

Weeks	1	2	3	4	5	6	7	8
	30 th Dec	6 th Jan	13 th Jan	20 th Jan	27 th Jan	3 rd Feb	10 th Feb	17 th Feb
FROZEN MENU MEALS								
CORNED BEEF & WHITE SAUCE								
ROAST LAMB & GRAVY								
LAMB & VEG PIE								
CURRIED CHICKEN								
ROAST BEEF & GRAVY								
HERBED BEEF & CREAMY MUSHROOMS								
CRUMBED FISH								
VEGETABLE ENCHILADAS								
Preferred Delivery Day								
SPECIAL MODIFIED MEALS ONLY	<i>Soft & Bitesize, Minced and Moist or Pureed meals</i>							
Beef & Vegetables								
Chicken & Vegetables								
Lamb & Vegetables								
Fish & Vegetables								
Pork & Vegetables								
DESSERT	<i>Kitchen will send a selection that is available</i>							
How many frozen desserts do you require a week								
SOUP	<i>Kitchen will send a selection that is available</i>							
How many frozen soups do you require a week								
JUICE								
Apple Juice								
Orange Juice								

S – Salad
 SW – Sandwich
 If you require cooked chill meal put a “C” in relevant coloured column.



St Stephens Toowoomba Meals On Wheels
 81 Herries Street, East Toowoomba Qld 4350
 P: 07 4632 8355 F: 07 4632 8015
 E: admin@mowtoowoomba.com.au
 W: www.mowtoowoomba.com.au

Menu 01

From 30TH December 2024 to 23rd February 2025

Return order form by 4th November 2024

- Confirm before 9.00am if meal is to be collected from the office on the day of collection or if the meal is to be cancelled

Client Name	
Client Type	
Address	
Run	

All meals come served with vegetables.

Prices	CHSP	HCP	NDIS
Meal Pack (Meal, Dessert, Soup and Juice) CHSP, NDIS & HCP	\$13.00	\$6.50	\$6.50
Main Meal (Hot, Cooked Chilled or Frozen)	\$8.00	\$5.00	\$5.00
Salad	\$8.00	\$5.00	\$5.00
Sandwich	\$6.00	\$5.00	\$5.00
Dessert	\$3.00	\$3.00	\$3.00
Soup	\$3.00	\$3.00	\$3.00
Juice	\$0.50	\$0.50	\$0.50

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

Special Messages:

Meals on Wheels will be closed for the Christmas Holiday from Monday 23RD December 2024 and will reopen on 2nd January 2025. There is also a public holiday 27th January 2025, frozen meals will be provided in the week prior.

MENU 01

NAME:

Run:

