.

Delivery

Meals can be delivered every Monday, Wednesday and Friday.

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.

Comments



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Meals on Wheels

Order Form

Summer Menu

2022/2023

Name:

Phone:

Delivery Date:

