

(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**



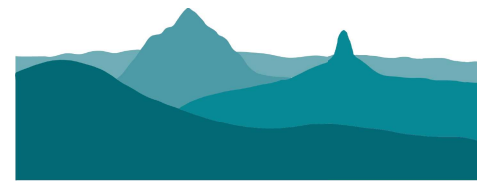
#### Office address:

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*

**NOVEMBER 2025**

NAME:

DELIVERY DATE:

☐ PICK UP

**Ph: 07 5494 6948**

| NOVEMBER SPECIAL \$3 funded, \$4.50 full price |                                                                                                                           | QTY |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----|
| SM5                                            | Grilled polenta cakes topped with sundried tomato and roasted capsicum sauce, served with a medley of roasted vegetables. |     |

## 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)               |       |       |     |