

Meals on Wheels Menu - 2023



Mains \$8.00

Menu 1	Menu 2	Menu 3	Menu 4
Baked Fish Mornay Sauce G, GF	Spaghetti with Meatballs G, GF	Beef Stroganoff with Pasta G, GF	Salmon and Vegetable Pasties with Hollandaise Sauce G
Roast Beef with Gravy GF	Barramundi with Lemon Butter GF	Corned Silverside in White Sauce GF	Homemade Sausage Rolls G
Savoury Mince GF	Beef Rissoles with Gravy GF	Roast Pork with Gravy GF	Spaghetti Bolognese G, GF
Cottage Pie GF	Roast Turkey with Gravy GF	Pan Seared Barramundi with Herb Butter GF	Battered Pork Pieces with Plum Sauce G
Butter Chicken GF	Chicken Hoisin Stir fry with Rice G	Lemon Chicken G, GF	Chicken Schnitzel with Gravy GF
Pork Rissoles with Apple Gravy GF	Roast Lamb with Minted Gravy GF	Baked Chicken Thighs with Mushroom Sauce GF	Roast Chicken with Gravy GF
Southern Baked Chicken GF	Apricot Chicken with Rice GF	Lamb Rissoles with Chickpeas and Tomato Sauce GF	Beef Sausages with Onion Gravy GF

**** Every main meal includes one portion of starch and two serves of seasonal vegetables.**

G = Gluten, GF = Gluten Free (note Gluten free products include dairy and soy)

Dessert \$3.00

Menu 1	Menu 2	Menu 3	Menu 4
Bread n Butter Pudding	Pear Crumble	Apple Turnover	Sticky Date Pudding
Chocolate Mousse	Milky Bar Mousse	Lemon Cheesecake	Apricot Slice
Fruit Muffins	Fruit Muffins	Fruit Muffins	Fruit Muffins
Fruit and Custard	Fruit and Custard	Fruit and Custard	Fruit and Custard

Breakfast \$1.00

Menu 1	Menu 2	Menu 3	Menu 4
Seasonal Fruit Smoothie	Seasonal Fruit Smoothie	Seasonal Fruit Smoothie	Seasonal Fruit Smoothie
Savoury Muffins (egg, cheese, bacon)	Savoury Muffins (egg, cheese, bacon)	Savoury Muffins (egg, cheese, bacon)	Savoury Muffins (egg, cheese, bacon)
Ham and Cheese Omelette Muffins	Ham and Cheese Omelette Muffins	Ham and Cheese Omelette Muffins	Ham and Cheese Omelette Muffins

Soups \$3.00

Menu 1	Menu 2	Menu 3	Menu 4
Potato and Leek	Pumpkin	Cream of Mushroom	Minestrone
Beef, Barley and Vegetable	Potato and Bacon	Pea and Ham	Chicken and Noodle
Hearty Bean and Vegetable	Creamy Kale	Tomato	Broccoli

This is an only example, changes to the menu over time will occur. For any questions or queries, please contact us on 07 5600 0750.