

NAME:										
MENU	5	Wk 1	MENU	6	Wk 2	#	FROZEN MEALS	Wk 1	Wk 2	
Monday, 1 April 2019			Monday, 8 April 2019			1	Chicken Schnitzel & Gravy	0	0	
MEAL A	Irish Stew	0	MEAL A	Spaghetti Bolognese	0	2	Chicken Cabonarra	0	0	
MEAL B	Spinach & Fetta Quiche		MEAL B	Pork Riblets & Gravy						
SANDWICH	Lamb & Pickles	0	SANDWICH	Beef Lettuce & Tomato	0	3	Lamb Rissoles & Gravy	0	0	
SALAD	Lamb & Salad	0	SALAD	Beef & Salad	0	4	Beef Lasagne	0	0	
Tuesday, 2 April 2019			Tuesday, 9 April 2019			5	Savoury Mince	0	0	
MEAL A	Beef Sausages & Onion Gravy	0	MEAL A	Cottage Pie	0	6	Sweet & Sour Pork	0	0	
MEAL B	Chicken Parmigiana & Gravy		MEAL B	Chicken Schnitzel & Gravy						
SANDWICH	Egg & Lettuce	0	SANDWICH	Corned Beef & Tomato	0	7	Pork Riblets & Gravy	0	0	
SALAD	Chicken & Salad	0	SALAD	Chicken & Salad	0	8	Chicken Drumstick & Gravy	0	0	
Wednesday, 3 April 2019			Wednesday, 10 April 2019			9	Roast Beef & Gravy	0	0	
MEAL A	Roast Chicken & Gravy	0	MEAL A	Roast Beef & Gravy	0	10	Roast Chicken & Gravy	0	0	
MEAL B	Beef and Potato Korma Curry	0	MEAL B	Lamb Hot Pot	0	11	Roast Lamb & Gravy	0	0	
SANDWICH	Ham Cheese & Tomato	0	SANDWICH	Salmon & Cucumber	0	12	Roast Pork & Gravy	0	0	
SALAD	Ham & Salad	0	SALAD	Salmon & Salad	0	WEEKEND FROZEN MEALS			#	
Thursday, 4 April 2019			Thursday, 11 April 2019			6/04/2019	0	FROZEN MEAL#		
MEAL A	Pork Chop Apple Sauce & Gravy	0	MEAL A	Pork Sausages & Apple Gravy	0	7/04/2019	0	FROZEN MEAL#		
MEAL B	Beef Lasagne		MEAL B	Egg & Bacon Quiche						
SANDWICH	Tuna & Onion	0	SANDWICH	Lamb & Pickles	0	13/04/2019	0	FROZEN MEAL#		
SALAD	Tuna & Salad	0	SALAD	Lamb & Salad	0	14/04/2019	0	FROZEN MEAL#		
Friday, 5 April 2019			Friday, 12 April 2019			WEEKEND AND PUBLIC HOLIDAY FROZEN MEALS WILL BE DELIVERED DURING THE WEEK PRIOR				
MEAL A	Grilled Fish with Mornay	0	MEAL A	Steamed Fish & Seafood Sauce	0	SOUP 70 cents	0	QUANTITY NEEDED		
MEAL B	Chicken Kiev & Gravy	0	MEAL B	Pickled Pork & White Sauce	0	Soup sachets will be delivered on the day of your first meal of the week. Please indicate the quantity needed.				
SANDWICH	Curried Egg	0	SANDWICH	Chicken & Avocado	0					
SALAD	Turkey & Salad	0	SALAD	Corned Beef & Salad	0					

PRICES	
Meal or Salad Pack (main, dessert and juice)	\$9.50
Main Meal Only (hot, chilled, or frozen)	\$7.00
Sandwich Pack (sandwich, dessert and juice)	\$7.50
Soup Sachets	\$0.70
<u>EXAMPLES OF COSTS WHEN ORDERING:-</u>	
Main Only & Sandwich Pack Total	\$14.50
Meal Pack & Sandwich Pack	\$17.00

HOW TO COMPLETE MENU	
PLEASE TICK OR COLOUR IN OPTION OF YOUR CHOICE	O
FOR A SALAD OR SANDWICH TICK THESE OPTIONS	O
IF YOU WOULD LIKE BOTH A MEAL AND SANDWICH OR SALAD TICK BOTH THESE OPTIONS	O

Online ordering
www.mowtoowoomba.com.au/menus-and-ordering
 If you wish to order online please phone
 07 46328355 for a password

If you are having problems with
 the menu or what food
 choices are on offer; please
 contact the office on
4632 8355
 and have a chat to one of our
 friendly administration staff.

81 Herries Street
PO Box 918
Toowoomba Q 4350

P: 4632 8355
F: 4632 8015
E: mowtoowoomba@bigpond.com

W: mowtoowoomba.com.au

MEALS DELIVERED BETWEEN 11:15am & 1:00pm



MENU

5 & 6

Weeks Commencing

Monday, 1 April 2019

Monday, 8 April 2019

Please Return By

Thursday, 21 March 2019

ALL MEALS COME

SERVED WITH VEGETABLES

**PLEASE REMEMBER TO WRITE
 NAME AND ADDRESS ON THE
 MENU**

NAME: _____

 ADDRESS: _____

 RUN NO. _____

MENU

5 & 6