

FROZEN MENU	Week							
	1	2	3	4	5	6	7	8
MEALS								
TRADITIONAL IRISH STEW								
BEEF SAUSAGES								
ROAST LAMB & GRAVY								
ROAST PORK & APPLE SAUCE								
BATTERED FISH w/ MALTAISE SAUCE								
PORK BELLY								
CHICKEN CARBONARA								
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								
Client Feedback:								



St Stephens Toowoomba Meals on Wheels

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MENU 10

From 11/10/2021 to 05/12/2021

Return order form 25th September 2021

- The office needs 24hrs notice if a meal needs to be cancelled.
- Confirm before 0830hrs if meal to be collected from the office on the day to be collected.

Client Name	
Client Type	
Address	
Run	

All meals come served with vegetables.

New Prices

Prices	Unsubsidised	CHSP	HCP	NDIS
Meal Pack (Meal, Dessert, Soup and Juice)	\$13.00	-	\$5.50	-
CHSP & NDIS	-	\$10.50	-	\$5.50
Meal Pack (Meal, Dessert and Juice) HCP	-	-	-	-
Main Meal (Hot, Cooked Chilled or Frozen)	\$9.50	\$7.50	\$4.50	\$4.50
Salad	\$9.50	\$7.50	\$4.50	\$4.50
Sandwich	\$6.50	\$5.50	\$4.50	\$4.50
Dessert	\$3.00	\$2.50	\$3.00	-
Soup	\$3.50	\$3.00	\$3.00	-
Juice	\$0.50	\$0.50	\$0.50	-

Meals delivered between 1115hrs & 1300hrs

Special Messages:

This is a breakdown of the client types that is available:

Unsubsidised Price – Is for client under the age of 65 that do not qualify for CHSP or HCP.

CHSP - Is for client over the age of 65 where CHSP provides entry level support for older people who need some help to stay at home.

HCP - Home Care package is for client that have more complex care needs that go beyond what CHSP funding can provide. There are 4 levels of care.

NDIS - If for client with a NDIS Agreement.

FRESH MENU MENU 10		Name :				Run :						
Monday		11-Oct-21	8-Nov-21		18-Oct-21	15-Nov-21		25-Oct-21	22-Nov-21		1-Nov-21	29-Nov-21
Meal A	Steak & Mushroom Casserole			Beef Sausages			Steak & Mushroom Casserole			Beef Sausages		
Meal B	Salmon & Vegetable Patty			Chicken in Creamy Mustard Sauce			Salmon & Vegetable Patty			Chicken in Creamy Mustard Sauce		
Salad	Cheese			Sweet Chilli Tuna			Cheese			Sweet Chilli Tuna		
Sandwich	Cheese & Salad			Sweet Chilli Tuna & Lettuce			Cheese & Salad			Sweet Chilli Tuna & Lettuce		
Dessert	Dessert of the day			Dessert of the day			Dessert of the day			Dessert of the day		
Soup	Soup of the Day			Soup of the Day			Soup of the Day			Soup of the Day		
Tuesday		12-Oct-21	9-Nov-21		19-Oct-21	16-Nov-21		26-Oct-21	23-Nov-21		2-Nov-21	30-Nov-21
Meal A	Chicken Carbonara			Chicken Parmigiana			Chicken Carbonara			Chicken Parmigiana		
Meal B	Crisp Cider-braised Pork Belly			Beef Stroganoff			Crisp Cider-braised Pork Belly			Beef Stroganoff		
Salad	Ham			Ham			Ham			Ham		
Sandwich	Ham, Cheese, Tomato & Mayo			Ham & Salad			Ham, Cheese, Tomato & Mayo			Ham & Salad		
Dessert	Dessert of the day			Dessert of the day			Dessert of the day			Dessert of the day		
Soup	Soup of the Day			Soup of the Day			Soup of the Day			Soup of the Day		
Wednesday		13-Oct-21	10-Nov-21		20-Oct-21	17-Nov-21		27-Oct-21	24-Nov-21		3-Nov-21	1-Dec-21
Meal A	Roast Beef W/Gravy			Roast Lamb W/Gravy			Roast Beef W/Gravy			Roast Lamb W/Gravy		
Meal B	Butter Chicken			Pork Sausage			Butter Chicken			Pork Sausage		
Salad	Egg			Chicken Ranch (Schnitzel)			Egg			Chicken Ranch (Schnitzel)		
Sandwich	Curried Egg & Lettuce			Chicken Salad			Curried Egg & Lettuce			Chicken Salad		
Dessert	Dessert of the day			Dessert of the day			Dessert of the day			Dessert of the day		
Soup	Soup of the Day			Soup of the Day			Soup of the Day			Soup of the Day		
Thursday		14-Oct-21	11-Nov-21		21-Oct-21	18-Nov-21		28-Oct-21	25-Nov-21		4-Nov-21	2-Dec-21
Meal A	Corned Beef w/ Onion & Parsley Sauce			Roast Pork & Apple Sauce			Corned Beef w/ Onion & Parsley Sauce			Roast Pork & Apple Sauce		
Meal B	Vegetable Frittata w/ tomato chutney			Beef Lasagne			Vegetable Frittata w/ tomato chutney			Beef Lasagne		
Salad	Roast Beef			Lamb w/ Mint Sauce			Roast Beef			Lamb w/ Mint Sauce		
Sandwich	Roast Beef, Cheese & Chutney			Lamb, Caramelized Onion & Cheese			Roast Beef, Cheese & Chutney			Lamb, Caramelized Onion & Cheese		
Dessert	Dessert of the day			Dessert of the day			Dessert of the day			Dessert of the day		
Soup	Soup of the Day			Soup of the Day			Soup of the Day			Soup of the Day		
Friday		15-Oct-21	12-Nov-21		22-Oct-21	19-Nov-21		29-Oct-21	26-Nov-21		5-Nov-21	3-Dec-21
Meal A	Crumbed Fish W/Tartare Sauce			Battered Fish w/ Maltaise Sauce			Crumbed Fish W/Tartare Sauce			Battered Fish w/ Maltaise Sauce		
Meal B	Traditional Irish Stew			Balinese Roast Chicken			Traditional Irish Stew			Balinese Roast Chicken		
Salad	Corned Beef			Pork & Apple Sauce			Corned Beef			Pork & Apple Sauce		
Sandwich	Corned Beef & Salad			Roast Pork			Corned Beef & Salad			Roast Pork		
Dessert	Dessert of the day			Dessert of the day			Dessert of the day			Dessert of the day		
Soup	Soup of the day			Soup of the day			Soup of the day			Soup of the day		
Juices per week	Apple			Apple			Apple			Apple		
	Orange			Orange			Orange			Orange		