

Weeks	1	2	3	4	5	6	7	8
	16 <sup>th</sup> Jun	23 <sup>rd</sup> Jun	30 <sup>th</sup> Jun	07 <sup>th</sup> Jul	14 <sup>th</sup> Jul	21 <sup>st</sup> Jul	28 <sup>th</sup> Jul	04 <sup>th</sup> Aug
<b>FROZEN MENU MEALS</b>								
Roast Beef & Mustard Gravy								
Steak & Kidney Pie								
Pork Sausages								
Honey Mustard Chicken								
Creamy Chicken & Asparagus								
Crumbed Fish								
Savoury Mince								
Vegetarian Patties								
Preferred Delivery Day								
<b>SPECIAL MODIFIED MEALS ONLY</b>	<i>Soft &amp; Bitesize, Minced and Moist or Pureed meals</i>							
Beef & Vegetables								
Chicken & Vegetables								
Lamb & Vegetables								
Fish & Vegetables								
Pork & Vegetables								
<b>DESSERT</b>	<i>Kitchen will send a selection that is available</i>							
How many frozen desserts do you require a week								
<b>SOUP</b>	<i>Kitchen will send a selection that is available</i>							
How many frozen soups do you require a week								
<b>JUICE</b>								
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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### Menu 04

From 16<sup>th</sup> June to 10<sup>th</sup> August 2025

**Return order form by 28<sup>th</sup> of April 2025**

- 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	
Address	
Delivery Run	

All meals come served with vegetables.

<b>Price Dependent on Funding Package (provided upon request)</b>
<b>Meal Pack (Meal, Dessert, Soup and Juice) CHSP, NDIS &amp; HCP</b>
<b>Main Meal (Hot, Cooked Chilled or Frozen)</b>
<b>Salad</b>
<b>Sandwich</b>
<b>Dessert</b>
<b>Soup</b>
<b>Juice</b>

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

**Special Messages:**

Menu 04		Name:				Run:					
Meals	Week 1	Week 5	Meals	Week 2	Week 6	Meals	Week 3	Week 7	Meals	Week 4	Week 8
<b>Monday</b>	16-Jun-25	14-Jul-25	<b>Monday</b>	23-Jun-25	21-Jul-25	<b>Monday</b>	30-Jun-25	28-Jul-25	<b>Monday</b>	7-Jul-25	4-Aug-25
A-Chicken Kiev & Gravy			A-Beef Chow Mein w/Hokkein Noodle			A-Curry Sausages			A-Creamy Chicken Florentine		
B-Sweet Lamb Curry			B-Zucchini Slice			B-Parmesan Crusted Chicken			B-Slow Cooked Beef Steak, Gravy		
S-Ham Salad			S-Roast Chicken Salad			S-Roast Beef Salad			S-Tuna Salad		
SW- Ham Tomato Cheese Lettuce Sandwich			SW-Chicken,Cheese,Lettuce Sandwich			SW- Beef, Cheese,Chutney, Tomato Sandwich			SW-Tuna, Chive lettuce & 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		
<b>Tuesday</b>	17-Jun-25	15-Jul-25	<b>Tuesday</b>	24-Jun-25	22-Jul-25	<b>Tuesday</b>	1-Jul-25	29-Jul-25	<b>Tuesday</b>	8-Jul-25	5-Aug-25
A- Pork w/ Plum Sauce			A-Creamy Garlic Prawns			A-Tandoori Lamb			A-Beef Stirfry		
B-Vegetable Bubble N Squeak			B-Roast Lamb, Mint Gravy			B-Curry Vegetable Bake			B-Chicken Breast w/ Bacon & Cheese		
S- Greek Chicken Salad			S-Smoked Ham Salad			S-Egg & Avocado Salad			S-Roast Chicken Salad		
SW-Chicken Cheese, Chutney,Tomato Sandwich			SW-Ham, Tomato & Lettuce Sandwich			SW-Egg and Lettuce Sandwich			SW-Chicken, 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		
<b>Wednesday</b>	18-Jun-25	16-Jul-25	<b>Wednesday</b>	25-Jun-25	23-Jul-25	<b>Wednesday</b>	2-Jul-25	30-Jul-25	<b>Wednesday</b>	9-Jul-25	6-Aug-25
A-Cottage Pie			A-Roast Beef & Gravy			A-Corned Beef, Parsley Sauce			A-Roast Lamb Gravy		
B-Chicken Parmigiana			B-Cheesy Herb & Garlic Chicken Breast			B-Honey Sesame Chicken			B-Dijon Pork		
S-Beef Salad			S-Tuna Salad			S-Chicken Caesar Salad			S-Corned Beef Salad		
SW-Beef , Cheese,Onion Relish Sandwich			SW-Tuna & Mayo Sandwich			SW- Chicken, Cheese Lettuce Mayo Sandwich			SW-Corned Beef, Cheese, Pickles 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		
<b>Thursday</b>	19-Jun-25	17-Jul-25	<b>Thursday</b>	26-Jun-25	24-Jul-25	<b>Thursday</b>	3-Jul-25	31-Jul-25	<b>Thursday</b>	10-Jul-25	7-Aug-25
A-Roast Pork & Apple Gravy			A-Thai Coconut Chicken			A-Chicken Carbonara			A-Quiche Lorraine		
B-Irish Lamb & Bacon Pie			B- Beef Sausages & Gravy			B-Beef Rissoles & Gravy			B-Creamy Vegetable Pie		
S-Roast Pork Salad			S-Roast Chicken Salad			S-Corned Beef Salad			S-Egg Cherry Tomato Salad		
SW-Roast Pork,Tomato, Cheese, Chutney Sandwich			SW-Roast Beef, Chutney,Cheese, Tomato & Lettuce Sandwich			SW-Corned Beef, Cheese, Tomato Sandwich			SW-Lamb Salad 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		
<b>Friday</b>	20-Jun-25	18-Jul-25	<b>Friday</b>	27-Jun-25	25-Jul-25	<b>Friday</b>	4-Jul-25	1-Aug-25	<b>Friday</b>	11-Jul-25	8-Aug-25
A-Crumbed Fish w/Tartare Sauce			A-Battered Fish			A-Sweet N Sour Pork			A-Battered Fish		
B-Beef Lasagne			B-Mongolian Lamb			B-Sweet Chilli Chicken Rissoles			B-Braised Lamb & Veg		
S-Egg Salad			S-Roast Lamb Salad			S-Mediterranean Salad			S-Chicken Salad		
SW-Curried Egg & Lettuce Sandwich			SW-Lamb, Salad & Chutney Sandwich			SW-Ham, Cheese, Tomato, Chutney Sandwich			SW- Ham, Tomato, Cheese, 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)		