

FROZEN MENU		Week 1	Week 2	Week 3	WEEK 4
<b>Meals</b>					
1	BBQ BEEF SAUSAGES w/ CREAMY BACON GRAVY				
2	CORNERED BEEF w/ MUSTARD SAUCE				
3	CRUMBED FISH & TARTARE SAUCE				
4	HAWAIIAN CHICKEN PARMIGIANA				
5	ROAST CHICKEN & GRAVY				
6	ROAST PORK, APPLE SAUCE & GRAVY				
7	STEAMED FISH WITH LIME COCONUT SAUCE				
8	SWEET & SOUR PORK				
<b>SPECIAL MODIFIED MEALS ONLY</b>					
1	BEEF & Vegetables				
2	Chicken & Vegetables				
3	Lamb & Vegetables				
4	Fish & Vegetables				
5	Pork & Vegetables				
<b>Dessert</b>					
<b>Soups</b>					
<b>Juice</b>					
	Apple Juice				
	Orange Juice				
<b>Client Feedback:</b>					



St Stephens Toowoomba Meals On Wheels

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### November 2020

From 26/10/2020 to 20/11/2020

**Return order form by 15<sup>th</sup> OCTOBER 2020**

Client Name	
Address	
Run	

All meals come served with vegetables

#### New Prices

Prices	
Meal Pack (Meal, Dessert, Juice and Soup)	\$10.50
Main Meal (Hot, Cook Chilled or Frozen)	\$7.50
Salad	\$7.50
Sandwich	\$5.50
Dessert	\$2.50
Soup	\$3.00
Juice	\$0.50

Meals delivered between 11:15 am & 1:00 pm

#### Special Messages:

**Meals on wheels is planning to close from 21<sup>st</sup> December 2020 until 4<sup>th</sup> January 2020 for the Christmas Holiday.**

This is the only time all staff and volunteers can spent time with their families. Please provide feedback if this is something that you, as client can work with. Please confirm if you have enough freezer space to accommodate 2 weeks frozen meals

**Meals will be delivered from 14<sup>th</sup> December to 18<sup>th</sup> December in the afternoon between 2 and 4 pm**

**We will make our final decision after receiving your feedback**

FRESH MENU										Date: 26 October 2020 to 20 November 2020										Name :										Run :									
Menu 1		Week		1		Menu 2		Week		2		Menu 3		Week		3		Menu 4		Week		4																	
Monday		26 October 2020		Monday		02 November 2020		Monday		09 November 2020		Monday		16 November 2020																									
Meal A	Steak and Mushroom Pie			Meal A	Chicken Schnitzel			Meal A	Steak and Mushroom Pie			Meal A	Chicken Schnitzel																										
Meal B	Satay Chicken Wings			Meal B	Beef Lasagne			Meal B	Satay Chicken Wings			Meal B	Beef Lasagne																										
Salad	Chicken Ranch Salad			Salad	Ham Salad			Salad	Chicken Ranch Salad			Salad	Ham Salad																										
Sandwich	Chicken Range			Sandwich	Ham, Cheese & Tomato			Sandwich	Chicken Range			Sandwich	Ham, Cheese & Tomato																										
Dessert	Chocolate Cheesecake			Dessert	Mango Mouse Tart			Dessert	Chocolate Cheesecake			Dessert	Mango Mouse Tart																										
Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day																										
Tuesday		27 October 2020		Tuesday		03 November 2020		Tuesday		10 November 2020		Tuesday		17 November 2020																									
Meal A	Lamb Stew			Meal A	Italian Pork Sausages			Meal A	Lamb Stew			Meal A	Italian Pork Sausages																										
Meal B	Cider-Braised Pork Belly			Meal B	Vegetable Frittata			Meal B	Cider-Braised Pork Belly			Meal B	Vegetable Frittata																										
Salad	Roast Beef Salad			Salad	Egg Salad			Salad	Roast Beef Salad			Salad	Egg Salad																										
Sandwich	Beef, Cheese & Chutney			Sandwich	Egg & Lettuce			Sandwich	Beef, Cheese & Chutney			Sandwich	Egg & Lettuce																										
Dessert	Coconut Bounty Slice			Dessert	Café Latte Cheesecake			Dessert	Coconut Bounty Slice			Dessert	Café Latte Cheesecake																										
Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day																										
Wednesday		28 October 2020		Wednesday		04 November 2020		Wednesday		11 November 2020		Wednesday		18 November 2020																									
Meal A	Orange, Maple Bakes Ham			Meal A	Roast Beef w/Yorkshire			Meal A	Orange, Maple Bakes Ham			Meal A	Roast Beef w/Yorkshire																										
Meal B	Coconut Chicken Curry			Meal B	Lamb & Potato Curry			Meal B	Coconut Chicken Curry			Meal B	Lamb & Potato Curry																										
Salad	Lemon Pepper Tuna Salad			Salad	Chicken Salad			Salad	Lemon Pepper Tuna Salad			Salad	Chicken Salad																										
Sandwich	Tuna & Rocket Sandwich			Sandwich	Ham Edam & Tomato Relish			Sandwich	Tuna & Rocket Sandwich			Sandwich	Ham Edam & Tomato Relish																										
Dessert	Plum Pudding & Custard			Dessert	Rice Pudding w/Mango			Dessert	Plum Pudding & Custard			Dessert	Rice Pudding w/Mango																										
Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day																										
Thursday		29 October 2020		Thursday		05 November 2020		Thursday		12 November 2020		Thursday		19 November 2020																									
Meal A	Corn Beef w/Parsley Sauce			Meal A	Meatballs in Tomato Sauce			Meal A	Corn Beef w/Parsley Sauce			Meal A	Meatballs in Tomato Sauce																										
Meal B	Spaghetti Bolognese			Meal B	Chicken Carbonara Pie			Meal B	Spaghetti Bolognese			Meal B	Chicken Carbonara Pie																										
Salad	Ham Salad			Salad	Salami Salad			Salad	Ham Salad			Salad	Salami Salad																										
Sandwich	Ham, Cheese & Tomato			Sandwich	Pineapple BBQ Pork SW			Sandwich	Ham, Cheese & Tomato			Sandwich	Pineapple BBQ Pork SW																										
Dessert	Choc Mud Muffins			Dessert	Apple & Berry Crumble			Dessert	Choc Mud Muffins			Dessert	Apple & Berry Crumble																										
Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day																										
Friday		30 October 2020		Friday		06 November 2020		Friday		13 November 2020		Friday		20 November 2020																									
Meal A	Coconut Bakes Fish			Meal A	Battered Fish			Meal A	Coconut Bakes Fish			Meal A	Battered Fish																										
Meal B	Sweet & Sour Chicken			Meal B	Herbed Chicken Wings			Meal B	Sweet & Sour Chicken			Meal B	Herbed Chicken Wings																										
Salad	Corned Beef Salad			Salad	Roast Beef Salad			Salad	Corned Beef Salad			Salad	Roast Beef Salad																										
Sandwich	Corn Beef & Salad			Sandwich	Creek-Style Meatball SUB			Sandwich	Corn Beef & Salad			Sandwich	Creek-Style Meatball SUB																										
Dessert	Pavlova, Fruit Salad			Dessert	Custard Tart			Dessert	Pavlova, Fruit Salad			Dessert	Custard Tart																										
Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day																										
Juices per week	Apple		Orange		Juice per week	Apple		Orange		Juices per week	Apple		Orange		Juices per week	Apple		Orange																					