

Weeks	1	2	3 & 4	5	6	7	8
	6 <sup>th</sup> Dec	13 <sup>th</sup> Dec	Christmas 20 <sup>th</sup> – 31 <sup>st</sup> Dec	3 <sup>rd</sup> Jan	10 <sup>th</sup> Jan	17 <sup>th</sup> Jan	24 <sup>th</sup> Jan
<b>FROZEN MENU MEALS</b>							
APRICOT CHICKEN							
CRUMBED FISH W/ TARTARE							
CURRIED SAUSAGES							
ORANGE & MAPLE SYRUP BAKED HAM							
ROAST CHICKEN & GRAVY							
ROAST PORK, GRAVY & APPLE SAUCE							
ROAST TURKEY, GRAVY & CRANBERRY SAUCE							
STEAK & KIDNEY CASSEROLE							
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							

**Order Christmas Frozen Meals from Week 3 & 4, these will be delivered from 10<sup>th</sup> December to 17<sup>th</sup> December 2021.**  
**We will resume normal deliveries from Wednesday 5<sup>th</sup> January 2022, so if you need a meal for Monday 3<sup>rd</sup> & Tuesday 4<sup>th</sup> January 2022 add these to week 3 & 4.**  
**If a frozen meal is required for the 26<sup>th</sup> January 2022 please add this meal to Week 7**



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## Menu 11

From 6<sup>th</sup> December 2021 to 29<sup>th</sup> January 2022

**Return order form by 12<sup>th</sup> November 2021**

**Includes Christmas Frozen Menu – 20<sup>th</sup> December 2021 to 4<sup>th</sup> January 2022**

- The office needs 24 hrs notice if a meal needs to be cancelled
- Confirm before 9.00am if meal is to be collected from the office on the day of collection

Client Name	
Client Type	
Address	
Run	

All meals come served with vegetables

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 11:15am & 1:00pm

### Special Messages:

**Meals on Wheels will be closed for the Christmas Holiday from Monday 20<sup>th</sup> December 2021 and will reopen on 5<sup>th</sup> January 2022. We will provide frozen meals to cover this time, please note that due to public holidays on the 3<sup>rd</sup>, 4<sup>th</sup> and 26<sup>th</sup> January 2022 frozen meals are available.**

Fresh Hot meals will be available from Wednesday, 5<sup>th</sup> January 2022.

MENU 11		NAME:				RUN:					
<b>FRESH MENU</b>		<b>Weeks</b>				<b>FRESH MENU</b>		<b>Weeks</b>			
<b>Meals</b>		<b>1</b>	<b>3</b>	<b>5</b>	<b>7</b>	<b>Meals</b>		<b>2</b>	<b>4</b>	<b>6</b>	<b>8</b>
<b>Monday</b>		<b>6-Dec</b>	<b>20-Dec</b>	<b>3-Jan</b>	<b>17-Jan</b>	<b>Monday</b>		<b>13-Dec</b>	<b>27-Dec</b>	<b>10-Jan</b>	<b>24-Jan</b>
A-Curried Sausages			C	C		A-Apricot Chicken			C		
B-Chicken Schnitzel & Gravy			L	L		B-Steak & Kidney Casserole			L		
S-Cheese Salad			O	O		S-Tuna Salad			O		
SW-Cheese & Salad Sandwich			S	S		SW-Tuna, Lettuce & Mayo Sandwich			S		
D-Dessert of the day			E	E		D-Dessert of the day			E		
SP-Soup of the Day			D	D		SP-Soup of the Day			D		
<b>Tuesday</b>		<b>7-Dec</b>	<b>21-Dec</b>	<b>4-Jan</b>	<b>18-Jan</b>	<b>Tuesday</b>		<b>14-Dec</b>	<b>28-Dec</b>	<b>11-Jan</b>	<b>25-Jan</b>
A-Moroccan Lamb			C	C		A-Cottage Pie			C		
B-Crispy Fish with Lemon Sauce			L	L		B-Chicken Cacciatore			L		
S-Chicken Ranch Salad			O	O		S-Corn Meat Salad			O		
SW-Chicken Ranch Sandwich			S	S		SW-Corn Meat Sandwich			S		
D-Dessert of the day			E	E		D-Dessert of the day			E		
SP-Soup of the Day			D	D		SP-Soup of the Day			D		
<b>Wednesday</b>		<b>8-Dec</b>	<b>22-Dec</b>	<b>5-Jan</b>	<b>19-Jan</b>	<b>Wednesday</b>		<b>15-Dec</b>	<b>29-Dec</b>	<b>12-Jan</b>	<b>26-Jan</b>
A-Orange & Maple Syrup Baked Ham			C			A-Roast Chicken & Gravy			C		C
B-Beef Lasagna			L			B-Ham & Asparagus Quiche			L		L
S-Egg Salad			O			S-Cheese Salad			O		O
SW-Egg Sandwich			S			SW-Cheese & Salad Sandwich			S		S
D-Dessert of the day			E			D-Dessert of the day			E		E
SP-Soup of the Day			D			SP-Soup of the Day			D		D
<b>Thursday</b>		<b>9-Dec</b>	<b>23-Dec</b>	<b>6-Jan</b>	<b>20-Jan</b>	<b>Thursday</b>		<b>16-Dec</b>	<b>30-Dec</b>	<b>13-Jan</b>	<b>27-Jan</b>
A-Roast Beef & Gravy			C			A-Roast Pork Gravy & Apple Sauce			C		
B-Spinach & Feta Quiche			L			B-Lamb Rissoles w/ Mint & Rosemary Gravy			L		
S-Ham Salad			O			S-Chicken Salad			O		
SW-Ham, Cheese & Tomato Sandwich			S			SW-Chicken & Cheese Sandwich			S		
Dessert of the day			E			D-Dessert of the day			E		
SP-Soup of the Day			D			SP-Soup of the Day			D		
<b>Friday</b>		<b>10-Dec</b>	<b>24-Dec</b>	<b>7-Jan</b>	<b>21-Jan</b>	<b>Friday</b>		<b>17-Dec</b>	<b>31-Dec</b>	<b>14-Jan</b>	<b>28-Jan</b>
A-Grilled Barramundi & Mango Sauce			C			A-Crumbed Fish w/ Tartare Sauce			C		
B-Chicken Stirfry			L			B-Beef Ragout			L		
S-Roast Beef Salad			O			S-Roast Pork Salad			O		
SW-Roast Beef Sandwich			S			SW-Roast Pork Sandwich			S		
D-Dessert of the day			E			D-Dessert of the day			E		
SP-Soup of the day			D			SP-Soup of the day			D		
J-Apple (Serves per week)						J-Apple (Serves per week)					
J-Orange (Serves per week)						J-Orange (Serves per week)					