

PRICES

Meal Pack (Main, Dessert and Juice)	\$9.50
Salad Pack (Salad, Dessert and Juice)	\$9.50
Sandwich Pack (Sandwich, Dessert and Juice)	\$7.50
Main Meal only (Hot, Chilled or Frozen)	\$7.00
Salad	\$7.00
Dessert	\$2.50
Soup	\$2.00

HOW TO COMPLETE MENU

PLEASE TICK OR COLOUR IN OPTION OF YOUR CHOICE	O
IF YOU WOULD LIKE BOTH A MEAL AND SANDWICH OR SALAD TICK BOTH THESE OPTION	O

If you are having problems with the menu or what food choices are on offer, contact the office and talk to one of our friendly administration staff



AUTUMN MENU

1 & 2

Weeks Commencing

Monday, 2nd March 2020

Monday, 09th February 2020

Please Return By

Monday 24th February 2020

ALL MEALS COME

SERVED WITH VEGETABLES

**81 Herries Street
East Toowoomba**

**P. O. Box 918
Toowoomba
Queensland
4350**

**P: 4632 8355
F: 4632 8015**

E: admin@mowtoowoomba.com.au

W: mowtoowoomba.com.au

MENU

1 & 2

MEALS DELIVERED BETWEEN 11: 15 AM & 1:00 pm

NAME:

ADDRESS:

RUN NO.

Online Ordering

www.mowtoowoomba.com.au/menu-and-ordering

The password for online order is

mow123

Name _____

Menu 1	Week 1
Monday, 2ND March 2020	
Meal A	Andrew's Classic Shepherd's Pie <input type="checkbox"/>
Meal B	Baked Parmesan Garlic Chicken Wings <input type="checkbox"/>
Salad	Chicken Ranch Salad <input type="checkbox"/>
Sandwich	Chicken Ranch Wraps <input type="checkbox"/>
Dessert	Vanilla Cheesecake & Apricots <input type="checkbox"/>
Tuesday, 3RD March 2020	
Meal A	Lancashire Hot Pot <input type="checkbox"/>
Meal B	Pork Spareribs in Sticky Hoisin Sauce <input type="checkbox"/>
Salad	Beef & Edam Cheese Salad <input type="checkbox"/>
Sandwich	Beef, Cheese & Chutney <input type="checkbox"/>
Dessert	Coconut Bounty Slice <input type="checkbox"/>
Wednesday, 4TH March 2020	
Meal A	Cuban Roast Pork Shoulder w/Mojito <input type="checkbox"/>
Meal B	Mild Coconut Chicken Curry <input type="checkbox"/>
Salad	Lemon Pepper Tuna Salad <input type="checkbox"/>
Sandwich	Lemon-Pepper Tuna Rocket Salad <input type="checkbox"/>
Dessert	Sticky Date Pudding w/Custard <input type="checkbox"/>
Thursday, 5TH March 2020	
Meal A	Corned Beef w/Onion & Parsley Sauce <input type="checkbox"/>
Meal B	Sticky Sweet Pork Chop <input type="checkbox"/>
Salad	Roast Turkey and Cranberry Salad <input type="checkbox"/>
Sandwich	Cranberry Salsa Turkey Wrap <input type="checkbox"/>
Dessert	Choc Mud Muffin w/Ganache & Cream <input type="checkbox"/>
Friday, 6TH March 2020	
Meal A	Crispy Coconut Baked Fish Filets <input type="checkbox"/>
Meal B	Spaghetti Bolognese <input type="checkbox"/>
Salad	Corned Beef Salad <input type="checkbox"/>
Sandwich	Corned Beed & Salad <input type="checkbox"/>
Dessert	Pavlova, Fruit Salsa & Cream <input type="checkbox"/>

Menu 2	Week 2
Monday, 09TH March 2020	
Meal A	Chicken Schnitzel Bacon w/White Sauce <input type="checkbox"/>
Meal B	Classic Beef Lasagne <input type="checkbox"/>
Salad	Ham Salad <input type="checkbox"/>
Sandwich	Ham, Cheese & Tomato <input type="checkbox"/>
Dessert	Mango Mousse Tart w/Blueberries <input type="checkbox"/>
Tuesday, 10TH March 2020	
Meal A	Indonesian Chicken Drumsticks <input type="checkbox"/>
Meal B	Ham & Asparagus Quiche <input type="checkbox"/>
Salad	Egg Salad <input type="checkbox"/>
Sandwich	Egg & Watercress <input type="checkbox"/>
Dessert	Café Latte Cheesecake <input type="checkbox"/>
Wednesday, 11TH March 2020	
Meal A	Roast Beef with Yorkshire Pudding <input type="checkbox"/>
Meal B	Lamb Kofta Curry <input type="checkbox"/>
Salad	Vegetarian Fafafel Salad <input type="checkbox"/>
Sandwich	Classic Fafafel Wrap <input type="checkbox"/>
Dessert	Indian Rice Pudding w/Mango <input type="checkbox"/>
Thursday, 12TH March 2020	
Meal A	Spanish Meatballs in Tomato Sauce <input type="checkbox"/>
Meal B	Rustic Chicken Carbonara Pie <input type="checkbox"/>
Salad	Salami Salad <input type="checkbox"/>
Sandwich	Pineapple BBQ Pork Sandwich <input type="checkbox"/>
Dessert	Apple & Mixed Berry Crumble <input type="checkbox"/>
Friday, 13TH March 2020	
Meal A	Steamed Fish w/Seafood Sauce <input type="checkbox"/>
Meal B	Crispy Pork in Perking Sauce <input type="checkbox"/>
Salad	Roast Beef Salad <input type="checkbox"/>
Sandwich	Greek-Style Meatball Sub <input type="checkbox"/>
Dessert	Custard Tart w/Mixed Berry Compote <input type="checkbox"/>

#	FROZEN MEALS	W 1	W 2
1	Chicken Schnitzel & Gravy		
2	Pork Chop, Apple Sauce, Gravy		
3	Steamed Fish w/Seafood Sauce		
4	Butter Chicken & Saffron Rice		
5	Crumbed Fish & Tartare Sauce		
6	Curried Sausages		
7	Chicken Enchilada		
8	Roast Beef & Gravy		
9	Roast Chicken & Gravy		
10	Roast Pork & Gravy		
11			
12			

WEEKEND FROZEN MEALS	WEEK 1
07/03/2020	Frozen Meal #
08/03/2020	Frozen Meal #
WEENDEND FROZEN MEALS	WEEK 2
04/03/2020	Frozen Meal #
15/03/2020	Frozen Meal #

WEEKEND AND PUBLIC HOLIDAY FROZEN MEALS WILL BE DELIVERED DURING THE WEEK PRIOR
 Soup will be delivered each day of the week.
 Please indicate the quantity needed on the day

SOUP WEEK 1	SOUP WEEK 2	THU	FRI
SPECIAL MESSAGES			
