



St Stephens Toowoomba Meals On Wheels
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Weeks	1	2	3	4	5	6	7	8
	14th Aug	21st Aug	28th Aug	4th Sept	11th Sept	18th Sept	25th Sept	2nd Oct
FROZEN MENU MEALS								
Roast Pork								
Roast Beef								
Crumbed Fish								
Chicken Kiev								
Apricot Vegetable Tagine								
Pork Sausages								
Beef Rissoles								
Barramundi with Mornay Sauce								
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
 GF – Gluten Free
 DF – Dairy Free
 V - Vegetarian
 If you require cooked chill meal put a “C” in relevant coloured column.

Menu 05

From 14th August 2023 to 6th October 2023

Return order form by 21st July 2023

- 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:

MENU 05

NAME:

RUN

Meals	Week 1	Week 5	Meals	Week 2	Week 6	Meals	Week 3	Week 7	Meals	Week 4	Week 8
Monday	14-Aug-23	11-Sep-23	Monday	21-Aug-23	18-Sep-23	Monday	28-Aug-23	25-Sep-23	Monday	4-Sep-23	2-Oct-23
A- Steak & Mushroom Pie			A- Chicken Schnitzel with Creamy Mushroom sauce			A- Pork & Fennel Sausage W/-Chutney			A- Beef and Chorizo Ragout		
B- Roast Pork & Baked Apple			B- Classic Beef Stroganoff			B- BBQ Chicken w/-Hickory Sauce			B- Crispy Sesame Chicken		
S- Marinated Chicken Salad			S- Garden Salad W/-Tuna			S- Garden Salad w/-egg			S- Ham Salad		
SW- Chicken Cheese & Tomato			SW- Tuna & Lettuce w/-Mayo			SW- Egg & Lettuce			SW- Ham Cheese Tomato		
D- Dessert of the Day			D- Dessert of the Day			D- Dessert of the Day			D- Dessert of the Day		
SP-Soup of the Day			SP-Soup of the Day			SP-Soup of the Day			SP-Soup of the Day		
Tuesday	15-Aug-23	12-Sep-23	Tuesday	22-Aug-23	19-Sep-23	Tuesday	29-Aug-23	26-Sep-23	Tuesday	5-Sep-23	3-Oct-23
A - Moroccan Lamb Tagine			A- Malay Spiced Chicken			A- Tuscan Style Beef Stew			A- Beef & Garlic Sausages w/-Gravy		
B- Italian Creamy Garlic Chicken			B- Ham,Cheese & Mushroom Quiche			B- Creamy Salmon & Snow Pea Pasta			B- Butter Chicken		
S - Beef Salad			S- Potato Salad w/-Ham			S- Turkey Salad			S- Egg Salad		
SW - Beef & Chutney			SW- Ham, Cheese & Tomato			SW- Turkey, Cranberry Lettuce			SW- Egg & Lettuce		
D- Dessert of the Day			D- Dessert of the Day			D- Dessert of the Day			D- Dessert of the Day		
SP-Soup of the Day			SP-Soup of the Day			SP-Soup of the Day			SP-Soup of the Day		
Wednesday	16-Aug-23	13-Sep-23	Wednesday	23-Aug-23	20-Sep-23	Wednesday	30-Aug-23	27-Sep-23	Wednesday	6-Sep-23	4-Oct-23
A- Baked Ham w/-Orange Maple Sauce			A- Roast Beef & Yorkshire Pudding			A- Roasted Lamb & Rosemary			A - Mediterranean Roast Chicken		
B- Thai Coconut Chicken Curry			B- Honey Soy Fish stir fry			B- Honey Soy Chicken w/-Asian Veg			B- Pickled Pork w/-Mustard Sauce		
S- Egg Salad			S- Caesar Salad w/-Egg			S- Thai Beef Salad			S- Corned Beef Salad		
SW- Curried Egg & Lettuce			SW- Curried Egg			SW- Beef Tomato Chutney			SW- Corned Beef & Salad		
D- Dessert of the Day			D- Dessert of the Day			D- Dessert of the Day			D- Dessert of the Day		
SP-Soup of the Day			SP-Soup of the Day			SP-Soup of the Day			SP-Soup of the Day		
Thursday	17-Aug-23	14-Sep-23	Thursday	24-Aug-23	21-Sep-23	Thursday	31-Aug-23	28-Sep-23	Thursday	7-Sep-23	5-Oct-23
A- Corned Beef w/-White Sauce			A- Spanish Meatballs in Tomato & Olive Sauce			A- Mexican Beef Fajita			A- BBQ Beef Brisket		
B- Sweet Sticky Pork Chops			B- Chick & Bacon Carbonara Pie			B- Pulled Pork & Mushroom Pie			B- Pumpkin, Spinach & Cheese Lasagne		
S- Chicken Salad			S- Thai Beef			S- Chicken Salad			S- Garden Salad w/-Tuna		
SW- Chicken Salad			SW- Beef & Chutney			SW- Chicken Chive Mayo			SW- Tuna Lettuce Mayo		
D- Dessert of the Day			D- Dessert of the Day			D- Dessert of the Day			D- Dessert of the Day		
SP-Soup of the Day			SP-Soup of the Day			SP-Soup of the Day			SP-Soup of the Day		
Friday	18-Aug-23	15-Sep-23	Friday	25-Aug-23	22-Sep-23	Friday	1-Sep-23	29-Sep-23	Friday	8-Sep-23	6-Oct-23
A- Crispy Coconut Baked Fish			A- Baked Fish & Bearnaise			A- Classic Battered Fish			A- Grilled Fish w/-Garlic Prawns		
B- Bolognese Pasta Bake			B- Chinese Peking Pork			B- Savory Mince w/-Mushy Peas			B- Lamb Black Bean Stir Fry		
S- Ham Salad			S- Moroccan Chicken			S- Ham Salad			S- Roasted Chicken Salad		
SW- Ham, Cheese & Tomato			SW- Pesto Chicken w/-Mayo			SW- Ham, Cheese & Chutney			SW- Chicken, Lettuce & Mayo		
D- Dessert of the Day			D- Dessert of the Day			D- Dessert of the Day			D- Dessert of the Day		
SP-Soup of the day			SP-Soup of the day			SP-Soup of the day			SP-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)		