

Weeks	1	2	3	4	5	6	7	8
	21st April	28th Apr	05th May	12th May	19th May	26th May	2nd June	09th June
FROZEN MENU MEALS								
Roast Chicken & Bacon Mushroom								
Tuna Mornay								
Roast Lamb & Gravy								
Herb & Lemon Butter Fish								
Ginger & Garlic Pork								
Braised Steak								
Beef Sausages & Onion Gravy								
Vegetarian Chow Mein								
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
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 W: www.mowtoowoomba.com.au

Menu 03

From 21st April to 13th June 2025

Return order form by 21st March

- 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 following dates

Easter Monday 21st April 2025

Anzac Day 25th April 2025

Labour Day 5th May 2025

Frozen meals will be provided in the week prior. If frozen meals are required for these public holidays please select frozen from the frozen section on the menu.

MENU 03

NAME: «First_Name» «Last_Name»

Run: «Run»

Meals	Week 1	Week 5	Meals	Week 2	Week 6	Meals	Week 3	Week 7	Meals	Week 4	Week 8
Monday	21-Apr-25	19-May-25	Monday	28-Apr-25	26-May-25	Monday	5-May-25	2-Jun-25	Monday	12-May-25	9-Jun-25
A-Savoury Mince	Public Holiday		A-Beef & Vegetable Casserole			A-Battered Fish	Public Holiday		A-Roasted Garlic Chicken		
B-Chicken Leek & Bacon Bake		B-Fried Pork & Veggie Rice			B-Asian Beef Mince				B-Beef Ragout		
S-Beef Salad		S-Tuna Salad			S-Ham Salad				S-Corned Beef Salad		
SW-Beef, Tomato, Chutney & Cheese Sandwich		SW-Tuna, Salad Sandwich			SW-Ham, Cheese, Chutney, Tomato & Lettuce 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		
Tuesday	22-Apr-25	20-May-25	Tuesday	29-Apr-25	27-May-25	Tuesday	6-May-25	3-Jun-25	Tuesday	13-May-25	10-Jun-25
A-Malaysian Lamb & Potato Curry			A-Honey Soy Chicken			A-Roast Lamb			A-Shepherds Pie		
B-Creamy Fish w/ Veggies			B-Bacon & Zucchini Quiche			B-Honey Mustard Chicken			B-French Onion Pork		
S-Roast Chicken			S-Smoked Ham Salad			S-Egg Salad			S-Roast Chicken Salad		
SW-Chicken Salad Sandwich			SW-Ham, Cheese, Tomato & Lettuce Sandwich			SW-Egg and Lettuce Sandwich			SW-Chicken, Cheese, Lettuce & Mayonnaise 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	23-Apr-25	21-May-25	Wednesday	30-Apr-25	28-May-25	Wednesday	7-May-25	4-Jun-25	Wednesday	14-May-25	11-Jun-25
A-Roast Pork w/ Apple Gravy			A-Roast Chicken & Gravy			A-Pork Sausages			A-Roast Beef/Mustard Gravy		
B-Thai Style Beef			B-Lambs Fry & Bacon			B-Beef & Barley Casserole			B-Creamy Chicken & Asparagus		
S-Lamb Salad			S-Egg Salad			S-Lamb Salad			S-Ham Salad		
SW-Tuna, Cheese & Tomato Sandwich			SW-Curried Egg & Lettuce Sandwich			SW-Lamb & Salad Sandwich			SW-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	24-Apr-25	22-May-25	Thursday	1-May-25	29-May-25	Thursday	8-May-25	5-Jun-25	Thursday	15-May-25	12-Jun-25
A-Devil Sausages			A-Steak & Kidney Pie			A-Macaroni Bolognese			A-Pickled Pork		
B-Chicken Alfredo Pasta			B-Parmesan Chicken			B-Chicken Country Pie			B-Sweet Potato, Fetta & Caramelised Onion Quiche		
S-Ham Salad			S-Roast Chicken Salad			S-Chicken Salad			S-Roast Beef Salad		
SW-Roast Pork & Salad Sandwich			SW-Roast Chicken, Chutney, Tomato & Cheese Sandwich			SW-Chicken, Chive & Mayonnaise Sandwich			SW-Roast Beef, Chutney, Tomato & Cheese 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	25-Apr-25	23-May-25	Friday	2-May-25	30-May-25	Friday	9-May-25	6-Jun-25	Friday	16-May-25	13-Jun-25
A-Crumbed Fish w/Tartare Sauce	Public Holiday		A-Mild Thai Coconut Fish			A-Crumbed Fish/Tartare Sauce			A-Grilled Fish & Bernaise Sauce		
B-Beef & Mushy Pea Pie		B-Sausage Hot Pot			B-Sweet Chilli Chicken Rissoles			B-Lamb Sausages			
S-Egg Salad		S-Marinated Beef Salad			S-Thai Beef Salad			S-Curried Egg Salad			
SW-Curried Egg & Lettuce Sandwich		SW-Beef, Cheese & Salad Sandwich			SW-Beef, Tomato, Chutney & Cheese 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			
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)		