

NAME:																			
MENU	5	Wk 1	MENU	6	Wk 2	#	FROZEN MEALS			Wk 1	Wk 2								
Monday, 16 September 2019						Monday, 23 September 2019						1	Chicken Schnitzel & Gravy			0	0		
MEAL A	Irish Stew	0	MEAL A	Spaghetti Bolognese	0	2	Beef Lasagne			0	0								
MEAL B	Spinach & Fetta Quiche	0	MEAL B	Pork Riblets & Gravy	0														
SANDWICH	Lamb & Pickles	0	SANDWICH	Beef Lettuce & Tomato	0	3	Lamb Rissoles & Gravy			0	0								
SALAD	Lamb & Salad	0	SALAD	Beef & Salad	0	4	Chicken Cabonarra			0	0								
Tuesday, 17 September 2019						Tuesday, 24 September 2019						5	Savoury Mince			0	0		
MEAL A	Beef Sausages & Onion Gravy	0	MEAL A	Cottage Pie	0	6	Sweet & Sour Pork			0	0								
MEAL B	Moroccan Chicken Tagine & Couscous	0	MEAL B	Chicken Schnitzel & with Creamy Mushroom Dijon sauce	0														
SANDWICH	Egg & Lettuce	0	SANDWICH	Corned Beef & Tomato	0	7	Pork Riblets & Honey, BBQ Sauce			0	0								
SALAD	Chicken & Salad	0	SALAD	Chicken & Salad	0	8	Chicken Drumstick & Gravy			0	0								
Wednesday, 18 September 2019						Wednesday, 25 September 2019						9	Roast Beef & Gravy			0	0		
MEAL A	Roast Chicken & Gravy	0	MEAL A	Roast Beef & Gravy	0	10	Roast Chicken & Gravy			0	0								
MEAL B	Beef and Potato Korma Curry	0	MEAL B	Crispy Fish in Chilli Plum Sauce	0	11	Roast Pork & Gravy			0	0								
SANDWICH	Ham Cheese & Tomato	0	SANDWICH	Salmon & Cucumber	0	12	Butter Chicken with Saffron Rice			0	0								
SALAD	Ham & Salad	0	SALAD	Salmon & Salad	0	WEEKEND FROZEN MEALS					#								
Thursday, 19 September 2019						Thursday, 26 September 2019						21/09/2019	0	FROZEN MEAL#					
MEAL A	Pork Belly, Roasted Apple & Onion Jam	0	MEAL A	Pork Sausages & Apple Gravy	0	22/09/2019	0	FROZEN MEAL#											
MEAL B	Beef Lasagne	0	MEAL B	Egg & Bacon Quiche	0														
SANDWICH	Tuna & Onion	0	SANDWICH	Lamb & Pickles	0	28/09/2019	0	FROZEN MEAL#											
SALAD	Tuna & Salad	0	SALAD	Lamb & Salad	0	29/09/2019	0	FROZEN MEAL#											
Friday, 20 September 2019						Friday, 27 September 2019						WEEKEND AND PUBLIC HOLIDAY FROZEN MEALS WILL BE DELIVERED DURING THE WEEK PRIOR							
MEAL A	Grilled Barramundi with Mornay sauce	0	MEAL A	Steamed Fish & Seafood Sauce	0	SOUP \$2.00	0	QUANTITY NEEDED											
MEAL B	Chicken Kiev & Gravy	0	MEAL B	Pickled Pork & White Sauce	0	Soups are made fresh in house, and will be delivered each day of the week. Please indicate the quantity needed.													
SANDWICH	Curried Egg	0	SANDWICH	Chicken & Avocado	0														
SALAD	Turkey & Salad	0	SALAD	Corned Beef & Salad	0														

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

MENU
5 & 6

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



MENU
5 & 6
Weeks Commencing
Monday, 16 September 2019

Monday, 23 September 2019

Please Return By
Thursday, 5 September 2019

ALL MEALS COME
SERVED WITH VEGETABLES

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

NAME: _____

ADDRESS: _____

RUN NO. _____