

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
A21	Baked rigatoni		
A22	Broccoli and bacon macaroni and cheese		
A23	Vegetable lasagne		
TRADITIONAL with vegetables		SM	LG
C3	Lamb rissoles with mash and gravy		
A16	Pork sausages with onion gravy		
A24	Beef sausages with onion gravy		
A25	Chicken casserole with potatoes & dumplings		
A26	Baked fish with creamy lemon and dill sauce		
A27	Lamb shank with mint sauce and mash		

Frozen Meals

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

QUICHE with vegetables		SM	LG
A18	Salmon quiche		
A28	Quiche Lorraine		
PIES with mash, peas and gravy		SM	LG
C1	Chicken pie		
C2	Beef 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
F5	Apple crumble with custard	
F6	Bread and butter pudding with ice cream	
F7	Sticky date pudding with custard	

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



Ph: 07 5494 6948

352 Peachester Road
Beerwah Q 4519

admin@ghcare.org.au
www.ghcare.org.au



Meals on Wheels

Order Form

Winter Menu

Name:

Phone:

Delivery Date:

