

Weeks	1	2	3	4	5	6	7	8
	4 th Nov	11 th Nov	18 th Nov	25 th Nov	2 nd Dec	9 th Dec	16 th Dec	23 rd Dec
FROZEN MENU MEALS								
ROAST TURKEY & GRAVY								
BAKED HAM								
BRAISED STEAK & ONION								
NAVARIN LAMB								
PICKLED PORK								
ROAST CHICKEN								
CRUMBED FISH								
SWEET POTATO EMPANADAS								
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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Menu 06

From 4th November 2024 to 29th December 2024

Return order form by 4th October 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. We will provide frozen meals to cover this time, frozen meals will need to be ordered for Week 8 for delivery during Week 7.

MENU 06

NAME:

Run:

Meals	Week 1	Week 5	Meals	Week 2	Week 6	Meals	Week 3	Week 7	Meals	Week 4	Week 8
Monday	4-Nov-24	2-Dec-24	Monday	11-Nov-24	9-Dec-24	Monday	18-Nov-24	16-Dec-24	Monday	25-Nov-24	23-Dec-24
A-Beef Pot Roast w/Vegetables			A-Pistachio & Cranberry Pork w/Gravy			A-Beef Ragu w/Penne Pasta			A-Herbed Beef w/Creamy Mushroom		FROZEN ONLY XMAS CLOSE
B-Pumpkin,Fetta,Spinach Slice			B-Charred Beef w/Rice Noodle			B-Roast Turkey w/Cranberry			B-Southern Fried Chicken		
S-Ham Salad			S-Roast Chicken Salad			S-Crispy Asian Chicken Salad			S-Ham Salad		
SW-Ham, Cheese & Tomato			SW-Chicken Chives & Cheese			SW-Grilled Chicken & Mayo			SW-Ham Chesse & 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	5-Nov-24	3-Dec-24	Tuesday	12-Nov-24	10-Dec-24	Tuesday	19-Nov-24	17-Dec-24	Tuesday	26-Nov-24	24-Dec-24
A-Honey Soy Chicken			A-Cheesy Fish Florentine			A-Pork Steaks w/Pepper Sauce			A-Creamy Spinach & Cheese Ravioli Bake		FROZEN ONLY XMAS CLOSE
B-Roast Lamb & Gravy			B-Vegetabale Enchilada			B-Devilled Sausages			B-Corned Beef w/Onion Sauce		
S-Chicken Greek Salad			S-Corned Beef Salad			S-Egg Salad			S-Beef & Walnut Salad		
SW-Chicken & Mayo			SW-Corned Beef, Cheese & Pickles			SW-Egg, Mayo & Lettuce			SW-Beef, Lettuce, Tomato & 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		
Wednesday	6-Nov-24	4-Dec-24	Wednesday	13-Nov-24	11-Dec-24	Wednesday	20-Nov-24	18-Dec-24	Wednesday	27-Nov-24	25-Dec-24
A-Honey Glazed Baked Ham			A-Roast Beef & Gravy			A-Chicken & Prawn Singapore Noodles			A-Beef Sausages w/Tomato & Onion Gravy		FROZEN ONLY XMAS CLOSE
B-Chicken Mushroom Carbonara			B-Curried Chicken			B-Vegetable & 3 Cheese Quiche			B-Chicken Alfredo		
S-Thai Beef Salad			S-Tuna Salad			S-Honey Ham Salad			S-Egg Cherry Tomato Salad		
SW-Roast Beef Honey Mustard			SW-Tuna, Mayo & Lettuce			SW-Ham, Cheese & Tomato			SW-Curried Egg		
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	7-Nov-24	5-Dec-24	Thursday	14-Nov-24	12-Dec-24	Thursday	21-Nov-24	19-Dec-24	Thursday	28-Nov-24	26-Dec-24
A-Sun Blushed Chicken & Gravy			A-Sticky Asian Lamb & Vegie			A-Roast Lamb & Gravy			A-Lamb Satay		FROZEN ONLY XMAS CLOSE
B-Sweet & Sour Pork			B-Broccoli, Cheese Kiev			B-Pork & Ginger Stir-Fry			B-Crumbed Fish		
S-Chicken Caesar Salad			S-Roast Lamb Salad			S-Beef Avocado Salad			S-Tuna Pasta Salad		
SW-Chicken Salad Sandwich			SW-Lamb Salad Sandwich			SW-Beef Chutney cheese			SW-Tuna, Pesto, Cheese, 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	8-Nov-24	6-Dec-24	Friday	15-Nov-24	13-Dec-24	Friday	22-Nov-24	20-Dec-24	Friday	29-Nov-24	27-Dec-24
A-Crispy Battered Fish			A-Grilled Barramundi w/Mornay Sauce			A-Crumbed Fish Lemon & Tartare Sauce			A-Creamy Fish Pie		FROZEN ONLY XMAS CLOSE
B-Classic Steak Diane			B-Lamb & Vegetable Pot Pie			B-Sweet Chilli Chicken Rissoles			B-Roast Pork & Gravy		
S-Egg & Smoked Salmon Salad			S-Egg Salad			S-Turkey & Cranberry Salad			S-Roast Chicken Salad		
SW-Curried Egg			SW-Curried Egg			SW-Turkey,Cheese & Lettuce			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)		