

NAME:									
MENU	3	Wk 1	MENU	4	Wk 2	#	FROZEN MEALS	Wk 1	Wk 2
Monday, 18 March 2019			Monday, 25 March 2019			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	Seafood Pescatore	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
Tuesday, 19 March 2019			Tuesday, 26 March 2019			6	Beef Sausages & Gravy	0	0
MEAL A	Pork Chop Apple Sauce & Gravy	0	MEAL A	Steak With mushroom sauce	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
Wednesday, 20 March 2019			Wednesday, 27 March 2019			11	Roast Beef & Gravy	0	0
MEAL A	Roast Beef & Gravy	0	MEAL A	Roast Lamb & Mint Gravy	0	12	Roast Chicken & Gravy	0	0
MEAL B	Roast Chicken & Gravy	0	MEAL B	Pork Riblets & Gravy	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	WEEKEND FROZEN MEALS			#
Thursday, 21 March 2019			Thursday, 28 March 2019			23/03/2019	0	FROZEN MEAL#	
MEAL A	Pork Rissoles & Gravy	0	MEAL A	Public Holiday	0	24/03/2019	0	FROZEN MEAL#	
MEAL B	Chicken Cabonarra	0	MEAL B		0				
SANDWICH	Tuna Chives & Mayo	0	SANDWICH	0	0	30/03/2019	0	FROZEN MEAL#	
SALAD	Chicken & Salad	0	SALAD		0	31/03/2019	0	FROZEN MEAL#	
Friday, 22 March 2019			Friday, 29 March 2019			WEEKEND AND PUBLIC HOLIDAY FROZEN MEALS WILL BE DELIVERED DURING THE WEEK PRIOR			
MEAL A	Crumbed Fish & Garlic Prawn Sauce	0	MEAL A	Grilled Fish with Mornay Sauce	0	SOUP 70 cents	0	QUANTITY NEEDED	
MEAL B	Beef Lasagne	0	MEAL B	Chicken Drumstick & Gravy	0	Soup sachets will be delivered on the day of your first meal of the week. Please indicate the quantity needed.			
SANDWICH	Bacon, Lettuce & Tomato	0	SANDWICH	Bacon, Lettuce & Tomato	0				
SALAD	Pork & Salad	0	SALAD	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

3 & 4

Weeks Commencing

Monday, 18 March 2019

Monday, 25 March 2019

Please Return By

Thursday, 7 March 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