

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	<input type="radio"/>
IF YOU WOULD LIKE BOTH A MEAL AND SANDWICH OR SALAD TICK BOTH THESE OPTION	<input type="radio"/>

Online Ordering

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

The password for online order is
mow123

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

**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

3 & 4

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



Meals on Wheels

More
than just
a meal

AUTUMN MENU

3 & 4

Weeks Commencing

Monday, 16th March 2020

Monday, 23rd March 2020

Please Return By

Tuesday, 10th March 2020

ALL MEALS COME

SERVED WITH VEGETABLES

NAME:

ADDRESS:

RUN NO.

Menu 3	Week 1
Monday, 16TH March 2020	
Meal A	Sicilian Chicken Parmigiana
Meal B	Chicken, Leek & Brie Pie
Salad	Corn Beef & Salad
Sandwich	Corned Beef, Tomatoes & Pickles
Dessert	Pavlova, Mixed Berries & Cream
Tuesday, 17th March 2020	
Meal A	Tuscan Style Pork Chops
Meal B	Macaroni, Seafood Bake
Salad	Turkey Salad
Sandwich	Turkey, Egg & Watercress Wraps
Dessert	Choc/Caramel Tarts
Wednesday, 18th March 2020	
Meal A	Roast Beef, Yorkshire Pudding & Gravy
Meal B	Balinese Roast Chicken
Salad	Ham Salad
Sandwich	Roast Beef Wrap w/Dill Slaw Roll
Dessert	Rhubarb Crumble w/Custard
Thursday, 19th March 2020	
Meal A	Crispy Baked Buffalo Chicken Wings
Meal B	Moroccan lamb Stew
Salad	Sweet Chilli Tuna Salad
Sandwich	Southern Tuna Salad Wrap
Dessert	Tiramisu
Friday, 20th March 2020	
Meal A	Battered Fish w/Maltaise Sauce
Meal B	Beef Moussaka
Salad	Roast Pork Salad
Sandwich	Bacon, Lettuce & Tomato
Dessert	Sultana, Apple Cake w/ Cream

Menu 4	Week 2
Monday, 23rd March 2020	
Meal A	Beef & Chorizo Ragout
Meal B	Fettucine w/Pepperoni & Mushrooms
Salad	Tuna Salad
Sandwich	Tuna, Chive & Mayo
Dessert	Hawaiian Creamed Rice
Tuesday, 24th March 2020	
Meal A	Sausages w/Tomato & Onion Gravy
Meal B	Chicken Caesar Salad
Salad	Chicken Caesar Salad
Sandwich	Cheese & Salad
Dessert	Chocolate Mud Cake w/Berry Compote
Wednesday, 25th March 2020	
Meal A	Roast Pork, Apple Sauce & Gravy
Meal B	Herbed Grilled Chicken Wings
Salad	Corn Beef & Edam Salad
Sandwich	Corned Beef & Pickles
Dessert	Sticky Date Pudding w/Custard
Thursday, 26th March 2020	
Toowoomba Royal Show	
Friday, 27th March 2020	
Meal A	Grilled Fish w/ Garlic Prawns
Meal B	Greek Chicken Spinach Feta Pie
Salad	Caramelized Onions, Cheese & Brie
Sandwich	Bacon, Lettuce & Tomato
Dessert	Profiteroles w/Chocolate Sauce

#	FROZEN MEALS	W	W
		1	2
1	Caribbean Shepherds' Pie		
2	Lancashire Lamb Hotpot		
3	Pork Spareribs w/Sticky Hoisin Sauce		
4	Corn Beef w/Onion & Parsley Sauce		
5	Mongolian Beef		
6	Sausages in Onion Gravy		
7	Ham & Asparagus Quiche		
8	Spaghetti Bolognese		
9	Chicken Enchilada		
10	Roast Chicken & Gravy		
11			
12			

WEEKEND FROZEN MEALS	WEEK 1
22/02/2020	Frozen Meal #
23/02/2020	Frozen Meal #
WEENDEND FROZEN MEALS	WEEK 2
28/03/2020	Frozen Meal #
29/03/2020	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	MON	TUE	WED	THU	FRI	
SOUP WEEK	MON	TUE	WED	THU	FRI	
SPECIAL MESSAGES						