

NAME:																			
MENU	3	Wk 1	MENU	4	Wk 2	#	FROZEN MEALS			Wk 1	Wk 2								
Monday, 2 September 2019			Monday, 9 September 2019			1	Cottage Pie			O	O								
MEAL A	Sicilian Chicken Parmigiana	O	MEAL A	Beef & Potato Casserole	O	2	Lamb Hot Pot			O	O								
MEAL B	Mild Mexican Beef Pie	O	MEAL B	Fettucine with Pepperoni & Mushrooms	O	3	Asian Pork Meatballs			O	O								
SANDWICH	Corned Beef & Tomato	O	SANDWICH	Tuna & Mayo	O	4	Corned Beef & White Sauce			O	O								
SALAD	Corned Beef & Salad	O	SALAD	Tuna & Salad	O	5	Beef Keema Curry			O	O								
Tuesday, 3 September 2019			Tuesday, 10 September 2019			6	Beef Sausages & Onion Gravy			O	O								
MEAL A	Tuscan style Pork Chops	O	MEAL A	Beef Sausages & Onion Gravy	O	7	Ham & Asparagus Quiche			O	O								
MEAL B	Steamed Fish with Mornay Sauce	O	MEAL B	Chicken Caesar salad	O	8	Spaghetti Bolognese			O	O								
SANDWICH	Egg & Lettuce	O	SANDWICH	Cheese & Salad	O	9	Savoury Mince			O	O								
SALAD	Salmon & Salad	O	SALAD	Chicken & Salad	O	10	Roast Pork Gravy & Apple Sauce			O	O								
Wednesday, 4 September 2019			Wednesday, 11 September 2019			11	Roast Beef & Gravy			O	O								
MEAL A	Roast Beef & Gravy	O	MEAL A	Roast Pork Gravy & Apple Sauce	O	12	Roast Chicken & Gravy			O	O								
MEAL B	Roast Chicken & Gravy	O	MEAL B	Greek Roast Chicken	O														
SANDWICH	Ham & Cheese	O	SANDWICH	Corned Beef & Pickles	O														
SALAD	Ham & Salad	O	SALAD	Corned Beef & Salad	O														
Thursday, 5 September 2019			Thursday, 12 September 2019			WEEKEND FROZEN MEALS			#										
MEAL A	Thai Chicken Meat Balls	O	MEAL A	Chicken Tikka Masala	O	7/09/2019	O	FROZEN MEAL#											
MEAL B	Moroccan Lamb Stew	O	MEAL B	Lancashire Lamb Hotpot	O	8/09/2019	O	FROZEN MEAL#											
SANDWICH	Tuna Chives & Mayo	O	SANDWICH	Salmon & Cucumber	O	WEEKEND AND PUBLIC HOLIDAY FROZEN MEALS WILL BE DELIVERED DURING THE WEEK PRIOR													
SALAD	Chicken & Salad	O	SALAD	Salmon	O	14/09/2019	O	FROZEN MEAL#											
Friday, 6 September 2019			Friday, 13 September 2019			15/09/2019	O	FROZEN MEAL#											
MEAL A	Battered Fish with Garlic Prawns	O	MEAL A	Grilled Barramundi with Mango Sauce	O	SOUP \$2.00			O	QUANTITY NEEDED									
MEAL B	Beef Mousaka	O	MEAL B	Chicken Drumstick & Gravy	O	Soups will be delivered each day of the week. Please indicate the quantity needed.													
SANDWICH	Bacon, Lettuce & Tomato	O	SANDWICH	Bacon, Lettuce & Tomato	O														
SALAD	Pork & Salad	O	SALAD	Beef & Salad	O														

PRICES	
Meal or Salad Pack (main, dessert and juice)	\$9.50
Main Meal Only (hot, chilled, or frozen)	\$7.00
Sandwich Pack (sandwich, dessert and juice)	\$7.50
Soup	\$2.00
<u>EXAMPLES OF COSTS WHEN ORDERING:-</u>	
Main Only & Sandwich Pack Total	\$14.50
Meal Pack & Sandwich Pack	\$17.00

HOW TO COMPLETE MENU	
PLEASE TICK OR COLOUR IN OPTION OF YOUR CHOICE	o
FOR A SALAD OR SANDWICH TICK THESE OPTIONS	o
IF YOU WOULD LIKE BOTH A MEAL AND SANDWICH OR SALAD TICK BOTH THESE OPTIONS	o

Online ordering
www.mowtoowoomba.com.au/menus-and-ordering
 If you wish to order online please phone
 07 46328355 for a password

If you are having problems with
 the menu or what food
 choices are on offer; please
 contact the office on
4632 8355
 and have a chat to one of our
 friendly administration staff.

81 Herries Street
PO Box 918
Toowoomba Q 4350

P: 4632 8355
F: 4632 8015
E: mowtoowoomba@bigpond.com

W: mowtoowoomba.com.au

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



MENU
3 & 4
Weeks Commencing
Monday, 2 September 2019
Monday, 9 September 2019

PAY \$21.00 EVERY MONDAY

Please Return By
Thursday, 22 August 2019
ALL MEALS COME
SERVED WITH VEGETABLES OR SALAD

**PLEASE REMEMBER TO WRITE
 NAME AND ADDRESS ON THE
 MENU**

NAME: _____

ADDRESS: _____

RUN NO. _____

MENU
3 & 4