Meals	Week 1	Week 5	Meals	Week 2	Week 6	Meals	Week 3	Week 7	Meals	Week 4	Week 8
Monday	30-Dec-24	27-Jan-25	Monday	6-Jan-25	3-Feb-25	Monday	13-Jan-25	10-Feb-25	Monday	20-Jan-25	17-Feb-25
A-Creamy Pork Chop w/Apple Sauce	FROZEN ONLY XMAS CLOSE	Public Holiday Frozen Only	A-Sticky Chicken			A-Spaghetti Bolognaise			A-Beef Mirton		
B-Beef Croquette & Gravy			B-Crispy Beef & Veg Pastry			B-Pork Sausages w/Onion Apple Gravy			B-Pepper Pork Stir Fry		
Chicken Caesar Salad			Chicken & Avocado Salad			Ham Salad			Chicken & Coleslaw Salad		
Chicken Caesar Sandwich			Chicken Chives & Cheese Sandwich			Ham, Cheese & Relish Sandwich			Chicken Cheese & Chutney Sandwich		
Dessert of the day			Dessert of the day			Dessert of the day			Dessert of the day		
Soup of the Day			Soup of the Day			Soup of the Day			Soup of the Day		
Tuesday	31-Dec-24	28-Jan-25	Tuesday	7-Jan-25	4-Feb-25	Tuesday	14-Jan-25	11-Feb-25	Tuesday	21-Jan-25	18-Feb-25
A-Beef Meat Pie	FROZEN ONLY XMAS CLOSE		A-Lamb Casserole			A-Roast Chicken & Gravy			A-Creamy Garlic Chicken		
B-Roast Chicken & Gravy		B-BBQ Pulled Pork			B-Savoury Mince			B-Lamb & Rosemary Sausages w/ Gravy			
Egg Salad		Ham Pasta Salad			Corned Beef & Coleslaw Salad			Egg Salad			
Egg & Lettuce Sandwich		Ham, Cheese & Tomato Sandwich			Beef, Tomato & Chutney Sandwich			Egg & Lettuce Sandwich			
Dessert of the day		Dessert of the day			Dessert of the day			Dessert of the day			
Soup of the Day		Soup of the Day			Soup of the Day			Soup of the Day			
Wednesday	1-Jan-25	29-Jan-25	Wednesday	8-Jan-25	5-Feb-25	Wednesday	15-Jan-25	12-Feb-25	Wednesday	22-Jan-25	19-Feb-25
A-Lamb Sausages & Mint Gravy	FROZEN ONLY XMAS CLOSE		A-Beef w/Mustard Sauce			A-Lambs Fry & Bacon			A-Corn Beef w/Onion White Sauce		
B-Cherry Tomato & Cheese Tart		B-Crispy Battered Fish			B-Fish w/Parsley Sauce			B-Crumbed Fish w/Tartare Sauce			
Beef Salad		Egg Salad			Egg & Cheese Salad			Ham Salad			
Beef Chutney Sandwich		Curried Egg Sandwich			Egg & Cheese Sandwich			Ham, Cheese & Tomato Sandwich			
Dessert of the day		Dessert of the day			Dessert of the day			Dessert of the day			
Soup of the Day		Soup of the Day			Soup of the Day			Soup of the Day			
Thursday	2-Jan-25	30-Jan-25	Thursday	9-Jan-25	6-Feb-25	Thursday	16-Jan-25	13-Feb-25	Thursday	23-Jan-25	20-Feb-25
A-Crispy Fried Chicken w/Aioli			A-Roast Pork & Gravy			A-Butter Chicken			A-Apricot Chicken		
B-Roast Lamb & Rosemary Gravy			B-Vegetable Stir Fry			B-Beef Lasagna			B-Sticky Battered Pork		
Bacon Chive Potato Salad			Corned Beef Salad			Chicken Salad			Corned Beef Potato Salad		
Ham, Cheeese & Tomato Sandwich			Corned Beef & Chutney Sandwich			Chicken, Chives & Mayo Sandwich			Corned Beef Salad Sandwich		
Dessert of the day			Dessert of the day			Dessert of the day			Dessert of the day		
Soup of the Day			Soup of the Day			Soup of the Day			Soup of the Day		
Friday	3-Jan-25	31-Jan-25	Friday	10-Jan-25	7-Feb-25	Friday	17-Jan-25	14-Feb-25	Friday	24-Jan-25	21-Feb-25
A-Crumbed Fish w/Tartare Sauce			A-Steamed Lemon Pepper Fish			A-Crumbed Fish w/ Tartare Sauce			A-Battered Fish		
B-Bacon 3 Cheese Frittata			B-Lamb & Vegetable Pot Pie			B-Pork Bubble n Squeak			B-Creamy Mushrooms		
Marinated Chicken Salad			Marinated Chicken Salad			Salmon Salad			Roast Chicken Salad		
Chicken, Cheese & Tomato Sandwich			Chicken Salad Sandwich			Beef, Tomato & Chutney Sandwich			Chicken & Mayo Sandwich		
Dessert of the day			Dessert of the day			Dessert of the day			Dessert of the day		
Soup of the day			Soup of the day			Soup of the day			Soup of the day		
J-Apple (Serves per week)			J-Apple (Serves per week)			J-Apple (Serves per week)			J-Apple (Serves per week)		
J-Orange (Serves per week)			J-Orange (Serves per week)			J-Orange (Serves per week)			J-Orange (Serves per week)		