

NAME:										
MENU	1	Wk 1	MENU	2	Wk 2	#	FROZEN MEALS	Wk 1	Wk 2	
Monday, 29th April 2019			Monday, 6th May 2019			1	Chicken Schnitzel & Gravy	0	0	
MEAL A	Cottage Pie	0	MEAL A	LABOUR DAY - PUBLIC HOLIDAY	0	2	Pork Chop Apple Sauce & Gravy	0	0	
MEAL B	Chicken Cacciatore	0	MEAL B		0					
SANDWICH	Chicken & Avocado	0	SANDWICH		0	3	Steamed Fish & Seafood Sauce	0	0	
SALAD	Chicken & Salad	0	SALAD		0	4	Crumbed Fish & Tartare Sauce	0	0	
Tuesday, 30th April 2019			Tuesday, 7th May 2019			5	Beef Sausages & Onion Gravy	0	0	
MEAL A	Lamb Hot Pot	0	MEAL A	Chicken Enchilada	0	6	Chicken Parmigiana & Gravy	0	0	
MEAL B	Pork Riblets & Gravy	0	MEAL B	Ham & Asparagus Quiche	0					
SANDWICH	Beef Cheese & Chutney	0	SANDWICH	Egg & Lettuce	0	7	Sweet & Sour Pork	0	0	
SALAD	Beef & Salad	0	SALAD	Salmon & Salad	0	8	Steak & Kidney Potato Pie	0	0	
Wednesday, 1st May 2019			Wednesday, 8th March 2019			9	Roast Beef & Gravy	0	0	
MEAL A	Roast Turkey & Gravy	0	MEAL A	Roast Pork Gravy & Apple Sauce	0	10	Roast Chicken & Gravy	0	0	
MEAL B	Beef Sausages & Onion Gravy	0	MEAL B	Beef Rissole & Gravy	0	11	Roast Lamb & Gravy	0	0	
SANDWICH	Lamb Cheese & Onion	0	SANDWICH	Salad	0	12	Roast Pork & Gravy	0	0	
SALAD	Lamb & Salad	0	SALAD	Pork & Salad	0	WEEKEND FROZEN MEALS			#	
Thursday, 2nd May 2019			Thursday, 9th May 2019			4/05/2019	0	FROZEN MEAL#		
MEAL A	Corned Beef & White Sauce	0	MEAL A	Savoury Mince	0	5/05/2019	0	FROZEN MEAL#		
MEAL B	Pork Rissoles & Gravy	0	MEAL B	Chicken Pesto Lasagna	0					
SANDWICH	Pork & Chutney	0	SANDWICH	Bacon, Lettuce & Tomato	0	11/05/2019	0	FROZEN MEAL#		
SALAD	Pork & Salad	0	SALAD	Tuna & Salad	0	12/05/2019	0	FROZEN MEAL#		
Friday, 3rd May 2019			Friday, 10th May 2019			WEEKEND AND PUBLIC HOLIDAY FROZEN MEALS WILL BE DELIVERED DURING THE WEEK PRIOR				
MEAL A	Crumbed Fish, Lemon & Tartare Sauce	0	MEAL A	Steamed Fish & Seafood Sauce	0	SOUP \$2.50 cents	0	QUANTITY NEEDED		
MEAL B	Spaghetti Bolognaise	0	MEAL B	Pork Riblets & Gravy	0	Soups will be delivered on Monday, Wednesday & Friday. Please indicate the quantity needed.				
SANDWICH	Salad	0	SANDWICH	Beef Cheese & Pickles	0					
SALAD	Turkey & 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
1 & 2
Weeks Commencing
Monday, 29th April 2019

Monday, 6th May 2019

Please Return By
18th April 2019

ALL MEALS COME
SERVED WITH VEGETABLES Or SALADS

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

NAME: _____

 ADDRESS: _____

 RUN NO. _____

MENU

1 & 2