

NAME:									
MENU	3	Wk 1	MENU	4	Wk 2	#	FROZEN MEALS	Wk 1	Wk 2
<b>Monday, 13 May 2019</b>			<b>Monday, 20 May 2019</b>			1	Cottage Pie	0	0
MEAL A	Chicken Schnitzel & Gravy	0	MEAL A	Beef & Potato Casserole	0	2	Lamb Hot Pot	0	0
MEAL B	Steak and Bacon Pie	0	MEAL B	Spaghetti Bolognese	0	3	Battered Fish With Garlic Prawns	0	0
SANDWICH	Corned Beef & Tomato	0	SANDWICH	Tuna & Mayo	0	4	Corned Beef & White Sauce	0	0
SALAD	Corned Beef & Salad	0	SALAD	Tuna & Salad	0	5	Beef Keema Curry	0	0
<b>Tuesday, 14 May 2019</b>			<b>Tuesday, 21 May 2019</b>			6	Beef Sausages & Gravy	0	0
MEAL A	Pork Chop Apple Sauce & Gravy	0	MEAL A	Beef Sausages & Gravy	0	7	Ham & Asparagus Quiche	0	0
MEAL B	Steamed Fish with Mornay Sauce	0	MEAL B	Chicken Caesar salad	0	8	Spaghetti Bolognese	0	0
SANDWICH	Egg & Lettuce	0	SANDWICH	Cheese & Salad	0	9	Savoury Mince	0	0
SALAD	Salmon & Salad	0	SALAD	Chicken & Salad	0	10	Chicken Pesto Lasagna	0	0
<b>Wednesday, 15 May 2019</b>			<b>Wednesday, 22 May 2019</b>			11	Roast Beef & Gravy	0	0
MEAL A	Roast Beef & Gravy	0	MEAL A	Roast Pork Gravy & Apple Sauce	0	12	Roast Chicken & Gravy	0	0
MEAL B	Roast Chicken & Gravy	0	MEAL B	Honey BBQ Grilled Chicken	0	13	Roast Lamb & Gravy	0	0
SANDWICH	Ham & Cheese	0	SANDWICH	Corned Beef & Pickles	0	14	Roast Pork & Gravy	0	0
SALAD	Ham & Salad	0	SALAD	Corned Beef & Salad	0	<b>WEEKEND FROZEN MEALS</b>			<b>#</b>
<b>Thursday, 16 May 2019</b>			<b>Thursday, 23 May 2019</b>			18/05/2019	0	FROZEN MEAL#	
MEAL A	Pork Rissoles & Gravy	0	MEAL A	Butter Chicken & Saffron Rice	0	19/05/2019	0	FROZEN MEAL#	
MEAL B	Chicken Cabonarra	0	MEAL B	Lamb Hotpot	0				
SANDWICH	Tuna Chives & Mayo	0	SANDWICH	Salmon & Cucumber	0	25/05/2019	0	FROZEN MEAL#	
SALAD	Chicken & Salad	0	SALAD	Salmon	0	26/05/2019	0	FROZEN MEAL#	
<b>Friday, 17 May 2019</b>			<b>Friday, 24 May 2019</b>			<b>WEEKEND AND PUBLIC HOLIDAY FROZEN MEALS WILL BE DELIVERED DURING THE WEEK PRIOR</b>			
MEAL A	Battered Fish with Garlic Prawns	0	MEAL A	Grilled Fish with Mornay Sauce	0	SOUP \$2.50	0	QUANTITY NEEDED	
MEAL B	Beef Lasagne	0	MEAL B	Chicken Drumstick & Gravy	0	<b>Soup sachets will be delivered on the day of your first meal of the week. Please indicate the quantity needed.</b>			
SANDWICH	Bacon, Lettuce & Tomato	0	SANDWICH	Bacon, Lettuce & Tomato	0				
SALAD	Pork & Salad	0	SALAD	Beef & Salad	0				

<b>PRICES</b>	
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	\$2.50
<u>EXAMPLES OF COSTS WHEN ORDERING:-</u>	
Main Only & Sandwich Pack Total	\$14.50
Meal Pack & Sandwich Pack	\$17.00

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

**Online ordering**  
[www.mowtoowoomba.com.au/menus-and-ordering](http://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](mailto:mowtoowoomba@bigpond.com)**  
  
**W: [mowtoowoomba.com.au](http://mowtoowoomba.com.au)**

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



**MENU**

**3 & 4**

**Weeks Commencing**

**Monday, 13 May 2019**

**Monday, 20 May 2019**

**Please Return By**

**Thursday, 2 May 2019**

**ALL MEALS COME**

**SERVED WITH VEGETABLES OR SALAD**

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

NAME: \_\_\_\_\_  
 \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 RUN NO. \_\_\_\_\_

**MENU**

**3 & 4**