Weeks	1	2	3	4	5	6	7	8
	2nd Nov	9th Nov	16th Nov	23rd Nov	30th Nov	7th Dec	14th Dec	20th Dec
FROZEN MENU MEALS (Unable to be modified)								
Pork Chop W/ Apple Gravy								
Braised Steak & Onion								
Chicken Fricassee								
Ginger & Garlic Vege Stir Fry								
Sausage Hot Pot								
Grilled Fish W/ Parsley Sauce								
Roast Lamb W/ Rosemary Gravy								
Hawaiian Chicken								
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								

St Stephens Toowoomba Meals on Wheels
81 Herries Street, East Toowoomba Qld 4350
P: 07 4632 8355 F: 07 4632 8015
E: admin@mowtoowoomba.com.au
W: www.mowtoowoomba.com.au

Menu 06

From 2nd November 2026 to 25th December 2026

Return order form by 16th September 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 from Wednesday 23rd December for the Christmas Holiday. We will reopen on Monday 4th January 2027. We will provide frozen meals to cover this closure. Frozen meals will be delivered during the week commencing 14th December (Week 7).***

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 06 **Name:** **Run:**

Meals	Week 1	Week 5	*Meals*	Week 2	Week 6	*Meals*	Week 3	Week 7	*Meals*	Week 4	Week 8
Monday	2-Nov-26	30-Nov-26	**Monday**	9-Nov-26	7-Dec-26	**Monday**	16-Nov-26	14-Dec-26	**Monday**	23-Nov-26	21-Dec-26
A-Satay Chicken			A-Roast Pork W/ Thyme & Sage Stuffing			A-Beef Ragu W/Penne Pasta			A-Beef W/Caramelised Onion & Creamy Mushrooms		
B-Roast Pumpkin, Spinach and Fetta Slice			B-Charred Beef W/ Rice Noodles			B-Sticky Battered Pork			B-Chicken Carbonara		
S-Tuna Salad			S-Corned Beef Salad			S-Egg Salad			S-Beef and Walnut Salad		
SW-Tuna, Chives, Mayo & Lettuce			SW-Corned Beef, Cheese & Pickles			SW-Egg, Mayo & Lettuce			SW-Beef, Lettuce, Tomato & Mayo		
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	3-Nov-26	1-Dec-26	**Tuesday**	10-Nov-26	8-Dec-26	**Tuesday**	17-Nov-26	15-Dec-26	**Tuesday**	24-Nov-26	22-Dec-26
A-Beef Pot Roast			A-Lamb Rump W/ Rosemary Gravy			A-Shepherds Pie			A-Lamb Satay		
B-Pork & Ginger Stir Fry			B-Sweet Potato Frittata W/ Tomato Salsa			B-Vegetable & 3 Cheese Quiche			B-Pork Steak W/ Pepper Sauce		
S-Greek Chicken Salad			S-Roasted Chicken & Pasta Salad			S-Chicken Ceasar Salad			S-Ham Salad		
SW-Chicken & Mayo			SW-Chicken, Chives & Cheese			SW-Roast Chicken & Mayo			SW-Ham, Cheese & Tomato		
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	4-Nov-26	2-Dec-26	**Wednesday**	11-Nov-26	9-Dec-26	**Wednesday**	18-Nov-26	16-Dec-26	**Wednesday**	25-Nov-26	23-Dec-26
A-Mustard Pork W/ Garlic Vegetables			A-Pork Schnitzel W/ Mushroom Gravy			A-Chicken & Prawn Singapore Noodles			A-Asian Beef W/ Crunchy Noodles		CLOSED
B-Savoury Mince			B-Curried Chicken			B-Devilled Sausages			B-Chicken Parmigiana		
S-Roast Pork Salad			S-Egg Salad			S-Honey Ham Salad			S-Corn Beef Salad		
SW-Roast Pork & Honey Mustard			SW-Egg & Lettuce			SW-Ham, Lettuce, Tomato & Mayo			SW-Corn Beef, Cheese & Pickles		
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	5-Nov-26	3-Dec-26	**Thursday**	12-Nov-26	10-Dec-26	**Thursday**	19-Nov-26	17-Dec-26	**Thursday**	26-Nov-26	24-Dec-26
A-Spanish Chicken W/ Gravy			A-Meatloaf & Gravy			A-Roast Chicken & Gravy			A-Creamy Spinach and Cheese Ravioli Bake		CHRISTMAS FOR
B-Rosemary Lamb Sausages			B-Chicken Filled Broccoli & Cheese			B-Tandoori Lamb			B-Crumbed Fish		
S-Chicken Caeser Salad			S-Roast Beef Salad			S-Thai Beef Salad			S-Tuna Pasta Salad		
SW-Chicken Salad			SW-Roast Beef			SW-Beef, Tomato, Chutney & Cheese			SW-Tuna, Chives & Mayo		
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	6-Nov-26	4-Dec-26	**Friday**	13-Nov-26	11-Dec-26	**Friday**	20-Nov-26	18-Dec-26	**Friday**	27-Nov-26	25-Dec-26
A-Crispy Battered Fish			A-Grilled Barramundi W/Mornay Sauce			A-Crumbed Fish W/ Lemon & Tartare			A-Tuna Bake		HOLIDAYS
B-Chunky Steak Pie			B-Lamb & Vegetable Pot Pie			B-Beef Rissoles W/ Creamy Mushroom Sauce			B-Pork Sausages		
S-Roast Lamb Salad			S-Tuna Salad			S-Roast Lamb & Vegetable Salad			S-Roast Pork Salad		
SW-Roast Lamb & Chutney			SW-Tuna, Mayo & Lettuce			SW-Lamb & Chutney			SW-Roast Pork, Tomato, Cheese & Chutney		
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)		