Weeks	1	2	3	4	5	6	7	8
	4th Jan	11th Jan	18th Jan	25th Jan	1st Feb	8th Feb	15th Feb	22nd Feb
FROZEN MENU MEALS (Unable to be modified)								
Satay Chicken								
Savoury Mince								
Curried Chicken								
Chicken Filled Broccoli & Cheese								
Beef Ragu W/Penne Pasta								
Vegetable & 3 Cheese Quiche								
Tandoori Lamb								
Crumbed Fish								
Preferred Delivery Day								
SPECIAL MODIFIED MEALS	***Cut up, Soft & Bitesize, Minced and Moist or Pureed meals***							
Beef & Vegetable								
Chicken & Vegetable								
Lamb & Vegetable								
Fish & Vegetable								
Pork & Vegetable								
Preferred Delivery Day								
DESSERT	***Kitchen will send a selection that is available***							
How many frozen desserts do you require a week								
SOUP	***Kitchen will send a selection that is available***							
How many frozen soups do you require a week								
JUICE (Serves per week)								
Apple Juice								
Orange Juice								

PUBLIC HOLIDAY FROZEN MENU

Please indicate if you do not wish to have a frozen meal supplied for the public holiday, otherwise one will be selected for you.

FROZEN MEAL REQUIRED: ***YES / NO***

All meals for the public holiday will be delivered week commencing 18th January 2027.

Preferred delivery day: _____

Satay Chicken		Curried Chicken		Beef Ragu W/ Penne Pasta		Tandoori Lamb		Dessert / Soup	
Savoury Mince		Chicken Filled Broccoli & Cheese		Vegetable & 3 Cheese Quiche		Crumbed Fish		Juice – Apple / Orange	

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

Menu 01

4th January 2027 to 26th February 2027

Please return your menu by Wednesday 11th November 2026

- **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**
- **Meals are delivered between 11:00am and 1:00pm**
- **If you require Cooked Chill meal put a "C" in relevant coloured column.**
- ***Please ensure choices are entered for blue and green columns***
- ***Meals on Wheels will be closed on Tuesday 27th January due to the public holiday. Please see Public Holiday Frozen Menu.***

Client Name:	
Address:	
Delivery Run	

All meals come served with vegetables.

Price Dependent on Funding Package (provided upon request)
Meal Pack (Meal, Dessert, Soup and Juice) **CHSP, NDIS & HCP**
Main Meal (Hot, Cooked Chill or Frozen)
Salad - S
Sandwich - SW
Dessert
Soup
Juice - J (Apple or Orange)

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	4-Jan-27	1-Feb-27	**Monday**	11-Jan-27	8-Feb-27	**Monday**	18-Jan-27	15-Feb-27	**Monday**	25-Jan-27	22-Feb-27
A-Pork Chow Mein W/ Hokkein Noodles			A-Avocado Chicken			A-Spaghetti Bolognaise			A-Beef Miroton		
B-Slow Cooked Beef W/ Gravy			B-Crispy Beef & Vegetable Pastry			B-Sweet and Sour Pork			B-Pepper Pork Stir Fry		
S-Chicken Caesar Salad			S-Chicken & Avocado Salad			S-Ham Salad			S-Egg Salad		
SW- Chicken & Salad Sandwich			SW-Chicken, Cheese & Avocado Sandwich			SW-Ham, Cheese, Relish & Salad Sandwich			SW-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		
Tuesday	5-Jan-27	2-Feb-27	**Tuesday**	12-Jan-27	9-Feb-27	**Tuesday**	19-Jan-27	16-Feb-27	**Tuesday**	26-Jan-27	23-Feb-27
A-Chunky Pie and Onion Pie			A-Home Style Lamb Casserole			A-Roast Chicken & Gravy			A-Chicken & Leek Pie	PUBLIC HOLIDAY	
B-Chicken Florentine			B-Chicken Parmigiana			B-Crumbed Steak W/ Gravy			B-Beef Sausage Hot Pot		
S-Egg Salad			S-Tuna Salad			S-Corned Beef Salad			S-Greek Chicken Salad		
SW-Egg & Lettuce Sandwich			SW-Ham, Cheese & Tomato Sandwich			SW-Corned Beef, Tomato, Chutney & Salad Sandwich			SW-Chicken, Cheese, Chutney & 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		
Wednesday	6-Jan-27	3-Feb-27	**Wednesday**	13-Jan-27	10-Feb-27	**Wednesday**	20-Jan-27	17-Feb-27	**Wednesday**	27-Jan-27	24-Feb-27
A-Lamb Sausages W/ Mint Gravy			A-Beef Lasagna			A-Lambs Fry & Bacon			A-Corned Beef W/ White Onion Sauce		
B-Chicken Breast W/ Bacon & Cheese			B-Roast Pork & Gravy			B-Sweet Potato, Fetta & Caramelised Onion Quiche			B-Creamy Garlic Chicken		
S-Beef Salad			S-Egg Salad			S-Egg Salad			S-Ham & Pasta Salad		
SW-Beef, Chutney & Salad Sandwich			SW-Curried Egg & Lettuce Sandwich			SW-Egg & Lettuce Sandwich			SW-Ham, Cheese, Tomato & 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		
Thursday	7-Jan-27	4-Feb-27	**Thursday**	14-Jan-27	11-Feb-27	**Thursday**	21-Jan-27	18-Feb-27	**Thursday**	28-Jan-27	25-Feb-27
A-Bacon 3 Cheese Frittata			A-Sticky Chicken			A-Butter Chicken			A-Apricot Chicken		
B-Roast Lamb & Rosemary			B-Vegetable Stir Fry			B-Beef W/ Mustard Sauce			B-Pork Schnitzel W/ Creamy Mustard Sauce		
S-Ham and Potato Salad			S-Corn Beef Salad W/ Coleslaw			S-Chicken Salad			S-Corned Beef & Potato Salad		
SW-Ham, Cheese & Tomato Sandwich			SW-Corn Beef, Chutney & Salad Sandwich			SW-Chicken, Chive, Mayo & Salad Sandwich			SW-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	8-Jan-27	5-Feb-27	**Friday**	15-Jan-27	12-Feb-27	**Friday**	22-Jan-27	19-Feb-27	**Friday**	29-Jan-27	26-Feb-27
A-Crumbed Fish & Tartare Sauce			A-Steamed Lemon Pepper Fish			A-Fish W/ Parsley Sauce			A-Battered Fish		
B-Chicken Kiev W/ Gravy			B-BBQ Pulled Pork			B-Pickled Pork			B-Zucchini Slice		
S-Mediterrain Salad			S-Roast Pork Salad			S-Tuna Salad			S-Roasted Chicken Salad		
SW-Tuna & Salad Sandwich			SW-Roast Pork & Salad Sandwich			SW-Tuna & Salad Sandwich			SW-Chicken, Lettuce, Mayo & 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		
J-Apple (Number of Serves per week)			J-Apple (Number of Serves per week)			J-Apple (Number of Serves per week)			J-Apple (Number of Serves per week)		
J-Orange (Number of Serves per week)			J-Orange (Number of Serves per week)			J-Orange (Number of Serves per week)			J-Orange (Number of Serves per week)		